



## GO FURTHER *with* FOOD



Every March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month! This year's theme, *Go Further with Food*, highlights ways planning and preparing foods can not only influence how you feel on a daily basis, but also can work to reduce food waste and cost. The overall message of *Go Further with Food* is to enjoy all the healthful benefits eating a balanced and nutrient rich diet has to offer, while also mindfully cutting back on how much food is left behind. For more information, visit <http://www.eatright.org/resources/national-nutrition-month>.

Here are some ways YOU can go *Further with Food*:

Include a variety of healthful foods from all the food groups on a regular basis.

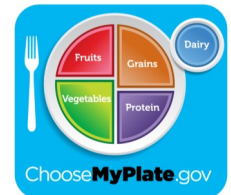
# 1.

- ◆ Fruits
- ◆ Vegetables
- ◆ Protein-Rich Foods
- ◆ Grains
- ◆ Dairy



# 2.

Be mindful of portion sizes . Tune into your hunger and satiety cues to learn how much food is right for you. Use MyPlate as a guide for creating a well-balanced plate.



# 3.

Consider the foods you have on hand before buying more at the store . Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.



# 4.

**Eat Breakfast.** It's the most important meal of the day! Starting your morning with a balanced breakfast will provide you with energy needed for the day, decrease stress production, balance blood sugar levels, and prevent overeating later in the day. Be sure to include lean protein, healthy fats, whole grains, and fiber (fruits & veggies) for best results!



**For more information, please contact:**

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# OVERNIGHT OATMEAL

Overnight Oats is one of the most convenient breakfasts out there! Prep it the night before and in the morning you are ready to go with a breakfast filled with protein, complex carbs, fruits, vegetables, and healthy fats. It will keep you full, focused, and satisfied for hours!

## Ingredients:

- 1/2 cup old fashioned oats
- 1/2 cup Greek yogurt
- 2/3 cup milk of choice
- 1 tablespoon nut butter (peanut, almond, cashew)
- 1 tablespoon ground flaxseed/chia seeds
- 1/2 cup cauliflower rice

1/2-1 cup fruit of choice

## Directions:

- ◆ Combine all ingredients into jar of choice. Stir, cover, and put in the refrigerator overnight.
- ◆ In the morning, remove and either eat cold or heat up (on stove or in microwave) for hot oatmeal!
- ◆ Top with delicious toppings!



National Nutrition Month® 2018

# Soup's on! Word Search for Adults

Words may be horizontal, vertical, diagonal, or backwards.



1. Celery	A	Z	F	D	R	B	C	V	W	Q	J	K	L	M	N	T	O	X	S	L	G	R	M	N
2. Onion	L	O	P	M	N	M	Q	S	P	L	I	T	P	E	A	S	F	A	W	R	C	V	S	B
3. Beef	C	B	G	F	E	L	X	W	R	T	V	B	N	M	L	F	E	Q	B	Z	L	K	H	U
4. Leeks	J	V	R	X	M	N	O	I	N	O	H	N	B	V	C	P	X	Z	A	R	E	Q	L	V
5. Spices	D	F	Q	O	Z	K	S	J	M	L	Q	W	R	Z	K	B	N	M	R	E	F	X	T	B
6. Garlic	R	P	S	L	C	Z	W	L	M	N	B	K	J	C	R	Q	Z	N	L	M	Q	W	R	L
7. Navy beans	Z	L	D	Q	W	C	Z	F	C	G	R	T	I	L	H	C	W	V	E	B	M	N	P	Y
8. Barley	L	Y	T	R	N	M	O	K	B	S	J	H	X	A	O	S	N	M	Y	T	L	S	K	U
9. Broccoli	P	K	A	L	E	Z	X	L	M	N	C	R	P	M	L	T	E	S	P	J	K	I	R	W
10. Lentils	T	L	Q	W	V	C	N	B	I	P	L	Y	T	S	R	C	G	N	M	L	D	W	Q	X
11. Fish	O	S	X	N	M	W	G	D	Q	L	M	T	R	L	I	J	H	K	V	N	B	C	Y	Z
12. Wild rice	Z	N	A	V	Y	B	E	A	N	S	N	M	L	R	B	V	C	X	E	T	S	R	R	P
13. Kale	P	L	B	N	M	Y	S	R	R	T	G	J	D	K	M	N	H	Y	B	S	E	L	T	P
14. Kidney beans	S	W	X	V	N	M	K	J	G	L	C	L	V	X	W	Y	B	S	K	L	R	N	M	L
15. Split peas	L	B	Q	L	K	A	J	S	T	R	I	Y	B	S	L	E	K	F	E	G	N	T	F	R
16. Pasta	I	R	F	B	X	Z	T	G	L	W	M	C	N	V	A	T	S	C	W	D	F	K	I	B
17. Chickpeas	T	J	L	E	W	K	M	S	T	R	L	F	G	N	B	B	L	F	G	Z	S	M	S	N
18. Turnips	N	F	C	Z	E	Y	J	L	A	X	F	G	S	L	K	E	C	V	N	M	T	G	H	U
19. Beets	E	M	Q	R	T	B	W	L	K	P	S	T	R	D	S	E	C	I	P	S	N	P	R	F
20. Clams	L	F	L	N	Q	Z	K	M	F	W	B	X	Z	G	F	T	D	W	K	F	G	M	L	T
	Q	A	Z	M	T	U	R	N	I	P	S	F	S	L	R	S	M	O	X	Z	Q	A	V	R

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