

March - National Nutrition Month

Better Health comes from making Better Choices about the foods we eat.

It can be as easy as swapping out 1 food for another.

Swap THIS for THAT!!

THIS

Cream of Wheat
Toast & Butter
Corn Flakes
White Rice
Fried Egg
Potato Chips
Hot Dog
Fruit Sweetened Yogurt
Battered & Fried Fish or Chicken
Milk Chocolate
Milkshake
Deep-fried French Fries
Deep-fried Sweet Potato Fries
Iced coffee with cream & flavored 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

THAT

Oatmeal-Regular/Steel Cut
Toast & Almond or Peanut Butter
Bran Flakes
Brown Rice
Poached Egg
Corn Tortilla Chips with Salsa
Veggie Burger
Plain Yogurt & add berries
Baked or Broiled 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
Small Homemade Muffin
Sparkling Water/Seltzer
Steam/Grill Veggies w/Olive Oil

Eat Healthy, Be Healthy!!

Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411

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