

March is National Nutrition Month® — "Eat Smart — Stay Healthy"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Enjoy eating, take a walk	2 Have a handful of nuts	3 Cook up some cabbage	4 Turn off the TV during dinner, lose the remote	5 Taste the goodness of grapes	6 Bring a chicken home to roast
7 Eat when you're hungry	8 Stop eating when you're full	9 Bicycle then buzz a banana with OJ & yogurt	10 Tonight it's tuna—water packed light	11 Five flavorful servings of fruits & veggies today	12 Sashay, smile, and say cheese for lunch	13 Be grateful for grains, eat some for breakfast
14 Loving lean beef, chase the cows	15 Nibble on a new vegetable	16 Talk together at the table	17 Craving calcium? Drink more milk	18 Arrange a rainbow of colors on your plate	19 Round up some raisins on the run	20 Climb the stairs then sauté spinach with some olive oil
21 Pick a pasta, serve with a tomato-based sauce	22 Savor small snacks, dig in the dirt	23 Swim with the fish and bring your favorite home for supper	24 Super size your green salad	25 Rice is nice, brown is better	26 Raw and crunchy, a great munchie	27 Simmer soup with peas or lentils
28 Stir together a fruit salad, stroll down the street	29 Whole grains for fiber and flavor	30 Welcome walnuts to your cereal	31 Give thanks for good food, dance after dinner	<p>The American Dietetic Association sponsors National Nutrition Month® www.eatright.org Calendar © Laurie Lindsay, RD, LD</p>		

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