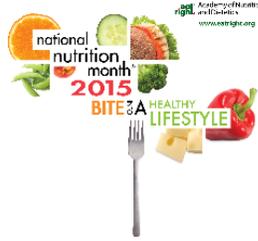


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Bite Into a Healthy Lifestyle

March is National Nutrition Month®, which is sponsored annually by the Academy of Nutrition and Dietetics. It focuses on the importance of nutrition and physical activity. This year's theme is "Bite into a Healthy Lifestyle." One way to do this is to eat healthy snacks. Choosing healthy snacks can boost your energy and supply essential vitamins and minerals throughout the day. Here are some tips to consider when you reach for a snack:

- Snack only when you're hungry. Try not to eat when you are bored or stressed. Go for a walk instead.
- Have healthy snacks visible. You are more likely to grab a healthy option if it is readily available. Have raw vegetables like broccoli, cauliflower, and carrots cut up so they are easy to grab and eat with hummus or a low-fat dip. Put washed fruit in a bowl on the table or counter, so it is easy to grab and go.
- Watch the portions. Remember, this is just a snack, not a meal. If you are eating directly from a bag of nuts, chances are you are going to eat a lot more than if you portion out one serving.
- Choose nutrient-rich food for snacks. Snacking on fruits, vegetables, whole grains, lean proteins, or low-fat or fat-free dairy products can contribute to your daily servings from each food group without going beyond your calorie needs for the day.

With a little planning, these suggestions can lead to a healthy lifestyle one bite at a time. For more information about healthy snack ideas and National Nutrition Month®, visit the website for the Academy of Nutrition and Dietetics at www.eatright.org.

Adults and children participating in the **Let's Eat Healthy!** Program are learning how to form healthy eating habits. For more nutrition or program information, please call (530) 889-7350 or visit our website <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program.