



## SAVOR THE FLAVOR OF EATING RIGHT

Have your healthy New Year's habits already begun to fade? Recharge your resolutions during **National Nutrition Month** with help from the Academy of Nutrition and Dietetics.

In celebration of the 2016 National Nutrition Month theme, "Savor the Flavor of Eating Right," the West Windsor Health Department is encouraging everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods – that's the best way to savor the flavor of eating right!

### **Enjoy Food Traditions and Social Experiences**

There is an obvious social component to food. Whether a nightly family dinner, special holiday occasion or social gathering, food often plays a central role.

### **Appreciate Foods and Flavors**

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

- Eat one bite at a time
- Focus on the different smells, flavors and textures. Eating slowly not only allows you to enjoy your food, but it can also help you eat less by giving your stomach time to tell your brain that you are full.

At every meal, fill half your plate with a variety of colorful fruits and vegetables. Most fruits and vegetables are naturally low in fat and calories plus they are filling.

- Make at least half the grains you eat whole grains, such as whole-wheat bread and pasta, quinoa, oats and brown rice. Check the food label, the first ingredient listed should be "whole grain" or "whole wheat."
- Choose healthy protein sources, such as lean meats and poultry, seafood, beans and peas, eggs and nuts and seeds.
- Eat low-fat dairy foods. If you're sensitive to lactose, try calcium-fortified soy beverages.
- Limit foods with added fats, sugars and salt.

National Nutrition Month is an opportunity for each of us to identify ways in which we can be better today, this month, and into the future. Happy healthy eating!

Check out the resources below to learn more about mindful eating and enjoying eating healthily:

Eat Right - <http://www.nationalnutritionmonth.org/nnm/>

USDA ChooseMyPlate - <http://www.choosemyplate.gov/>

CDC - [http://www.cdc.gov/healthyweight/healthy\\_eating/fruits\\_vegetables.html](http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html)



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