



It's National Nutrition Month!

March is National Nutrition Month, sponsored by the American Dietetic Association. Additionally, March 10th is Registered Dietician Day. What a great time to focus on making healthy choices for ourselves and our families.

With spring around the corner, our thoughts turn to new beginnings and opportunities. Here are some ideas to get you started:

- Eat breakfast every day. Nothing is simpler and more effective.
- Toss an apple in your car to snack on during the day.
- Add some lettuce and tomatoes to your sandwich today.
- Have your pasta with tomato sauce for a great vitamin boost (and less calories than a cream sauce).
- Don't beat yourself up over having distaste for certain vegetables. Just eat more of the ones you like.
- Drink an extra glass or bottle of water each day this month.
- Eat most meals at home this month. That choice will save money and boost nutrition.
- Eat from a plate instead of a package. That will reduce mindless eating and the temptation to overindulge.
- Choose whole grain (not white) for the month. This includes bread, pasta, rice, crackers, etc.
- Go to www.eatright.org and click on "Find a Registered Dietician" to find someone in your area who can give you personal advice.
- Call or e-mail Amy Bertram, Wellness Director at Trinity Consulting, for more ideas. 704-779-6639 abertram@trinitybenefit.com

