

WTNS Radio OSU Extension Update for March 8, 2021
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about nutrition and look at some upcoming programs from OSU Extension.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. This year's theme is "Personalize Your Plate." We live in a time when all kinds of items can be custom made to suit our needs or desires. Though there are basic nutrition principles we should all follow, this theme reminds us that we are all unique with different bodies, goals, backgrounds, and tastes.

I recently taught a nutrition-focused webinar with an Extension colleague about steps to a healthier heart. Our first recommendation? Add one more vegetable to your day. Small steps are much more attainable than larger. We can all benefit by adding a vegetable. And adding one vegetable and one fruit is even better.

Vegetables and fruits are the best way to add color, flavor, and texture to your meals plus vitamins, minerals, and dietary fiber. During our Dining with Diabetes classes, we encourage participants to fill half their plate with vegetables. But adding just one more to your day is a great place to start.

Here are a few other helpful healthful tips from the Academy of Nutrition and Dietetics:

1. **Eat Breakfast:** Start your day with a healthy breakfast that includes lean protein. Try to have foods from three MyPlate food groups. Look for ways to add whole grains, fruits, and vegetables to your breakfast. One savory idea is a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla. A sweet meal idea is a parfait with low-fat plain yogurt, fruit, and whole grain cereal.
2. **Watch Portion Sizes:** Many times, we are simply eating more than we should. Look at food labels to see what a recommended serving size is. Then use measuring cups to help you compare your portions to the serving size.
3. **Fix Healthy Snacks:** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more food groups: grains, fruits, vegetables, dairy, and protein.

4. **Drink More Water:** Water is the healthiest beverage choice. Added sugars sneak into our diets most often through sweetened beverages.
5. **Enact Family Mealtime:** Plan to eat as a family at least a few times each week. Set a regular mealtime. I know this can be a challenge with busy schedules and kids' activities. Is mealtime as important to you as these events? If it is, then schedule it and treat that time as non-negotiable. Turn off the TV, phones, and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.
6. **Banish Brown Bag Boredom:** Whether it is for work or school, change it up with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard-boiled egg.
7. **Eat Seafood Twice a Week:** Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters, and sardines are higher in omega-3s.
8. **Experiment with Plant-Based Meals:** Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. I am also a very big fan of addition. Keep half to three-quarters of the meat and add beans as well. It is a great way to add fiber and other nutrients.

I hope you'll choose to try one of these tips this week!

The "East Ohio Women in Agriculture Program Series" continues this Thursday with a panel about agricultural loans. A total of 10 webinars and 3 field days are being held through May on a variety of financial, production, and home-related topics to help women in agriculture. Some of these upcoming topics include fruit tree pruning, farm stress, raising livestock on 5 acres or less and much more. Visit our website to register for one or more of these free programs.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!