



MINDFUL SCOOP

Meth-Wick Community

March 2021

National Nutrition Month: Personalize Your Plate

“There is no one-size-fits-all approach to nutrition and health. We are all **unique with different bodies, goals, backgrounds and tastes!”**

-Academy of Nutrition & Dietetics

Try one of these tips each week to *personalize your plate* and improve your nutrition!



Week 1:

- ◆ Include a healthy food from each food group— fruit, vegetable, dairy, grain, and meat/protein.
- ◆ Hydrate adequately.
- ◆ Learn how to read Nutrition Facts Panels.
- ◆ Avoid distractions, like driving, working, or watching TV, while eating.
- ◆ Take time to enjoy your food— chew slowly, put the fork down between bites, savor the smell and texture.

Week 3:

- ◆ Keep healthy ingredients on hand.
- ◆ Practice proper food safety at home.
- ◆ Share meals together as a family when possible.
- ◆ Reduce food waste.

Week 2:

- ◆ Make a grocery list before shopping.
- ◆ Be menu-savvy -look for words like fresh, seasonal, and grilled.
- ◆ Choose healthy recipes to make during the week or on the weekend.

Week 4:

- ◆ Connect with a Registered Dietitian Nutritionist who can tailor a healthful eating plan that is as special as you are.
- ◆ Thrive through the transformative power of food & nutrition.

*Contributors: Bonnie Hamilton, RDN – Sodexo Seniors
Raquel Tsvetkov, RDN – Sodexo Seniors*

Contact your Nutrition Expert:

Emily Peterson, RDN, LD Emily.Peterson@Sodexo.com

