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Tips to Eat Right for Your Lifestyle

Eating right is essential to keeping your body running at its best. During National Nutrition Month®, the Academy of Nutrition and Dietetics reminds you to build an eating plan with your unique lifestyle and nutritional needs in mind. So whether you're a vegetarian, student, athlete, busy parent or a jet-setting executive, it’s important to "Eat Right, Your Way, Every Day."

"There's no one-size-fits-all way to eat that's right for everyone," says registered dietitian and Academy spokesperson Jim White. "In reality if the diet doesn't fit with your lifestyle and unique needs, it won't work in the long-term and can even leave you missing out on the nutrition you need to get you through the day. Americans have flexibility in making choices to create a healthy eating pattern that meets nutrient needs and stays within calorie limits."

White offers the following tips to eat right for your lifestyle:

Career. Busy work days and business travel can lead to on-the-fly meals.

- For desktop dining, keep single-serve packages of crackers, fruit, peanut butter, low-sodium soup or canned tuna in your desk.
- Always on the go? Tuck portable, nonperishable foods in a purse, briefcase or backpack for a meal on the run. Try granola bars, peanut butter and crackers, fresh fruit, trail mix or single-serve packages of whole-grain cereal or crackers.

Athletes. Whether you are a competitive athlete or just enjoy working out, what you eat will affect your performance.

- Your body needs fuel to function, so eat a light breakfast or snack before you exercise. Try low-fat yogurt, graham crackers with peanut butter, a banana or cereal with low-fat milk.
- Before, during and after exercise, replace fluids with plenty of water or a sports drink, if you prefer.

Student. The student lifestyle can be fast-paced and low-budget. Students can eat right on a budget with some savvy food shopping tips. Stock smart snacks that combine protein and carbohydrates to fuel you like:

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• Apples with peanut butter, carrots and hummus, hardboiled eggs and fruit, banana and yogurt, almonds with low-fat cheese or whole-grain cereal. These also double as a quick grab-and-go breakfast to wake up your brain and muscles for the day’s activities.

• At the cafeteria, salad bars are a great choice, just go easy on the cheese, bacon, creamy dressings and other high-calorie add-ons. Follow the MyPlate guidelines and make half your plate fruits and vegetables.

**Families.** Caring for family, whether children, elderly parents or both, can be a handful. However, family meals allow parents to be role models to promote healthy eating. And, just because a meal is made quickly doesn’t mean it can’t be nutritious.

• Keep things simple. Build a collection of recipes for quick and easy family favorites. Choose ingredients that you can use from more than one meal. For example, cook extra grilled chicken for chicken salad or fajitas the next day.

• Ask for help. Get the kids involved making a salad, setting the table or other simple tasks.

**Vegetarian.** A vegetarian diet can include just as many tasty varieties of foods as one including meat. For example, nutrient-rich beans are recommended for everyone. Enjoy vegetarian chili, a hummus-filled pita sandwich or veggie burger. Many popular items are or can be vegetarian – pasta primavera, veggie pizza and tofu-vegetable stir-fry.

As part of this public education campaign, the Academy’s National Nutrition Month® website, [www.eatright.org](http://www.eatright.org), includes a variety of helpful tips, games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the "Eat Right, Your Way, Every Day" theme. Enjoy these recipes from the campaign.

**Go Fish! Oven-Fried Cod**  Serves 4

1 cup whole grain bread crumbs
1/4 cup grated parmesan cheese
1 teaspoon grated lemon rind
1/4 teaspoon black pepper
Non-stick cooking spray
1 tablespoon canola oil
1 pound cod fillets
Salt (optional)
2 egg whites
1/4 cup fat-free milk

1. Combine bread crumbs, parmesan cheese, lemon rind and black pepper in a paper bag. Shake well to mix, and set aside.

2. Preheat oven to 400 degrees. Spray a 9x12-inch baking sheet with non-stick cooking spray, then coat with canola oil.

3. Rinse cod and lightly sprinkle salt (optional) on both sides of the fillets.

4. Cut fish into long strips.

5. In a small bowl, combine the egg whites and milk, then whisk with a fork until well blended.
6. Dip the fish into the egg-and-milk mixture.
7. Place the fish strips, a few at a time, into the paper bag. Hold the bag closed and shake well.
8. Place the coated fish sticks on the baking sheet. Bake until golden brown, about 15 minutes.

**Fish switch:** You can use catfish or flounder in place of the cod.

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**Grilled Portobello Mushrooms**  Serves 6

6 medium Portobello mushrooms (one pound total)
1 tablespoon plus 1 teaspoon extra virgin olive oil
2 teaspoons balsamic, wine or herbed vinegar
1 clove garlic, minced
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper

1. Preheat the broiler or prepare a charcoal grill, spraying the rack with nonstick pan spray.
2. Clean the mushrooms well, and cut off the tough bottoms of the stems
3. Combine the olive oil, vinegar and garlic in a small bowl. Brush all surfaces of the mushrooms with the mixture. Allow to marinate at least 20 minutes.
4. Put the mushrooms on the prepared broiler pan or grill, stem sides up. Broil or grill about 4 inches from the heat source until the mushrooms are tender, about 4 to 5 minutes on each side. Sprinkle with salt and pepper.

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