

# **NATIONAL NUTRITION**

March is National Nutrition Month, a time to focus on the importance of making informed food choices and developing healthy eating habits. Whether you're looking to boost your energy levels, maintain a healthy weight, or simply nourish your body with wholesome foods, we've got you covered! Join us in celebrating National Nutrition Month by incorporating these tips, recipes, and resources into your daily routine.



## **Balance** is Key

Aim to include a variety of foods from all food groups in your meals. This ensures you get a wide range of nutrients to support your overall health.

## **Stay Hydrated**

Drink plenty of water throughout the day to stay hydrated. Limit sugary drinks and opt for water, herbal tea, or infused water instead.

#### **Portion Control**

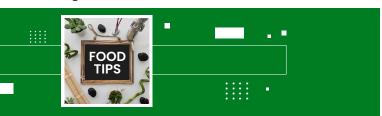
Pay attention to portion sizes to avoid overeating. Use smaller plates and bowls to help control portion sizes.

# **Mindful Eating**

Practice mindful eating by slowing down and savoring each bite. This can help prevent overeating and promote better digestion.

# **Include Fruits and Vegetables**

Aim to fill half your plate with fruits and vegetables at each meal. They are packed with vitamins, minerals, and fiber essential for good health.



#### **Meal Prep**

Spend some time each week meal Pay attention to food labels when prepping to make healthy eating grocery shopping. Look for products with easier. Prepare batches of grains, minimal ingredients and avoid those proteins, and veggies to assemble high in added sugars, sodium, and quick and nutritious meals throughout unhealthy fats. the week.

#### Choose Whole Foods

Opt for whole foods such as fruits, Minimize your intake of processed and vegetables, whole grains, lean packaged foods, which are often high proteins, and healthy fats. These in unhealthy fats, sugars, and additives. foods are nutrient-dense and provide essential nutrients your body needs.

# **Healthy Snacking**

Keep healthy snacks on hand such as nuts, seeds, Greek yogurt, and fresh fruit. This can help curb cravings and prevent unhealthy snacking.

**Read Labels** 

**Limit Processed Foods** 



## Quinoa Salad with Roasted Vegetables

cherry tomatoes. Drizzle with olive oil and nutritious dish.

## **Vegetable Stir-Fry**

Stir-fry your favorite vegetables such as broccoli, bell peppers, snap peas, and carrots in a wok with a splash of sov sauce and sesame oil. Serve over brown option. rice or quinoa for a satisfying meal.

#### Grilled Salmon with Mango Salsa

Toss cooked quinoa with roasted vege- Marinate salmon fillets in a mixture of olive tables like bell peppers, zucchini, and oil, lime juice, and minced garlic. Grill until cooked through and serve with a fresh balsamic vinegar for a flavorful and mango salsa made with diced mango, red onion, cilantro, and lime juice.

#### **Greek Yogurt Parfait**

Layer Greek vogurt with fresh berries. aranola, and a drizzle of honey for a delicious and nutritious breakfast or snack

#### Black Bean and Sweet Potato Tacos

Fill corn tortillas with mashed sweet potatoes, black beans, diced avocado, and a squeeze of lime juice for a tasty and filling vegetarian taco option.



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