



PAST PRESIDENT'S NEWSLETTER

March National Nutrition Month

19 Health Tips for 2019

1. Eat Breakfast Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.

2. Make Half Your Plate Fruits and Vegetables Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

3. Watch Portion Sizes Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. Be Active Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Get to Know Food Labels Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

6. Fix Healthy Snacks Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of grains, fruits, vegetables, dairy, and protein.

7. Consult an RDN Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate temperature, and refrigerating food promptly.

9. Drink More Water Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, are an older adult or live or work in hot conditions.

10. Get Cooking Preparing foods at home can be healthy, rewarding and cost-effective.

11. Dine Out without Ditching Goals You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas.

14. Reduce Added Sugars Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review ingredients on the food label to help identify sources of added sugar.

15. Eat Seafood Twice a Week Seafood—fish and shell-

fish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste Check out what foods you have on hand before stocking up at the grocery store

19. Slow Down at Mealtime Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

From: EAT RIGHT National Academy of Nutrition and Dietetics

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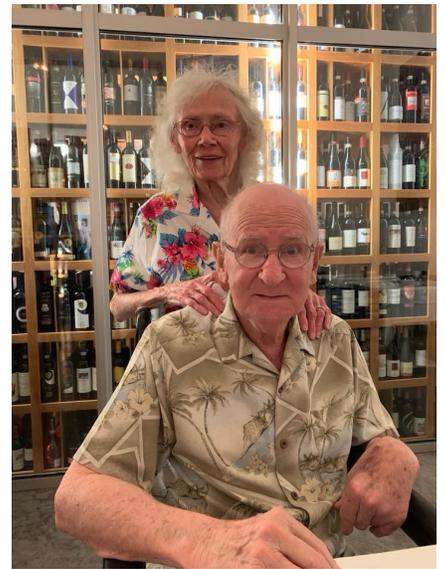
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LA MSFA PP Peggy Zembower is doing well following surgery. Cards may be sent to:
Peggy Zembower
18003 Matney Road
Germantown, MD 20874



The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

~Henry Van Dyke





*MSFA Legislative Reception
Photos by Ron Watkins*



It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

~ Theodore Roosevelt

Birthdays

<i>Cathy Cox</i>	<i>April 7</i>
<i>Margaret Dunn</i>	<i>April 15</i>
<i>Sharon Worthington</i>	<i>April 18</i>
<i>Sandy Jacobs</i>	<i>April 29</i>
<i>Elaine Huttenloch</i>	<i>April 29</i>

Anniversaries

<i>Lois & Harry Hetz</i>	<i>April 2</i>
<i>Peggy & Cecil Webb</i>	<i>April 3</i>
<i>Bobby & Glema Balta</i>	<i>April 11</i>
<i>Dave & Gloria Lewis</i>	<i>April 14</i>
<i>Bob & Joan Cumberland</i>	<i>April 26</i>

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