

# March 2022 Nutrition Tips

Happy National Nutrition Month!



March is National Nutrition Month and the perfect time to learn more about making informed food choices and developing healthful, yet sustainable eating and physical activity habits. See below for some tips from a Wellness Coaches Registered Dietitian to help you get started!

## 5 Tips To Celebrate A World Of Flavors

### 1. Choose a new-to-you fruit or vegetables

Consider trying a weekly or bi-weekly recovered produce delivery service and request “new-to-you” fruit and vegetables in each box. This can help you add a variety of colors (and a variety of vitamins) to your daily eating routine.

### 2. Switch Up Your Meal Prep

Shake up your usual go-to foods when packing your lunch. Ask your Registered Dietitian for meal prep recipes to create lunches your taste buds are excited for.

### 3. Spice It Up From Scratch

Swap pre-mixed bottles and packets of dressings/ marinades from the grocery store with homemade versions to save money and decrease sodium intake. Use fresh or dried herbs and spices to create a variety of new flavor combinations.

### 4. Explore global cuisines

When eating out, explore a variety of global cuisines in your area. Re-create your favorite dishes at home to add new options to your weekly meal plan.

### 5. Celebrate Food By Being Present

Be present in your eating experiences. Minimize multitasking while eating to become aware of your hunger/fullness cues throughout the meal and to savor the flavors of the food in front of you.

## Meet With a Registered Dietitian Today!

- One-on-One, virtual sessions you can schedule at any time that works for you
- 100% covered under many insurance plans
- Available to spouses and dependents



#### STEP ONE

Fill out the Nutrition Counseling [Sign Up Link](#) and a customer service representative will reach out in 1-2 business days



#### STEP TWO

Book your appointment and receive an email with your virtual meeting link(s).



#### STEP THREE

Attend your meeting on any internet-enabled device with a webcam.