

HEALTH EDUCATION



National Nutrition Month – Make it a St. Patrick's Day Tradition

When you think of St. Patrick's Day, you likely think of Ireland, wearing green clothes, shamrocks, and corned beef and cabbage. Did you know that St. Patrick's Day falls right in the middle of National Nutrition Month? This campaign, sponsored annually in March by the Academy of Nutrition and Dietetics, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The 2024 National Nutrition Month theme is "Beyond the Table."

Healthy St. Patrick's Day tips



- Be festive with **GREEN**:
- Add more dark greens to your salad, such as baby kale, spinach, romaine and green leaf lettuce, green peppers, cucumbers, etc.
- Try the Dietitian Pick of the Month: Kalettes. They are a cross between kale and Brussels sprouts. Be inspired to go GREEN with your side dish. Try Brussels sprouts, broccoli, edamame or green beans.
- Pistachios and pepitas. Sprinkle on entrees, side dishes and salads.
- Green tea is a good way to warm up and get antioxidants at the same time.
- Sweeten up that fruit salad with kiwi and green grapes
- Spinach. Add to your fruit smoothie to add extra fiber and iron.

More colors of the rainbow needed to find your "pot of gold":

- Red – watermelon, apples, tomatoes, strawberries
- Blue/purple – blueberries, eggplant, grapes, red onion, blackberries
- Yellow – banana, pear, pineapple
- Orange – clementine, mangos, sweet potatoes, cantaloupe
- White – cauliflower, mushrooms, garlic



Reference