March is National Nutrition Month.

Why not try taking a few small steps this month towards living a healthier lifestyle?

Here are a few health tips for 2014:

**Eat Breakfast**—Try oatmeal cooked with low-fat milk, sliced almonds and berries, or top a toaster waffle with low-fat yogurt and fruit.

**Make Half Your Plate Fruits and Vegetables**—Don’t let winter stop you from enjoying produce. It may be harder to find fresh options, but frozen and canned are great alternatives.

**Watch Portion Sizes**—Using smaller plates, bowls and glasses can help you keep portions under control.

**Be Active**—You don’t have to hit the gym—take a walk after dinner or play a game of catch or basketball.

**Fix Healthy Snacks**—Try low-fat yogurt with fruit, whole-grain crackers with low-fat cheese, or a small portion of nuts with an apple or banana.

**Drink More Water**—Substitute a soda or energy drink for a glass of water.

**Enact Family Meal Time**—Having meals as a family at least a few times a week promotes healthier eating.

Source: www.eatright.org

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**Fruit Salad**

Makes 6 (1/2 cup) servings

**Ingredients:**
1 (8 ounce) can fruit cocktail, drained
1 (8 ounce) can pineapple, drained
1 apple, chopped, drained
1 medium banana, sliced

**Topping:**
1/2 cup plain or vanilla yogurt
Pinch of cinnamon
Pinch of nutmeg

1. Mix fruit cocktail, pineapple, apple and banana in a medium sized bowl.
2. Mix yogurt, cinnamon and nutmeg in separate small bowl.
3. Serve fruit salad topped with yogurt mixture.

**Nutrition Facts per serving:**
- 80 calories
- 0.5g Total Fat
- 15mg Sodium
- 0mg Cholesterol
- 20g Total Carbohydrates
- 2g Protein

Source: Eating Smart Being Active Recipes
**Exercise with a Buddy**

Being active with others can help you stick with your fitness goals and have more fun along the way. It’s time to get fit together, so find a friend, join a class or call the kids.

60 minutes of play with moderate to vigorous activities every day and adults should aim for 30 minutes every day.

Here are some tips from the Let’s Move campaign to get your family moving in the right direction:
- Give children toys that encourage physical activity like balls, kites, and jump ropes.
- Encourage children to try a new physical activity or sport.
- Limit TV and computer time for the whole family.
- Keep the TV out of a child’s bedroom.
- Take a walk with your children after a meal.
- Make a new house rule: no sitting still during television commercials.
- Plan family activity days like park day, bike day or swim day.

Issue a family challenge to see who can be the first to achieve a Presidential Active Lifestyle Award by committing to physical activity five days a week, for six weeks. Both children and adults can receive the award. For more information, go to letsmove.gov.

Lisa McCoy, MS, RD, Extension Educator, FCS-Healthy Living

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**Name the Foods**

Be as specific as possible. For example, there are several kinds of beans in the picture.

Answers (starting at the top, going clockwise)

1. Whole grain cereal, cranberries
2. Carrot, cucumber or pickle, cheese, whole grain bread
3. Blueberries, raspberries and strawberries
4. Shrimp
5. Lettuce or greens
6. Lima, kidney, garbanzo (chickpeas), and white beans
7. Pasta, broccoli, peas, red onion
8. Yellow squash, zucchini, onion, red pepper, cherry tomato

Source: www.eatligh.org

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**Move Every Day!**

Getting physical activity is more fun when it is a family affair. The goal should be to get everyone to move every day. The activity can be spread out throughout the day and it’s best to add variety to make it more interesting. Children should aim for 60 minutes of play with moderate to vigorous activities every day and adults should aim for 30 minutes every day.

Here are some tips from the Let’s Move campaign to get your family moving in the right direction:
- Exercise more often
- Feel safer
- Meet new people
- Gain support
- Stick with your commitment
- Have fun!

Together you can do this.

Source: JOURNEYWORKS PUBLISHING

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The Expanded Food and Nutrition Education Program (EFNEP) helps families, Eat better, Feel better, and Cut food costs. To find out more about EFNEP contact:

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