

Healthy Herald

“Put Your Best Fork Forward” and try this healthy, easy, and delicious Taco Casserole from your Live Well. Be Well. Dietitian!

Layer in a large casserole dish in this order:

- 1 can vegetarian refried beans
- 1 cup each sautéed onion and bell pepper (color of your choice!)
- 2 cups cooked brown rice (try a microwave brown rice pouch for convenience)
- Salsa of your choice (enough to cover the rice layer)
- Shredded cheese: try cheddar or a Mexican blend (enough to cover the salsa layer)
- Top with crushed tortilla chips

To bake:

- Cover with foil, then bake at 350° F for 25 minutes; uncover and bake 10 minutes more or until cheese is melted.

Serve with low fat sour cream and chopped avocado. Enjoy!!



National Nutrition Month®

The theme of National Nutrition Month® this year is “Put Your Best Fork Forward”. Each forkful of food you eat has the power to positively impact your health as well as those around you!



Here are some small, healthy changes you can make to “Put Your Best Fork Forward” with each bite you eat:

- When it comes to fruits & veggies, eat one more—think about how many times a day you currently eat these and make an effort to eat one more of each
- Swap one refined grain you eat for a whole grain—aim to make at least half your daily grains whole grains
- Swap meat once a week for beans, which are a healthy, inexpensive protein plus a great source of fiber (try the recipe at right!)
- Switch to low fat (1% or ½%) or fat free (skim) milk
- Replace one fast food meal a week with a home cooked meal
- When dining out, look at the menu online before you go to preplan a healthy order
- When eating snacks, aim to eat something from at least 2 food groups; try an apple with a string cheese or carrots dipped in hummus
- Model healthy eating habits for your family, friends, and children in your life—“Put Your Best Fork Forward” and inspire others to do the same!

FREE Grocery Store Tour



Topic: Food Trends!

When: March 22nd

Location: Lambertville Kroger (3462 W. Sterns Rd., Lambertville, MI)

Time: 5:30-6:30 pm

FREE Living With Diabetes Group

Join the *Live Well. Be Well.* Dietitian for a discussion on healthy eating strategies.



When: March 15th

Location: Monroe Home Care Shoppe (474 N. Telegraph Rd., Monroe, MI)

Time: 7:00-8:30 pm

FREE Nutrition Coaching Sessions



Interested in making healthy changes in your eating habits? Call today to schedule a free 1 hour individual nutrition coaching session with the *Live Well. Be Well.* Dietitian!

Registration required for grocery store tour; appointments required for nutrition coaching. Call 734-240-7800 or email LiveWell_BeWell@monroemi.org to reserve your spot!