

March: Savor the Flavor of Eating Right

By: Lisa Franzen-Castle, RD, PhD, Nutrition Specialist

University of Nebraska-Lincoln Extension

Author E-mail: lfranz2@unl.edu



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Developing mindful eating patterns that include nutritious and flavorful foods is an important part of an overall healthy lifestyle and should include a variety of vegetables, fruits, whole grains, fat-free



or low-fat dairy and lean proteins. As part of National Nutrition Month® 2016, the Academy of Nutrition and Dietetics encourages everyone to

"Savor the Flavor of Eating Right." How, when, why, and where you eat are just as important as what you eat. Take time to enjoy the traditions and appreciate the great flavors and social experiences food can add to your life.

Tips to Savor the Flavor of Eating Right:

Experiment with herbs & spices. Discover new and exciting tastes while trimming fat and sodium from cooking. Innovative use of herbs and spices offers a flavor advantage, especially if the goal is to cook with less fat and sodium. Keep a basic assortment of



dried herbs and spices on hand such as oregano, garlic powder, thyme, paprika, cinnamon, nutmeg, chili powder, Italian herb seasoning

blend, thyme, and rosemary. Remember to store dried herbs and spices in airtight containers in a cool, dark cupboard or pantry.

Enjoy food traditions & social experiences. Food nourishes the body and provides fuel to help us thrive and fight disease. Food is also a source of pleasure and enjoyment. There is an obvious social



factor to food, whether it's a family dinner, special holiday occasion or social gathering, food often plays a central role. Research indicates that family meals promote healthier eating

and strengthen family relationships. Prioritize family meals and enjoy the food traditions that accompany any type of social gathering.

Appreciate the experience and flavors of food.

Take time to appreciate the flavors, textures and overall eating experience. In today's busy world, we



often eat quickly and mindlessly. Try following this tip to help you savor the flavor of your food: Eat slowly. Eat one bite at a time, and focus on the different

flavors and textures. Stop and take time between bites. Eating slowly not only allows you to enjoy your food, but can also help you eat less by giving your stomach time to tell your brain you are full.

Develop a mindful eating pattern. How, when, why and where you eat is just as important as what you eat. Being a mindful eater can help reset both body



and mind and lead to an overall healthier lifestyle. Think about where you eat the majority of your meals. Many eat lunch at their desks or dinner in front of the television. Take a few minutes out of your busy

schedule to find a nice place to mindfully eat instead of multitasking through meals.

Reduce sugar, sodium, & saturated fats. Choose foods and beverages with no added sugar whenever possible. Read food labels and avoid buying foods with added sugars such as high fructose corn syrup,



dried cane syrup, evaporated cane juice, invert sugar, molasses, sucrose, honey, agave or maple syrup. Most sodium

consumed in the United States comes from salts added during commercial food processing and preparation. Use the Nutrition Facts label to compare sodium content of foods and choose products with less sodium. Reduce your intake of saturated fats by replacing them with unsaturated fats. Unsaturated fat, which includes polyunsaturated and monounsaturated fat, is found in foods like oils, fatty fish, nuts and seeds.

Go for the Green on St. Patrick's Day!

See **GREEN** on St. Patrick's Day and throughout the year. Some **GREEN** ideas for St. Patrick's Day (or any day) include:

- Tossed **LETTUCE** salad. Add extra green with green peppers if you like!
- Corned beef with **CABBAGE** is a natural for St. Patrick's Day!
- Include some **KIWI FRUIT, GREEN GRAPES AND/OR HONEYDEW MELON** in your fruit salad.
- Add **AVOCADO** slices to salads and sandwiches.
 - *To maintain avocados' green color, eat them immediately or sprinkle them with lemon or lime juice. Though 2 tablespoons of avocado have about 5 grams of fat, it's mostly heart-healthy monounsaturated fat.*
- Enjoy your favorite veggie dip in combination **BROCCOLI** florets or a favorite fruit dip with **GREEN APPLE** slices.
- Vegetable pizza with **GREEN PEPPERS**.
- Serve thinly sliced **GREEN ONIONS** over rice, pasta dishes, broiled or baked fish, soups -- you're limited only by your imagination!
- **Source:** <http://food.unl.edu/go-green-st-patricks-day>

Additional Resources & Links:

Add a Little Spice (& Herbs) to Your Life! Check out flavor and food combinations, common substitutions, general rules for amounts, and when to add herbs and spices.
<http://food.unl.edu/free-spice-and-herb-powerpoint-and-handout>

Recipe Central. Enjoy healthy cooking from your own kitchen. Use recipes from the following Recipe Central collections to get started!
<http://food.unl.edu/fnh/recipe-central>

Cook it Quick. Our goal is to make you "hungry for healthy food" by offering tips and delicious, quick-to-prepare, inexpensive recipes.
<http://food.unl.edu/fnh/cook-it-quick-recipes>

Food Fun for Young Children. Looking for a quick snack for kids or adults on St. Patrick's Day? Go no further than the fresh fruit aisle. Here are several options with green fruit such as honeydew, kiwi and green grapes!

<http://food.unl.edu/going-green-fruit-st-patricks-day>

Nebraska Extension Food, Nutrition, and Health by the Month Calendar. National food days, weeks, and months for March, such as Ag Day, National School Breakfast Week, and Frozen Food Month.
<http://food.unl.edu/march-food-calendar>

Sources:

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2. Academy of Nutrition and Dietetics (2016). New and Exciting Tastes: For National Nutrition Month, Experiment with Herbs and Spices to Savor the Flavor of Eating Right. Accessed at: <http://www.eatrightpro.org/resource/media/press-releases/national-nutrition-month/experiment-with-herbs-and-spices-to-savor-the-flavor-of-eating-right>.
3. Academy of Nutrition and Dietetics (2016). For National Nutrition Month, Enjoy Food Traditions and Experiences to 'Savor the Flavor of Eating Right'. Accessed at: <http://www.eatrightpro.org/resource/media/press-releases/national-nutrition-month/for-national-nutrition-month-enjoy-food-traditions-and-experiences>.
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Updated: February 2016