March is National Nutrition Month

Make 2015 the year you commit to a healthy lifestyle by following these tips.

1. Eat breakfast. Include lean protein, whole grains, fruits and vegetables.
2. Make half your plate fruits and vegetables. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal.
3. Watch portion sizes. Use half your plate for fruits and vegetables and the other half for grains and lean protein.
4. Be active. Start by doing 10 minutes at a time and work your way up to 30 minutes a day.
5. Understand food labels. Make sure you know what the terms on your food label actually mean.
6. Keep your food safe. Make sure to wash your hands before and after preparing food, keep raw meat away from other foods and make sure food is properly cooked.
7. Cook. Cooking at home can be rewarding and cost-effective as well as healthy.
8. Eat healthy when eating out. Look for grilled, baked, broiled or steamed items. Add a salad with low-fat dressing.
9. Explore new foods. Add more nutrition and eating pleasure by trying a new fruit, vegetable or whole grain each time you shop for groceries.
10. Drink more water. Thin slices of lemon or orange can be added to vary the taste.

Your EFNEP nutrition educator can help you do all this and more.

Roasted Green Beans

1 pound fresh green beans
1 tablespoon olive oil
Salt and pepper to taste

1. Snap the ends off the beans and rinse the beans in cold water. Drain well.
2. Lay the green beans on a metal baking sheet.
3. Drizzle the oil over the beans. Toss to coat thoroughly and then add the salt and pepper. Toss again.
4. Roast at 425 degrees for 15-18 minutes. Stir twice while roasting.

Makes 6 one-half cup servings.

Each serving contains 44 calories, 2 grams of fat, 10.5 milligrams of sodium and 2.5 grams of fiber.

Source: Nutrition Matters
Rate Your Plate

Are you eating right?
Rate your eating habits with this quick quiz by answering most days, sometimes or never to the following questions.

Do you:
• Consider nutrition when making food choices?
• Avoid skipping meals?
• Include 3 or more whole grain foods daily?
• Eat at least 2 cups of veggies daily?
• Vary veggies with dark green and orange varieties?
• Get at least 2 cups of fruit daily?
• Get 3 cups of low-fat / fat-free milk, yogurt or cheese daily?
• Choose lean meats and poultry?
• Vary protein with more fish, beans and nuts?
• Try to limit saturated fat and trans fat?

For questions that you answered sometimes or never, pick one that you can begin to make a regular habit. Remember that good nutrition starts with small steps.

For more information, go to choosemyplate.gov.

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

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St. Patrick’s Day Matching

Draw a line from each word on the left to the picture on the right.

Hat
Gold
Shamrock
Rainbow
Leprechaun
Flag

Happy St. Patrick’s Day!


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& Community Garden News

My name is Sherry Frick and it is my pleasure to introduce myself to you as the Agriculture & Natural Resources Extension Educator and Master Gardener Coordinator for Allegany County. I am excited to be involved with several community gardening projects around the Queen City. We currently have five open garden plots for rent here at the University of Maryland Extension office. It costs $10 per 4’ x 8’ plot for the entire year. I am also assisting Western Maryland Health System to install a new community garden located across from the imaging center on Williams Street. The garden will have approximately 20 5’ x 10’ plots available to rent. In support of this new community garden, I will be holding three Grow It Eat It gardening classes at the hospital to help new and more seasoned gardeners get off to a growing start. A series of classes will be offered from 6 pm – 8 pm on the following dates: April 13 – 12 Steps to Starting a Vegetable Garden; May 11 – Soil Health and Composting; and June 8 – Succession Planting and Pest Management. The classes will be held in the hospital’s auditorium on the second floor. More details about renting WMHS garden plots will be forthcoming.

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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:

http://www.extension.umd.edu/