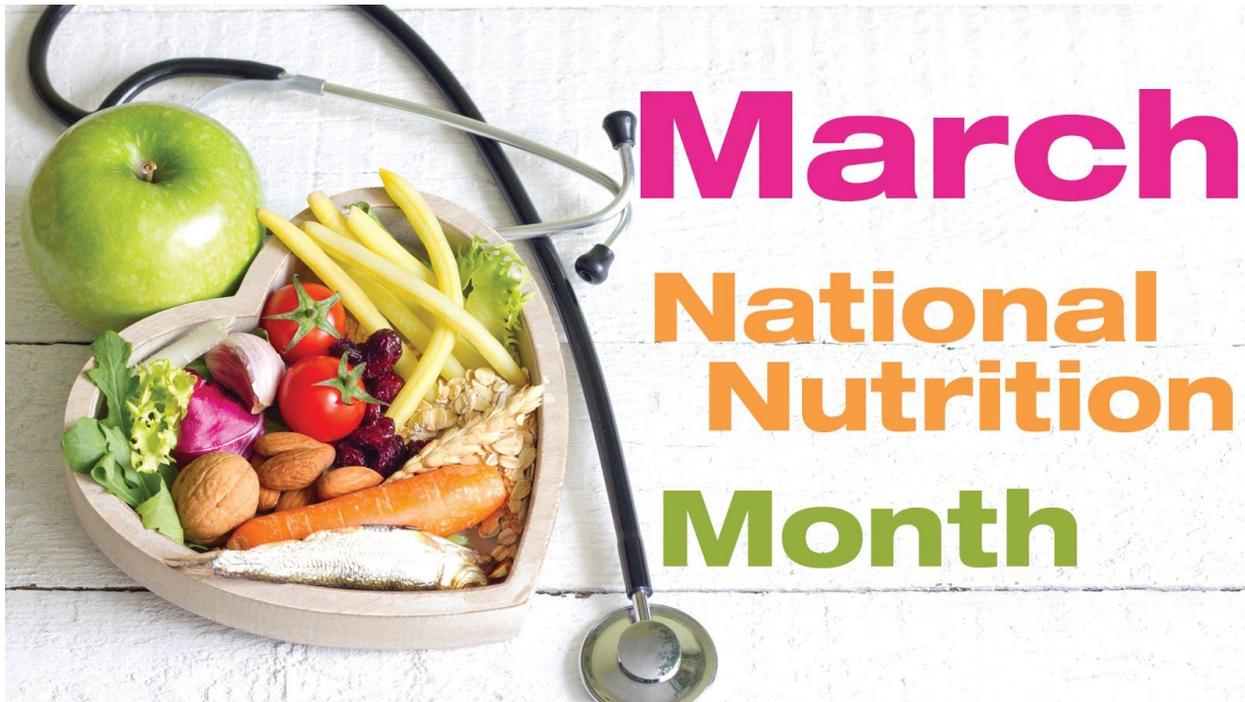


March 2017 Monthly Toolkit: National Nutrition Month



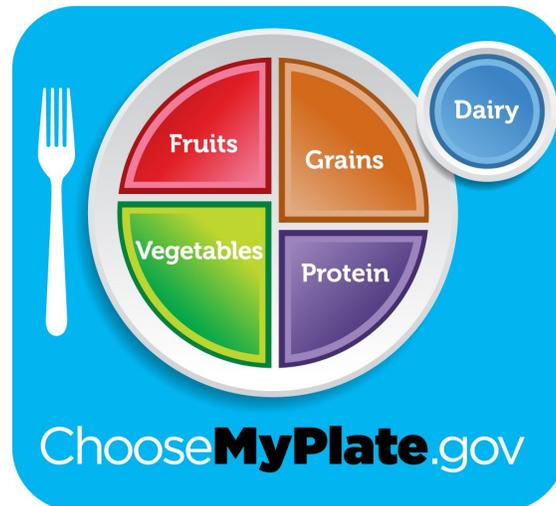
March National Nutrition Month

National Nutrition Month:

National Nutrition Month®

was initiated by Academy of Nutrition and Dietetics in March 1973 as a month-long observance of healthy eating. The campaign aims at educating the community on how they can obtain and adhere to the recommended dietary guidelines. The theme for 2017 is "Put Your Best Fork Forward," which acts as a reminder that each bite counts. The focus is on the importance of making informed food choices and developing comprehensive eating and physical activity habits. The 2015-2020 Dietary Guidelines for Americans suggest that individuals start by making small changes to make healthier and lasting changes to their diet. Making just small shifts food choices, can add up over time to improve overall health and decrease the occurrence of chronic disease.

