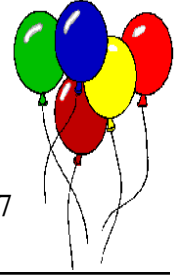




# NUTRI-NEWS



March 2010

“Balloons for a Balanced Lunch”  
NUTRI-SERVE FOOD MANAGEMENT, INC

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## If It's March It Must Be National Nutrition Month

All who know us at Nutri-Serve know that this is our favorite time of year for March (besides having the holiday of St Patty's Day!) is dedicated each year by the American Dietetic Association as Nutrition Month. This year's theme is “**Nutrition from the Ground Up**”. The campaign focuses on making informed healthy food choices combined with regular physical activity for overall health. Some key messages promoted this year are as follows:

\*\*\***Keep it simple.** Eating healthy should not be complicated. One's diet should be based on fruits, vegetables, whole grains, lean proteins and low fat dairy products.

\*\*\***There are no good or bad foods.** When choosing what to eat always consider portion sizes. Even healthy foods can become unhealthy if one eats too much of them!!

\*\*\***Consider variety in the diet to be “nutrition insurance”.** Different foods provide different nutrients. Search out locally grown produce. Purchase fruits and veggies that are fresh, canned as well as frozen—all of which are very nutritious.

\*\*\***Make the most of family mealtimes and physical activities done together.** Parents are the #1 role models for their children and the development of good health habits. Aim for regular mealtimes together as well as 30 minutes of physical activity daily.

## Test Your Nutri IQ

One of the best ways to increase your “Nutri IQ” is to rely on sound nutrition resources as a guide for healthy behavior choices. Below is a list of some recommended reading materials on child and teen nutrition.

**Feed Your Family Right: How to Make Smart Food and Nutrition Choices for a Healthy Lifestyle** by Elisa Zied, MS, RD with Ruth Winter, MS, Wiley, 2007 Choosing healthy fitness and nutrition tips to apply to your individual household.

**Food Fights** by Laura A. Jana, MD, FAAP and Jennifer Shu, MD, FAAP, American Academy of Pediatrics, 2008 A guide on when to choose battles over eating with children.

**How to Teach Nutrition to Kids , 3rd edition**, by Connie Liakos Evers, MS, RD 24 Carrot Press, 2006 Hundreds of activities are included in this book for teaching nutrition to children, ages 6-12

**If Your Child is Overweight: A Guide for Parents, 3rd edition**, by Susan Kosharek, MS, RD, The American Dietetic Association, 2006 A simple guide for those caring for children from 4-12 to change the way they eat.

**Parent's Guide to Eating Disorders, 2nd Edition** by Marcia Herrin, Ed D, MPH, RD and Nancy Matsumoto, Gurze Books, 2007

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