

## Eat right to celebrate National Nutrition Month

There are many factors that determine why each of us choose the foods we eat. Our cultural and family traditions, health concerns, food preferences and individual lifestyles all play a role. Because we're all motivated differently, the Academy of Nutrition and Dietetics encourages us to "Eat Right, Your Way, Every Day" as part of National Nutrition Month 2013.

The Academy emphasizes that a healthy eating plan should focus on the total diet or overall pattern of eating, rather than any one food or meal. In addition, you can still enjoy most of your favorite foods and beverages, as long as you consume them in moderation and appropriate portion sizes and incorporate physical activity into your regular routine.

Here are a few other tips the Academy offers on how you can eat right for your lifestyle:

- **Workers and students:** When you need to "eat on the run," keep single-serve packs of crackers, fruit, peanut butter, soups or canned tuna handy. Stash portable, nonperishable foods in your bag, briefcase or backpack. To fuel energy needs for brain and muscle power, stock snack foods that combine protein and carbohydrates: apples and peanut butter; carrots with hummus; hardboiled eggs and crackers; yogurt and fruit; nuts and low-fat cheese; and whole grain cereal with low-fat milk.
- **Individuals with chronic health conditions:** Include nutrient-rich foods like whole fruits and vegetables, whole grains and fat-free or low-fat dairy products. Choose fewer foods with added sodium and sugars. Avoid refined grains, trans fats and cholesterol. For guidance, speak with your health care provider. A registered dietitian can help you put together a healthy plan that includes your food preferences and lifestyle.
- **Families:** Meals can be both quick and nutritious. Keep things simple. Choose ingredients that you can use in more than one meal. For example, cook extra chicken for tonight's dinner to use tomorrow in salads or fajitas.
- **Vegetarians:** Nutrient-rich beans are recommended not only in vegetarian diets, but for everyone. Try vegetarian chili with beans or lentils, tofu-vegetable stir-fry and veggie burgers, pizza and pasta primavera.

To learn more about the ways you can make healthier choices to meet your individual needs, visit the Academy of Nutrition and Dietetics website at [www.eatright.org](http://www.eatright.org).