On Campus helps by providing tools for students so that they can have an opportunity to champion healthy eating and lead the way to improve the health of other students on campus and members of their community. Students are encouraged to become MyPlate On Campus Ambassadors. There are resources on this website that help Campus Ambassadors communicate and support MyPlate and the Dietary Guidelines for Americans.



*enhances appearance and is
air, clear skin, clear eyes, erect
flesh on well-developed bone
tional adjustment, provides
etite. It also helps establish*

can be defined as how a living organism assimilates food and uses it for growth and replacement of tissues. Nutrition also refers to the field of science or study that deals with food and nourishment.



carbohydrates, proteins, fats, vitamins, minerals, water, fiber

are made of carbon, hydrogen and oxygen which includes starches, sugars and dietary fiber. They are made and stored by plants and are a major source of energy in the human diet. They yield four calories for every gram.

Simple Carbs vs Complex Carbs

The simplest form of carbohydrates is called monosaccharides and they come in the form of glucose, fructose and galactose. Complex carbohydrates are called disaccharides and polysaccharides. When trying to obtain, or sustain a healthy weight it is more beneficial to eat complex carbohydrates because they help stabilize blood sugar which helps control cravings. Whole wheat, grains and beans are a great source of complex carbohydrates. Recommended Daily Allowance of carbohydrates is 130 grams each day.

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is the essential element of all living things. Its main task is forming body tissues and is a critical to growth and health. The meat group which includes chicken and fish, nuts, beans and the dairy group are sources for protein.

High-Protein Diets

Diets that provide 25% or more of total calories supports weight loss and effective energy regulation. The increased protein intake helps to protect muscle mass during long term weight reduction and maintenance. Recommended Daily Allowance of Protein is 0.8 grams of protein for every kilogram of bodyweight each day.

is an important component in our diet although there are mixed messages about how it affects our bodies and health. Fats also known as dietary lipids help support nutrition and health by providing energy, supporting the absorption of fat-soluble vitamins, and promoting satiety.

Good Fat vs Bad Fats

Bad fats more commonly known as saturated fats are hard at room temperature. These types of fats are found in animal meats and are associated with higher levels of cholesterol in the blood. Whereas good fats, known as unsaturated fats are liquid at room temperature. The unsaturated fats are derived from plants and fish. Unsaturated fats are associated with lower levels of cholesterol in the blood. Recommended Daily Allowance of dietary lipids is 20% to 35% of total daily calories. The lower end of this range can help an individual lose or manage their weight.

Click on a nutrient to identify recommended daily allowance.

Vitamins	B Vitamins	B Vitamins (cont'd)	Minerals	Minerals (cont'd)	Minerals (cont'd)
Vitamin A	Biotin	Riboflavin	Calcium	Iron	Potassium
Vitamin C	Choline	Thiamin	Chromium	Magnesium	Selenium
Vitamin D	Folate	Vitamin B-6	Copper	Molybdenum	Zinc
Vitamin E	Niacin	Vitamin B-12	Fluoride	Manganese	
Vitamin K	Pantothenic Acid		Iodine	Phosphorus	

Good nutrition begins by eating a variety of foods from each food group. It is essential in helping us feel our best and reach our optimal health. Our lives may be hectic but we can still find time to make small changes that will improve the quality of the food we eat. By eating more complex carbohydrates, more protein and less total fat we can become empowered, build strength and help diminish our chances of falling victim to a chronic disease; such as, heart disease, type II diabetes and some cancers.



