

# WVU MEDICINE CELEBRATES:

## NATIONAL NUTRITION MONTH 2020: EAT RIGHT, BITE BY BITE

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*Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction. Join WVU Medicine in taking little bites towards a healthier lifestyle.*

### VARY YOUR DIET

Eating a variety of foods everyday can provide your body with different nutrients to promote good health and reduce the risk of disease.

- Include healthful foods from all food groups
- Hydrate throughout the day
- Learn how to read nutrition facts labels
- Practice portion control
- Take time to enjoy your food



### PLAN YOUR MEALS EACH WEEK

Planning your meals each week can help to decrease the stress of preparing meals throughout the week and can help you to save money at the grocery store.

- Use a grocery list to shop for healthful foods
- Be menu-savvy when eating out
- Choose healthful recipes to make during the week
- Enjoy healthful eating at school and at work
- Plan healthful eating when traveling



*Interested in learning more? Visit [eatright.org](https://eatright.org)*

# LEARN SKILLS TO CREATE TASTY MEALS

Learning how to prepare your own meals can help to save money, make your meals healthier, and enhance your skill set.

- Keep healthful ingredients on hand
- Practice proper food safety
- Share meals together as a family when possible
- Reduce food waste when possible
- Try new flavors and foods

## CONSULT A REGISTERED DIETITIAN

A registered dietitian can help you to set goals and make small changes towards a healthier lifestyle.

- Ask your doctor for a referral to meet with a RD
- Receive personalized nutrition advice to meet your goals
- Meet with RDs in a variety of settings throughout the community
- Find a RD that is specialized to serve your unique needs
- Thrive through the transformative power of food and nutrition

### Sample Grocery List

#### Fruits:

- Bananas
- Strawberries
- Blueberries
- Apples
- Pears

#### Vegetables:

- Brussle sprouts
- Broccoli
- Spinach
- Kale
- Sweet potatoes
- Zucchini
- Mushrooms
- Veggie burgers

#### Meats/Protein:

- Eggs
- Chicken
- Grilled chicken strips
- Lean beef
- Beans

#### Grains:

- Whole wheat bread
- Sandwich thins
- Rice cakes
- Oats
- Quinoa
- Brown rice

#### Dairy:

- Milk
- Cottage cheese
- String cheese
- Feta cheese
- Unsweetned Greek yogurt

### SEARCH FOR YOUR FAVORITE NUTRITIOUS FOODS!

I L O C C O R B Y A N T H M P  
I Y K D A B D X H H A I Y A H  
E N C L X F U M M T T M D P C  
K I S P I N A C H A K L R P Z  
B E J F X M T M N F D T A L G  
E T A R D Y H O B R A C T E B  
M O U N T A I N E E R S I I H  
A R G B P Q K U Y E J K O T B  
D P A M J X Z W P I P Y N C T  
R E B I F S T K Y B A X A L D

**Apple**  
**Fat**  
**Healthy**  
**Broccoli**  
**Carbohydrate**  
**Fiber**  
**Hydration**  
**Milk**  
**Protein**  
**Spinach**  
**Mountaineers**

Join us in celebrating  
National Nutrition  
Month with events  
around the  
community. Check the  
**WVU Medicine**  
newsletter to learn  
more!