

**Eating Smart & Moving More  
Celebrating Healthy Families**

**Eating Smart**

**Five Easy Ways to  
Enjoy Key Nutrients at  
All Ages**

You are probably missing some of the key nutrients you need to look great, feel better and be stronger. Get the power nutrition your body needs with these tasty foods!

**Enjoy GRAINS for fiber, folate and energy.**

Go with the grain – especially 100% whole grains. Try for at least one serving at every meal. Start off quick and easy with a bowl of whole-grain cold cereal (or hot oatmeal) for breakfast. Move onto a satisfying sandwich on whole-wheat bread for lunch. Then finish up with brown rice or whole-grain pasta at dinnertime.

**Enjoy PRODUCE for vitamins A and C, and potassium.**

Fruits and vegetables – fresh, frozen, dried and canned in their own juice – are nature’s most tasty vitamin “pills.” Get your fruits and vegetables the easy way. Have two servings at every meal and one or two produce snacks per day. From A to Z, the choices are endlessly delicious – from a sliced apple snack to steamed zucchini for supper.

**Enjoy MILK PRODUCTS for calcium and vitamin D.**

Packed with body-building nutrition, dairy products – like fat-free or reduced-fat milk, yogurt, and cheese – are creamy and good for you too. To get the calcium and vitamin D (plus protein, potassium, phosphorus and more) you need, all it takes is three servings a day. Eight ounces of fat-free milk with every meal meets the goal.

**Enjoy NUTS/SEEDS for vitamin E and magnesium.**

You can get the magnesium and vitamin E that most Americans are missing – with sunflower seeds, pumpkin seeds, almonds, pecans, cashews, and other nuts. Just add a serving or two (one ounce or a small handful each) to your day. Sprinkle nuts on cereal or fruit salad. Enjoy sunflower seeds as a quick snack.

**Enjoy LEAN RED MEAT for iron, zinc and protein.**

Red meat is a satisfying source of several power nutrients, including several B vitamins and selenium. A 3-ounce serving of a lean cut of beef (like top sirloin, brisket and T-bone) has less than 200 calories and less than 10 grams of fat, but has plenty of ZIP (zinc, iron, protein) and flavor!



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