



Who needs expert nutrition advice?

EVERY BODY.

But not just from

ANYBODY.

Here are 5 simple strategies from registered dietitians to Eat Right with **COLOR.**

1. Start your day with color! Add fresh or frozen berries to hot oatmeal or cold cereal.
2. Make a smoothie with low-fat milk or yogurt and frozen mango, peaches or a banana.
3. Fill half of your plate at meals with fruits and/or vegetables. This will help to keep your portion size of protein and starch in check, too!
4. If you have family members who dislike vegetables, create a family challenge to learn to like one new vegetable per month. Consider butternut squash, zucchini, eggplant or Brussels sprouts. You may need to try a new food 10 times or more before your taste buds learn to like the new flavor and texture, so don't give up!
5. Snack on fresh fruits or vegetables. Some yummy combinations to try: apple and almond butter, pear and part-skim mozzarella cheese stick, blueberries and yogurt, or cucumber slices and hummus.



eat right. an affiliate of the American Dietetic Association

National Nutrition Month[®] is the annual nutrition education and information campaign celebrated each March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The theme this year is **Eat Right WITH COLOR.**

Wednesday, March 9th has been designated Registered Dietitian Day in 2011! The day is to increase awareness of registered dietitians as the indispensable providers of food and nutrition services and recognize RDs for their commitment to helping people enjoy healthy lives. Registered Dietitians are the food and nutrition experts.

The New York State Dietetic Association (NYSDA) is an organization of nutrition professionals, residing, working or attending school in New York State. Affiliated with the American Dietetic Association, NYSDA has over 5,000 members. There are ten district associations within NYSDA, covering all regions of the state, from Long Island to Plattsburgh, to the far reaches of the Southern Tier.

For more information visit: www.eatrightny.org.