This information is designed to be a practical guide to help educate students on your college campus and in your community. You can help them to identify healthier food choices whether they are at home, at work, or travelling. A good place to start is by thinking about the word “healthy.” What does “healthy” mean to you?



Become a MyPlate Ambassador

<https://www.choosemyplate.gov/national-nutrition-month>
<https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/College-MyPlateAmbassadorTrainingModule.pdf>

Key Messages

1. Create an eating style that includes a variety of **your** favorite, healthful foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. How much we eat is as important as what we eat. Eat and drink the right amount for you
4. Find activities that you enjoy and be physically active most days of the week.
5. Manage your weight or lower your health risks by consulting a registered dietitian nutritionist(RDN). RDNs can provide

sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

6. Make half your plate fruits and vegetables.
7. Enjoy your food, but eat less.
8. Make at least half your grains whole.
9. Drink water instead of sugary drinks.
10. Eat some foods less often, Eat some foods more often
11. The more you plan, the better control you will have over your nutrition.
12. Head to class prepared with healthy snacks
13. Use the nutritional facts label
14. Don't forget dairy
15. Learn about what good nutrition is.
16. Think about making calories count: Rather than labeling foods good or bad, consider the vitamins, minerals, and fiber available in foods.
17. Make sure that there's always water ready and waiting for you to drink.
18. Set reasonable goals: Start making small changes you can live with.
19. Consider supplements: Although you may be reaching all your nutritional goals, a vitamin or mineral supplement can help ensure that you're getting everything you need.
20. Don't forget to allow yourself to indulge occasionally.

- An on-campus Farmers Market: With the approval of campus administrators, invite local vendors to participate in a Farmers Market on campus. Reach out to local food growers and find locally grown food near you at <https://www.ams.usda.gov/services/local-regional/food-directories-listings>
- Display MyPlate posters in your campus dining halls, food courts, and markets. They can provide pointers to a wealth of actionable advice.
- Cooking Class: Host a lunch and learn session and recruit culinary arts majors to participate
- Host a healthy recipe contest, use social media to host a MyPlate video challenge among students on your campus.
- Host an event: what to eat, how to read a nutritional label, portion size, science behind ingredients (hydrogenated oils, simple carbs vs. complex carbs)
- Make it a movie event: Watch Super-Size Me a documentary directed by and starring Morgan Spurlock; with a panel and/or

open discussion.

- **Tent event:** Set up different tables that help educate your community about the different components of nutrition with examples and posters.
- **Nutrition Flash Mob:** Collaborate with dance majors at your campus to incorporate activity with nutrition and grab a lot of attention for your event
- Set up a "Nutrition Station" staffed by registered dietitian nutritionists who can answer questions on nutrition.
- **Information Session:** How to eat healthy on a budget
- **Incorporate Novelty Items:** Raffle off or give away items that aid in a healthy lifestyle. You can search for a website that sells some novelty items National Nutrition Month

Advertise your event:

- in local papers
- school website
- newsletters
- school banner
- flyers around campus
- By word of mouth

Locate recipes that appeal to your campus and community's demographic.

Resources available in Spanish as well:

USDA United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins Based on the Dietary Guidelines for Americans

Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

- 1 Drink water**
Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.
- 2 How much water is enough?**
Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.
- 3 A thrifty option**
Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.
- 4 Manage your calories**
Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.
- 5 Kid-friendly drink zone**
Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.
- 6 Don't forget your dairy****
Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day. While children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.
- 7 Enjoy your beverage**
When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.
- 8 Water on the go**
Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.
- 9 Check the facts**
Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.
- 10 Compare what you drink**
FoodA.Pedia, an online feature available at SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

*100% juice is part of the Fruit or Vegetable Group.
**Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

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Go to ChooseMyPlate.gov for more information.

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USDA United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins Based on the Dietary Guidelines for Americans

Enjoy your food, but eat less

You can enjoy your meals while making small shifts to the amounts and types of food on your plate. Healthy meals start with a variety and balance of foods from each food group. Aim to consume less sodium, saturated fat, and added sugars.

