

National Food Days

National Foods Days have originated out of local, state or community traditions, historical events, presidential proclamations, social-media and more. Although not all are “officially” recognized, they are popular & fun to celebrate. **Here’s the line-up to start the New Year! Which new & healthy habit will you adopt in 2022?**

Spaghetti Day – Tuesday, January 4, 2022

When choosing healthy pasta, choose a whole grain as the FIRST ingredient. Read labels carefully. If you see “enriched wheat flour or semolina”, you are looking at a pasta made from *refined* grains. The healthiest choice is a 100% whole grain pasta. Some pastas are a *blend* of whole & refined grains, these are a good choice when *transitioning* from refined pasta to whole grain. **With pasta in general, even 100% whole-grain, be mindful of the portion sizes - ½ cup cooked pasta is a serving size.**

Bean Day – Thursday, January 6, 2022

It is recommended that adults consume at least 3 cups of beans each week to promote health and reduce the risk of chronic disease.

Inexpensive & an excellent source of dietary fiber, lean protein, B vitamins and many other important vitamins and minerals, beans have been shown to reduce blood sugar, improve cholesterol levels and help maintain healthy gut bacteria.

Add them to soups, stews, and salads, or just eat them on their own for a nutritious vegetarian meal.

Popcorn Day – Wednesday, January 19, 2022

The overall recommendation for healthy adults is to consume 25-30 grams of fiber EACH DAY. Most Americans don’t get this recommended amount.

Popcorn is incredibly tasty and an excellent source of fiber. A 1 cup serving contains a whopping 15 grams of fiber! The way popcorn is prepared can greatly impact its nutritional quality.

Ready-made, microwavable, or movie theater popcorn can be extremely high in calories and fat. **Enjoy some air-popped popcorn. When air-popped, it is naturally low in calories.**

Granola Bar Day – Friday, January 21, 2022

Granola Bars can fill gaps in nutrition on occasion. However, not all bars are created equal.

Look for bars with 3-4 grams of fiber or higher; 5 grams of protein or more; and no more than 35% calories from sugar; no more than 5 grams of fat.

The best bars are those made with whole grains, nuts, nut butter, seeds, and fruit.

Instead of a costly bar, why not put together your own snack bag using mixed, unsalted nuts for protein & add some dried fruit to sweeten.

Peanut Butter Day – Monday, January 24, 2022

The overall recommendation is to have a 1 ounce serving of nuts or seeds at least 5 days each week. Inexpensive and packed full of protein, peanut butter and other nut and seed butters contain many important nutrients, including heart healthy fats, fiber, vitamins & minerals & antioxidants. **Buy and enjoy unsalted nuts or nut butter every day!**

Blueberry Pancake Day – Friday, January 28, 2022

Often referred to as a superfood, blueberries are an excellent source of several vitamins, beneficial plant compounds, antioxidants, and fiber. Fresh or frozen, eating blueberries may help reduce risk factors for heart disease and diabetes. **Enjoy berries throughout the year by adding them to pancakes, waffles, yogurt, smoothies, cereal and more.**

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