

MARCH 2018

Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

March is National Nutrition Month

<http://www.eatright.org>

2

Family meals promote healthier eating. Plan to eat as a family

3

SWAP CAKE/COOKIES FOR FRUIT AND WHIP CREAM FOR DESSERT.

4

Add grated, shredded or chopped vegetables to lasagna, meat loaf, pasta sauce and rice dishes

5

Make a veggie wrap rolled in a whole-wheat tortilla for lunch

6

MAKE SURE TO EAT BREAKFAST TODAY

7

Try different versions of familiar foods like blue potatoes, red leaf lettuce or basmati rice.

8

Try a breakfast smoothie: low-fat milk, frozen strawberries, spinach and banana

9

For dinner make your main dish a salad of dark, leafy greens and other colorful vegetables.

10

Puree apples, berries, pears in a blender for a thick, sweet sauce on pancakes.

11

Daylight Saving Begins

Keep cut vegetables handy for snacks.

12

ENJOY A LEAN PROTEIN DINNER OF FISH

13

Slice a banana, put it in the freezer and have a sweet healthy after dinner snack

14

Try crunchy vegetables or nuts instead of chips for an afternoon snack

15

Come to the Lunch and Learn today about boosting your immune system with food

16

Add color to salads with colorful fruits and vegetables.

17

Saint Patrick's Day

Try herbs and spices for seasoning instead of salt

18

THINK AHEAD AND PLAN WHAT YOU WILL EAT THIS WEEK

19

Get your veggies in today—have some vegetable soup for lunch

20

Drink 64 oz. water instead of sugary drinks and let thirst be your guide.

21

Boost the nutrition in sandwiches by adding extra vegetables

22

Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks

23

Seafood, it's what's for dinner—fish and shellfish contain a range of nutrients

24

Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.

25

Try some OSU Food Hero recipes this week.

<http://www.foodhero.org/>

26

MAKE SURE HALF YOUR PLATE IS FRUITS AND VEGETABLES.

27

Expand your range of food choices. Try selecting a fruit or vegetable that's new to you

28

Look for local fresh produce at your local grocery store, farmers market or produce stand.

29

Aim for 10,000 steps—walking lowers blood pressure and helps control stress and weight

30

Grill vegetable kabobs with tomatoes, green and red peppers, mushrooms and onions.

31

Keep a bowl of fresh whole fruit in the center of your kitchen or dining table