- 1 Get to know the foods you eat**
Keep track of the food and beverages you consume by using SuperTracker. The tool gives you tips on how to make healthier food choices.
- 2 Take your time**
Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.
- 3 Use a smaller plate**
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satiate without overeating.
- 4 If you eat out, choose healthier options**
Many restaurants have nutrition information posted online or on menus. Choose entrees that are baked or broiled instead of fried. Ask for dressings or sauces on the side.
- 5 Satisfy your sweet tooth in a healthy way**
Indulge in a naturally sweet dessert dish—fruit! Mix berries with fat-free yogurt or enjoy fruit on its own, such as melon or pineapple.
- 6 Choose to eat some foods more or less often**
Eat more vegetables, fruits, whole grains, and low-fat dairy products. Cut back on foods such as pizza, ice cream, cookies, and cake.
- 7 Create your own meal plan**
Plan out your meals in advance. Use Sample Meal Plans on SuperTracker for ideas to plan healthy meals.
- 8 Sip smarter**
Drink water or other calorie-free beverages, such as unsweetened tea or club soda, or other low-calorie beverages when you are thirsty. Sugar-sweetened beverages contain added sugar and are high in calories.
- 9 Compare foods**
Check out the FoodA.Pedia to look up and compare nutrition information for more than 6,000 foods.
- 10 Make sweets a once-in-a-while treat**
Treat yourself on special occasions. When you eat foods like pie, cake, brownies, cookies, and candy, choose the smallest size or consider sharing it.

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10 tips
Nutrition Education Series

mini-fridge makeover



10 healthy choices to keep in your dorm mini-fridge*

Stock your dorm-room fridge with a variety of healthy foods. That way, when you need a quick breakfast or study snack, you'll have plenty of options on hand.

- 1 low-fat cheese**
Pair 1 slice cheese with 100% whole-grain bread for an easy snack or munch on a cheese stick for a quick bite between classes. Low-fat cheeses can even be used when making omelets and quesadillas in your dorm microwave!
- 2 vegetables**
Pre-washed and pre-cut varieties are convenient for quick snacks and meals. Try incorporating green, red, orange, and yellow vegetables into your diet. Pair veggies with your favorite dips, such as carrots with hummus or celery with peanut butter. Add them to omelets and quesadillas.
- 3 fruit**
Remember that fresh, frozen, dried, and canned fruits all count. Just watch out for varieties with added sugars or syrups. Add a tablespoon of raisins or dried apricots to your morning oatmeal or yogurt and grab an apple for a natural source of energy during a late night study break.
- 4 water**
Keep water in your fridge. Investing in a water-filter pitcher is a great way to store water in your dorm room. Drinking water instead of sugary drinks is a healthy choice.
- 5 nuts and nut butters**
These will last longer when stored in the fridge. Try walnuts, almonds, peanuts, hazelnuts, pistachios, or cashews. Peanut butter and almond butter are delicious on apple slices or whole-grain toast.
- 6 eggs**
Eggs in a dorm room? If you have a refrigerator, yes! Use a microwave safe bowl or mug to scramble eggs for a quick, convenient breakfast or snack. Toss in raw veggies and a tablespoon of cheese for added flavor!
- 7 milk and yogurt**
Fat-free (skin) or low-fat milk can be added to oatmeal or whole-grain cereals for a filling, nutritious breakfast. Individual containers of low-fat yogurt or low-fat Greek yogurt are convenient and portable. Mix yogurt with fruit and nuts for an energizing breakfast or top with a few chocolate chips and cinnamon for a healthy dessert.
- 8 hummus**
Hummus can be paired with almost anything! Enjoy dipping red pepper slices, carrots, or other raw veggies into this delicious dip. Spread hummus onto a whole-wheat pita with tomatoes and cucumbers for an easy, nutritious lunch.
- 9 salsa**
A fresh salsa with tomatoes, jalapenos, cilantro, and onions is a fun and yummy way to incorporate veggies into your diet. Pair low-sodium salsas with a small serving of whole-grain tortilla chips or raw veggies.
- 10 use the Nutrition Facts label**
Use the Nutrition Facts label to choose beverages and foods at the store. The label contains information about total sugars, fats, and calories. Reading the Nutrition Facts labels on packaged foods can help you make better choices.

