

LIVE WELL – WORK WELL



President

Joseph A. King

jaking@timberlandgroup.com

Senior Benefits Consultants

Karen Borowy

kborowy@timberlandgroup.com

Bob Crisan

bcrisan@timberlandgroup.com

Steve Hardin

shardin@timberlandgroup.com

Senior Account Managers

Maura Carpenter

mcarpenter@timberlandgroup.com

Jill Tocco

jtocco@timberlandgroup.com

Account Service Representative

Nicole Keele

nkeele@timberlandgroup.com

For more information,
please contact:

1.800.695.2921

1707 W. Big Beaver Road
Troy, Michigan 48084

www.timberlandgroup.com

MARCH: NATIONAL NUTRITION MONTH



National Nutrition Month® is a nutrition education and information campaign created annually in 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 American Dietetic Association has identified the following as the top ten nutrition facts for people to know and understand:

- **Eating right doesn't have to be complicated.** Use *The 2015-2020 Dietary Guidelines for Americans* emphasizes the importance of creating a healthy eating pattern to maintain health and reduce the risk of disease. Everything we eat and drink — the food and beverage choices we make day to day and over our lifetime — matters. Visit mypyramid.gov to develop a personalized plan to lifelong health.
- **The best nutrition advice is based on science.** Before adopting any changes to your diet, be sure the information is based on scientific research. Countless reputable studies over many years have shown balance and variety are needed for good health.
- **Balancing physical activity and a healthful diet is your best recipe** for managing weight and promoting overall health and fitness.
- **Think nutrient-rich rather than “good” or “bad” foods.** The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories.
- **Look at the big picture: No single food or meal makes or breaks a healthful diet.** Your total diet is the most important focus for healthful eating. All foods can fit into a healthful diet when consumed in moderation or appropriate portions.
- **Prepare, handle and store food properly to keep you and your family safe from foodborne illness.** Safe food handling practices are a good defense against foodborne illness. Because we know how different temperatures affect the growth of bacteria in our food, we can protect our families from illness by proper handling, cooking, and storing foods at safe temperatures.

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- **Don't fall prey to food myths and misinformation that may harm rather than benefit your health.** There is no superfood or diet approach that can reverse weight gain resulting from overeating and inactivity. Fad diets do not work long term because they don't teach new eating habits and may even require you to give up your favorite foods.
- **Read food labels to get nutrition facts that help you make smart food choices quickly and easily.** Percent Daily Values (DV's) on the nutrition label are a quick way to help you evaluate a particular food. Five percent or less is low – aim for low fat, saturated fat, cholesterol and sodium. Twenty percent or more is high – aim high in vitamins, minerals and fiber.
- **Find the healthy fats when making food choices.** By choosing polyunsaturated or monounsaturated fats such as olive, canola, and soybean oils, you can keep your saturated fats, trans fats and cholesterol low.
- **Get your nutrition facts from a credible source.** Registered dietitians (RDs), physicians or other healthcare professionals should provide recommendations based on scientific, well-accepted guidelines.

EAT RIGHT CHALLENGE

Include 4 food groups in your breakfast
 Drink at least 8 cups of water
 Try a new whole grain
 Eat fruit with every meal
 Eat Vegan for the day
 Throw out any junk food
 Eat something high in Vitamin C
 Omit all caloric drinks for the day
 Eat vegetables with every meal
 Pack your lunch and snacks
 Try a new food
 Cook a vegetarian meal
 Visit the USDA ChooseMyPlate.gov website
 No sugar or desserts

Food prep for the week
 Eat real (unprocessed) foods all day
 Eat something high in Vitamin A
 Eat a variety of colors
 Consider planting a garden or herbs (research)
 Write down everything you ate/drank
 Cook a dinner – an entrée, whole grain or veggie
 Double a recipe and freeze half for future use
 Eat 1 fruit and 1 vegetable with each meal
 Eat something high in Lycopene
 Compare your portions to labels' portion size
 Make a smoothie using at least 1 vegetable
 Check the sodium in your food – aim for <2,300mg/day
 Pat yourself on the back and continue eating healthy!