



NutritionWise
NICOLE MEADOW, MPN, RD

M NUTRITIONWISE MONTHLY

MARCH 2009

IT'S NATIONAL NUTRITION MONTH® 2009!

That's right, it's March and you know what that means! Every year, since 1973, March has been designated as National Nutritional Month® (NNM). It started as a week long event but due to an overwhelming public interest, it became a month long observance in 1980. The theme for National Nutrition Month® 2009 is Eat Right!

The Key messages this year are (provided by the American Dietetic Association):

Eating right and staying fit are important regardless of your age. Help yourself to feel your best by making healthy food choices and being physically active every day.

Make Your Calories Count. Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety. Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Include more dark green vegetables such as leafy greens and broccoli and orange vegetables like carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. And, eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats. Look for foods low in saturated fats, trans fats and cholesterol to help reduce

the risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.



Physical Activity for Fitness and Health.

Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day. You can break up your physical activity into 10 minute sessions throughout the day. If you are currently inactive, start with a few minutes of activity such as walking. Then gradually increase the minutes as you become stronger.

NUTRITIONWISE NEWS FLASH: EAT RIGHT STORY TIME

Come and spend a hour or two with Nicole as she leads the story time at Barnes and Nobles in Encino on the corner of Ventura Boulevard and Hayvenhurst on Saturday March 21st. There will be great stories, coloring and other fun activities to celebrate National Nutrition Month®. We hope to see you there!

SHOP SMART

Tips to Save Money and Time at the Grocery Store

- Make a shopping list and stick to it!
- Think about how the grocery store's layout and group foods on your list according to that. You will shop faster, more efficiently and it is easier to remember everything.
- Use coupons and sales for foods you really want... it's not a bargain or savings if no one in your home is going to eat it!

- Buy the amount of food that you need, not more, so that you are not wasting food.
- Try to shop after eating, not when hungry... you may buy more when you are hungry.
- Shop when you have time to read labels and compare prices. It is difficult to be an educated consumer when you are in a rush.
- Try to shop just once a week. It is easier to shop wisely if you shop less often.

NUTRITIONWISE NEWS FLASH:

NutritionWise is now offering appointments in Beverly Hills and the Santa Clarita Valley! Call or email for details.

BLOG WITH US!

NutritionWise is bloggin'... join us once a week as we blog about the most up to date nutrition research, recipes, kids cooking ideas, and more. Visit our blog and read our most recent posts "Refreshing New Years Resolutions" and "Nuts or Nuts?". If you have an idea that you would like discussed, feel free to email nicole@nicolemeadow.com with your ideas. Make sure that you click on the link "follow this blog" if you would like to receive a notice when we post new entries.

UPCOMING CLASSES:

March 7: 10 am - 11 am
Supplements from A to Z

March 9: 6:30 pm - 8 pm
Sports Nutrition for Teens

March 23: 7 pm - 8:30 pm
Food Allergy Support Group (free)

Classes take place at:
16055 Ventura Boulevard, Suite 420
Encino, CA 91436

Cost is \$35 (\$5 discount if you pre-pay)



ABOUT THE AUTHORS

NutritionWise is a group of Registered Dietitians including Nicole Meadow, MPN, RD (pediatric dietitian) and Patricia Novak, MPH, RD, CLE (pediatric dietitian). Please visit www.nicolemeadow.com for more information or call (818) 304-1876 to schedule an appointment.

KIDS IN THE KITCHEN

Roasted White Trees (also known as cauliflower)

This is my family's favorite veggie... the roasting almost makes the cauliflower taste like popcorn. Enjoy.

Ingredients:

- * Cauliflower (enough for whomever is at the dinner table)
- * Olive Oil
- * Kosher salt

Directions:

1. Pre heat the oven to 425 degrees
2. Cut the cauliflower into small bite-size pieces
3. Arrange the cauliflower on a cookie sheet so that they are not over crowded (kids love to do this)
4. Drizzle with olive oil (just a small amount)
5. Sprinkle with ½ teaspoon of kosher salt
6. Roast in the oven for approximately 15-20 minutes (use a spatula to turn once during cooking time).
7. Enjoy!

The information contained in this newsletter is not intended as a substitute for medical advice. See your physician and/or Registered Dietitian for individual health and/or dietary concerns.