



gethealthy  DeSoto

March 2018

March is National Nutrition Month!

Our diet influences our energy levels, organ health, digestive health, and more. Making smart and healthy food choices can have a big impact on our day.

Healthy eating is one of our greatest personal challenges. Cookies are yummy, drive-throughs are easy, and sometimes we'd like some carbonation in our drink. With many of us still trying to stay strong in our resolutions and with swimsuit season on the horizon, a little help in eating healthier is always appreciated. Check out ChooseMyPlate.gov, hosted by the US Department of Agriculture for helpful tips and tools to help with challenges.

Tip Sheets ChooseMyPlate.gov offers full-color printable tip sheets improving meal prep, making takeout healthier, and more. These are great for you personally, but also for those who share your office space.

Interactive Tools ChooseMyPlate.gov provides several interactive tools to help monitor your nutrition choices. Food-A-Pedia lets you look up nutrition information for over 8,000 foods and offers side-by-side comparisons. They also provide a Food Tracker and Weight Manager to help monitor your food intake and progress to healthy weight goals. You can also set up Group Challenges to help motivate your workout and accountability buddies!

MyPlate for Families It can be challenging to make dinner both fun *and* healthy. MyPlate for Families provides suggestions for activities to do with the kids to make mealtimes fun. It also provides suggestions for healthy eating on a budget. They also offer a great page called Variety that outlines how you can get the most out of each food group:
<https://www.choosemyplate.gov/variety>

MyPlate for Schools ChooseMyPlate.gov provide educators with resources to extend into our schools. They offer a guide to school breakfast and lunch, as well mini books for young readers. All free!

Mark your calendars for Winter Flakes run on **March 24**.
Registration available on the GHD website.

To learn more about Get Healthy De Soto, visit www.gethealthydesoto.org.