

# The Healthy Herald

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Healthy snacks can help your body stay fueled throughout the day and help prevent overeating in the evening. Whether you're in the mood for a sweet or savory snack, there are many healthy snack options!

As an added health bonus, aim to include at least 2 MyPlate food groups in your healthy snack!



### Healthier Sweet Snacks

- Top low fat yogurt with granola or cereal
- Slice a banana in half, top with vanilla yogurt and a few chocolate chips
- Cook 1 package of microwave oatmeal, top with peanut butter and cinnamon
- Fill a whole grain tortilla with peanut butter and fruit slices

### Healthier Savory Snacks

- Roll low sodium deli meat with your favorite sliced cheese, eat with whole grain crackers
- Mix dried herbs into cottage cheese; dip with whole grain pretzels
- Fill a whole grain tortilla with tomato sauce and cheese; microwave for 30-60 seconds
- Homemade healthy trail mix (a mix of your favorite whole grain cereals, nuts, popcorn, and/or no sugar added dried fruit)

## National Nutrition Month®



March is National Nutrition Month®! This is a great time to reflect on your nutrition intake and eating habits. Many of us have a list of what we want to change about our eating habits, but taking time to reflect on what we're already doing well is important too! What are you most proud of with your eating habits? What challenges do you face with healthy eating?

Once you've congratulated yourself for the healthy eating habits you already have in place, choose one small, measureable change you'd like to work on to improve your eating habits further. In a few weeks, evaluate your eating habits again, continuing to make small, lasting changes until you reach your healthy eating goals. Small changes in your eating habits over time can lead to a big impact on your health in the long run! Use the ideas below for inspiration to get started!

- Eat a piece of fruit with breakfast at least \_\_\_\_\_ days per week.
- Eat an additional serving of veggies at dinner at least \_\_\_\_\_ days per week.
- Pack lunch vs. eating out at least \_\_\_\_\_ days per week.
- Replace one sugary beverage a day with fresh fruit infused water.
- Try one new fruit or veggie each week.
- Eat dinner at the table instead of in front of the TV at least \_\_\_\_\_ days per week.
- Bring a healthy snack to work at least \_\_\_\_\_ days per week.
- Try at least \_\_\_\_\_ new healthy recipe(s) during the week.

## MARCH 2019 EVENTS

### Infant CPR, Safety & Care

Free to anyone 14 and older  
 Space is limited; please pre-register



**When:** March 13th  
**Location:** Monroe County Health Department  
**Time:** 5:00-7:00 p.m.

### FREE Living With Diabetes Group

The Monroe County Health Department dietitian will discuss healthy eating strategies!



**When:** March 20th  
**Location:** Monroe Home Care Shoppe (474 N. Telegraph Rd., Monroe, MI)  
**Time:** 6:00-7:30 p.m.

### Adult & Child CPR/AED



\$35 cost (includes AHA card and workbook)  
 Space is limited; please pre-register

**When:** March 27th  
**Location:** Monroe County Health Department  
**Time:** 5:00-7:00 p.m.