



March 2017



March is National Nutrition Month!

Celebrate with USConnect® by
Putting Your Best Fork Forward!

10 Healthy Eating Challenges to Try During National Nutrition Month

Find a new recipe to try.

Find a new recipe that looks delicious and give it a whirl! Find one with ingredients you don't use on a regular basis. We have lots of great recipes to share at www.therightchoiceforahealthieryou.com if you need a little help getting started.

Go grocery shopping with a list.

Before you can eat well, you have to stock your pantry well. Make a list and head to the grocery store. Think through what meals you want to make and get the necessary ingredients.

Swap out your large dinner plate for a smaller salad plate.

No matter what you eat, portion sizes can help keep your foods in proportion. Smaller plates also allow you to check in on hunger cues sooner since most of us eat until our plate is cleared.

Try to get 3-4 food groups in at each meal.

Once of the best ways to make a meal more flavorful and exciting is to use a variety of ingredients. To make sure your meal is nutritionally balanced, focus on including 3-4 food groups.



Eat breakfast daily.

Think beyond eggs and cereal – rice, beans, and even pizza can all be deliciously nutritious breakfast options. Check out the vending machines and micromarkets with the heart apple logo for healthier options to kick-start your day!

Have a healthy potluck at work.

Consider hosting a healthy food potluck at work and make something nutritious. Your coworkers will love the opportunity to share and also try something new.

Create a healthier dessert and share it with your coworkers.

Baking can be a lot of fun! Make healthier desserts with better-for-you ingredients, and then share them at work.

Set and Share Your Goals.

Set realistic and specific goals for yourself and share them with others. We always love hearing from our readers so feel free to join our conversations on Facebook or use #USCGoals on Twitter.

Try a new grain.

Wheat isn't the only nutrient-rich grain on the shelves – quinoa, oats, bulgur, brown rice, barley, rye, and buckwheat are just a few more ancient grain varieties. They all offer a lot nutritionally and add fun to any meal plan.

Prep meals in advance.

If you want to eat more nutrient-rich meals, but don't feel like you have the time to create something at home each night, consider prepping some of your meals or at least some of the ingredients in advance. Set a date and time and stick to it.

Ready to put Your Best Fork Forward this National Nutrition Month?
For more nutritious ideas, visit www.therightchoiceforahealthieryou.com