

March is National Nutrition Month

What is National Nutrition Month?

National Nutrition Month is an annual campaign sponsored by the American Dietetic Association. This campaign focuses on educating individuals so they can develop good eating and physical activity habits. More information about their campaign can be found on their website: www.eatright.org.

What is Nutrition?

Nutrition is the word used to describe the way we provide our bodies with the items needed for survival. These items include micronutrients and macronutrients.

What are Micronutrients?

Micronutrients are things that we need in small amounts. These include vitamins and minerals. While our bodies only need small amounts of these things, they are vital to the functioning of our body systems. Iodine, vitamin A and iron are just a few of these important nutrients.

What are macronutrients?

Macronutrients are the energy providing items that we need in large quantities. These include our carbohydrates, proteins and fats. Carbohydrates are an important source of fuel for our bodies. Proteins are essential for building muscles and repairing tissues in our bodies. While they have a bad reputation, fats are important for normal brain development and the absorption of certain vitamins.

Key Words for Whole Grains

Look for these words on food labels in order to include more whole grains in your diet:

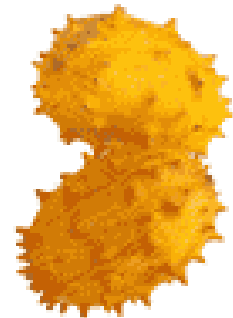
- brown rice
- bulgur
- graham flour
- oatmeal
- whole-grain corn
- whole oats
- whole rye
- whole wheat
- wild rice

Did you know?

Popcorn is a great source of antioxidants! It makes for a great snack and is high in fiber and low in calories. Hold the salt and butter, please!

-Indiana University
soundmedicine.iu.edu

Fruit of the Month for March



Exotic Winter Fruit

Vegetable of the Month for March



Leeks & Green Onions

National Nutrition Month

MyPyramid.Gov

MyPyramid.gov has replaced the old Food Guide Pyramid as a tool to create a balanced diet. MyPyramid.gov goes outside of the things we eat to include physical activity which is symbolized by the person walking up the stairs on the left side of the pyramid.



How MyPyramid.Gov can work for you...

For example: If you are a 42 year old male who participates in 30-60 minutes of moderate physical activity each day, you need:

▶ Grains ¹	9 ounces
▶ Vegetables ²	3.5 cups
▶ Fruits	2 cups
▶ Milk	3 cups
▶ Meat & Beans	6.5 ounces

Important Tips from MyPyramid.Gov

Make half your grains whole!

Vary your veggies!

Focus on fruit!

Get your calcium rich foods!

Go lean with protein!

Find your balance between food and physical activity!

Keep food safe to eat!

http://www.mypyramid.gov/tips_resources/index.html

Additional Information

www.mypyramid.gov

www.eatright.org

www.fruitsandveggiesmatter.gov

www.cdc.gov

www.webmd.com



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