

## Enjoy the Taste of Eating Right!

*From the desk of Lori Harvey RDN, LD*

### March is National Nutrition Month® ... Enjoy the Taste of Eating Right!

When it comes to choosing what to eat, nutrition is important but flavor is likely the true motivator and also the key to eating right, according to the Academy of Nutrition and Dietetics. This March, during National Nutrition Month®, experiment with new flavors and flavor combinations in healthy meals and "Enjoy the Taste of Eating Right."

"According to consumer research, taste tops nutrition as the main reason why consumers buy one food over another. The foods we most commonly eat are often those we enjoy the most," says registered dietitian and Academy spokesperson Joy Dubost. "So make taste a priority when preparing nutritious meals."

### Rate Your Plate

Are you "eating right?" Rate your eating habits with this quick quiz. Answer the questions below and add up your score.

Do you ----	Most days	Sometimes	Never
Consider nutrition when making food choices?	2	1	0
Avoid skipping meals?	2	1	0
Include 3 or more whole grain foods daily?	2	1	0
Eat at least 2 ½ cups of veggies daily?	2	1	0
Vary veggies with dark green & orange varieties?	2	1	0
Eat at least 2 cups of fruit daily?	2	1	0
Get 3 cups of low-fat or fat-free milk or yogurt daily?	2	1	0
Choose lean meats and poultry?	2	1	0
Vary protein with more fish, beans and nuts?	2	1	0
Limit saturated fat and trans fat?	2	1	0

Based on *Dietary Guidelines 2010*. <http://www.health.gov/dietaryguidelines/2010.asp>

**16 to 20 points:** Healthy eating seems to be your habit already!

**10 to 15 points:** You're on track. A few easy changes will make your total eating plan healthier.

**0 to 9 points:** Sometimes you may eat smart. For good health, add more smart choices to your eating plan.

For a personalized eating plan, go to [www.choosemyplate.gov](http://www.choosemyplate.gov)

Source: The Academy of Nutrition and Dietetics, [www.eatright.org](http://www.eatright.org)

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Thank you!

*Phil Marcin*

Development Director

**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

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