

# HEALTHY EATING

## March is National Nutrition Month



### 17 Health Tips for 2017

1. Eat Breakfast
2. Make Half Your Plate Fruits & Vegetables
3. Watch Portion Sizes
4. Be Active
5. Fix Healthy Snacks
6. Get to Know Food Labels
7. Consult an RDN
8. Follow Food Safety Guidelines
9. Get Cooking
10. Dine Out Without Ditching Your Goals
11. Enact Family Meal Time
12. Banish Brown Bag Boredom
13. Drink More Water
14. Explore New Foods & Flavors
15. Eat Seafood Twice a Week
16. Cut Back on Added Sugars
17. Experiment with More Plant-based Meals

For details visit

[http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/17%20health%20tips%20for%202017\\_final.ashx](http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/17%20health%20tips%20for%202017_final.ashx)

## Vitamins

Vitamins play important roles in bodily functions such as metabolism, immunity and digestion. There are 13 essential vitamins, including vitamins A, C, D, E, and K and B vitamins such as riboflavin and folate. For the average consumer, vitamins are generally found on the shelves in the health section of your local grocery store or pharmacy. While those pill form vitamins are a nice supplement to a healthy diet, the human body is much better at digesting vitamins from their natural source, food. Essential vitamins can be found in the food that we put in our bodies every day.

**Vitamin B1-** This vitamin helps your body turn carbohydrates into energy and improves nervous system health. Vitamin B1 is best found in black beans, lentils, sunflower seeds, and tuna.

**Vitamin B2-** This vitamin helps with your complexion, and helps your body break down carbohydrates, proteins, and fat. Vitamin B2 is best found in lean meats, milk, green vegetables, and fortified cereals.

**Vitamin B3-** This vitamin helps maintain a healthy nervous system and helps improve digestion. Vitamin B3 is best found in proteins like tuna, turkey breast, halibut, and chicken breast.

**Vitamin C-** This vitamin boosts your immune system, reduces wrinkles, and protects your body from scurvy. Vitamin C is best found in fruits and vegetables. Citrus fruits, papaya, strawberries, mango, kiwi, broccoli, and peppers are wonderful sources of Vitamin C.

**Potassium-** Potassium keeps your heart beating, reduces the risk of many diseases, and helps your muscles function properly. Potassium is found in baked potatoes with skin, spinach, and bananas.

**Vitamin D-** This vitamin promotes bone health and makes your body better at using calcium. Vitamin D is found in fortified milk, eggs, and salmon. The sun is also a great source of Vitamin D. The sun is the most cost effective vitamin on the market.

Consuming nutritious and vitamin rich food is an easy way to improve your health. Plus it tastes much better than a multi-vitamin pill.

A full list of vitamins and the foods that they are in can be obtained by emailing [bradley.averill@unl.edu](mailto:bradley.averill@unl.edu).

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## Basic Foods for Cupboard, Fridge and Freezer

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- Are you tired of all the planning, hunting and gathering needed to find the ingredients required for many recipes?
- Would you like to go to your cupboard, refrigerator or freezer and already have most—if not all—the ingredients needed to make a meal?

The list below of foods can be combined and recombined in a variety of new, delicious (and nutritious!) ways. They are offered as a starter list to help you begin developing a list that works for you. Or, use the following link to print a PDF copy of a 1-page grocery list of basic foods to have on hand:

<http://food.unl.edu/documents/BasicFoodsforCupboard.pdf>. You can add your own favorites; cross out those that don't work for you and make your own personalized list!



These foods are definitely NOT the only foods we should eat. They were picked because they're commonly available and mix and match with a variety of other foods. Think of them as a basic wardrobe to which any number of clothing items can be added.

### FRUITS: FRESH, CANNED, FROZEN, DRIED

Fresh – Apples; Bananas; Grapes, seedless; Oranges

Canned - Oranges, mandarin; Pineapple, canned in juice (pineapple tidbits are a versatile form)

Frozen - Berries, such as blueberries, raspberries, strawberries, etc.

Dried - Raisins, dried cranberries, etc.

### VEGETABLES: FRESH, CANNED, FROZEN

Fresh - Bell peppers; Carrots; Cabbage, shredded (may wish to buy smallest package size if cooking for just a few people); Lettuce, darker green varieties (Romaine, green leafy, etc.); Onion (sweet onions may be especially versatile if buying only an onion or two weekly; they are said to be less likely to make you cry and go well in many recipes); Potatoes (white and sweet); Tomatoes (cherry and grape tomatoes tend to have the best flavor when other tomatoes are out-of-season)

Canned - Corn (no-salt-added forms available); Tomatoes, diced (no-salt-added forms available)

Frozen – Corn; Peas

### BREAD, CEREALS AND OTHER GRAIN PRODUCTS

- Bread, whole wheat (can purchase low sodium forms at some stores)
- Cereal (whole grain)
- Crackers (look for varieties that are whole grain and lower in salt)
- Oatmeal (Old-fashioned oatmeal is very versatile -- simply pulse it a few times in a blender if a recipe calls for quick oats.)
- Pasta (consider whole grain varieties)
- Rice (include some whole grain rice, such as brown rice)

## MEAT, POULTRY, FISH, DRY BEANS, EGGS AND NUTS

- Beans, canned or dry, such as Great Northern, navy, kidney, red, black, pinto beans, etc. (check for "no-salt-added" canned varieties)
- Beef, ground, 90-95% lean
- Chicken breast, skinless
- Eggs, large ("large" is suggested as many recipes are designed for use with this size)
- Fish (frozen fish fillets lend themselves to many quick meals; thaw overnight in the refrigerator in original package on a plate on bottom shelf for easy use the next day)
- Nuts, such as almonds, walnuts, etc.
- Peanut butter
- Pork loin chops, boneless
- Salmon (consider including canned and frozen forms of salmon in a basic stock of foods; canned salmon is available in water pack varieties and may be found canned without the skin, if desired.)
- Tuna, canned (water pack and low sodium varieties are available)
- Turkey cutlets



## MILK AND MILK PRODUCTS

- Cheese, cheddar and/or other favorite varieties
- Ice cream or frozen yogurt, low fat or fat-free
- Milk, low fat or fat-free
- Yogurt, low fat or fat-free (vanilla-flavored yogurt is especially versatile or add your own sweetener and vanilla to plain yogurt, if desired.)

## OILS AND FOODS THAT ARE MAINLY OIL

- Extra virgin olive oil for dressings, dipping and drizzling
- Mayonnaise-type salad dressing (light and low fat forms available)
- Other oil for cooking: canola, corn, cottonseed, safflower, soybean, sunflower
- Soft (tub or squeeze) margarine with no trans fats

## SEASONINGS

- Black pepper (consider freshly ground black pepper)
- Chicken broth, low sodium
- Chili powder
- Cinnamon
- Garlic, fresh or dry (minced or powdered)
- Italian seasoning (can be used as a quick seasoning for salad dressings, soups, rubs for meat, etc.)
- Mustard, Dijon-type (can find no-salt-added forms in some stores)
- Rosemary, dried leafy (crush slightly right before using to release added flavor in recipes; an inexpensive mortar and pestle works well for this)
- Thyme, dried leafy (see note by rosemary on crushing just before using in recipes)
- Vanilla
- Vinegar (consider vinegars such as balsamic, red wine, cider, and white wine or rice vinegar -- start with a small bottle and see which you use the most; vinegar easily lasts at least a year)

## SUGARS AND SWEETS

Sugar, white granulated and brown