

March is National Nutrition Month

Better Health can come from making Better Decisions about what we Choose to eat day to day. Making Better Decisions can be as easy as swapping out 1 food for another.

Let's take time during National Nutrition Month to make better choices for our health each day.

The year is still young! Establish some healthy habits now!

Swap THIS for THAT!!

THIS

Cream of Wheat

Toast & Butter

Sour Cream

Corn Flakes

White Rice

Fried Egg

Potato Chips

Hot Dog

Hamburger Bun

Fruit Sweetened Yogurt

THAT

Oatmeal-Regular/Steel Cut

Toast & Almond Butter

Greek Yogurt

Bran Flakes

Brown Rice

Poached Egg

Corn Tortilla Chips

Veggie Burger

Lettuce Wrap

Plain Yogurt & add berries

Battered Fried Fish or Chicken

Milk Chocolate

Milkshake

Deep-fried French Fries

Deep-fried Sweet Potato Fries

Iced coffee with cream and syrup

Super-sized Anything

Alfredo or Cream Sauce

Thick Crust Meat Pizza

Cheese Nachos

Candy Bar

White Bread

Large Bakery Muffin

Soda – Cola or Other

Veggies with cream sauce or butter

Baked Fish or Chicken

Dark Chocolate -70% cacao

Fruit Smoothie

Baked Potato or Salad

Oven-baked Potato Fries

Iced coffee with skim milk

Small

Marinara Sauce

Thin Crust Veggie Pizza

Hummus and Veggies

Handful of Mixed Nuts

100% Whole Wheat Bread

English Muffin

Sparkling Water/Seltzer

Steam/Grill Veggies plain
or a touch of Olive Oil

See! It's easy to swap **THIS** for **THAT!!**

Eat Healthy, Be Healthy