* Refrigerators should be set to maintain a temperature of 40 °F or below. Keep an appliance thermometer in the refrigerator to monitor the temperature.



United States Department of Agriculture

Go to www.ChooseMyPlate.gov for more information.

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United States Department of Agriculture

10 tips
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Based on the Dietary Guidelines for Americans

SuperTracker

My Foods, My Fitness, My Health

Need help reaching your nutrition and fitness goal? SuperTracker is an online food, physical activity, and weight tracking tool that's here to help. Use SuperTracker on your desktop, phone, or tablet to create your personalized plan and see how your choices stack up. Plus, get tips and support as you work toward your goals.

- 1 Get your personal plan**
Enter information about yourself on the [Create Profile](#) page to get a personalized Plan—what and how much to eat within your calorie allowance; register to save your data and access it any time.
- 2 Compare foods**
Check out [Food-A-Pedia](#) to look up nutrition info for over thousands of foods and compare foods side by side.
- 3 Track your foods and activities**
Use [FoodTracker](#) and [Physical Activity Tracker](#) to see how your daily choices stack up against your plan; save favorites and copy meals and activities, and build combos for faster entry.
- 4 Analyze a recipe**
Gather, track, and analyze personal recipes with [My Recipe](#). In-depth nutrition analysis includes calories, food groups, and 35 nutrients per portion.
- 5 Manage your weight**
Visit [My Weight Manager](#) to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.
- 6 Measure progress**
Go to [My Reports](#) to measure progress; choose from a variety of reports ranging from a simple meal summary to an in-depth analysis of food group and nutrient intakes over time.
- 7 Reach your goals**
Choose up to five personal goals that you want to achieve using [My Top 5 Goals](#). Sign up for My Coach Center to get tips and support as you work toward your goals.
- 8 Keep a journal**
Use [My Journal](#) to record daily events and identify triggers that may be associated with changes in your health behaviors and weight.
- 9 Join or create a group**
Use SuperTracker together with others by creating or joining a group, and participate in group challenges. Visit [About Groups](#) to learn more.
- 10 Participate in a group challenge**
Earn points for healthy eating and physical activity and compete against others in a [SuperTracker Group Challenge](#). Group leaders can choose from ready-made MyPlate Challenges or create their own custom challenge.

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- Demonstrate and enhance your leadership skills.
- Be an educator and learn effective ways to educate.
- Gain public speaking experience and enhanced communications skills.
- Expand your knowledge about health and nutrition.
- Learn effective teamwork.
- Discover and exercise your passions and strengths.
- Contribute to your community.
- Develop your creativity.
- Include your participation on your resume.
- Be a role model
- Choose a lifestyle that supports healthy eating and physical activity.
- Motivate others in their efforts.
- Provide practical tips and strategies to support healthy choices.
- Strengthen the health and wellness environment across your campus.

Recognize the patient or designee as the source of control and full partner in providing compassionate and coordinated care based on respect for patient's preferences, values, and needs.

- **Knowledge:** Integrate understanding of multiple dimensions of patient centered care; information, communication, and education.
- Examine how the safety, quality and cost effectiveness of health care can be improved through the active involvement of patients and families.
- Examine common barriers to active involvement of patients in their own health care processes.
- Describe strategies to empower patients or families in all aspects of the healthcare process.

Function effectively within nursing and inter-professional teams, fostering open communication, mutual respect, and shared decision-making to achieve quality patient care

- **Knowledge:** Describe own strengths, limitations, and values in functioning as a member of a team.
- **Skills:** Demonstrate awareness of own strengths and limitations as a team member
- Initiate plan for self-development as a team member
- Act with integrity, consistency and respect for differing views
- **Attitudes:** Acknowledge own potential to contribute to effective team functioning
- Appreciate importance of intra- and inter-professional collaboration

Integrate best current evidence with clinical expertise and patient/family preferences and values for delivery of optimal health care

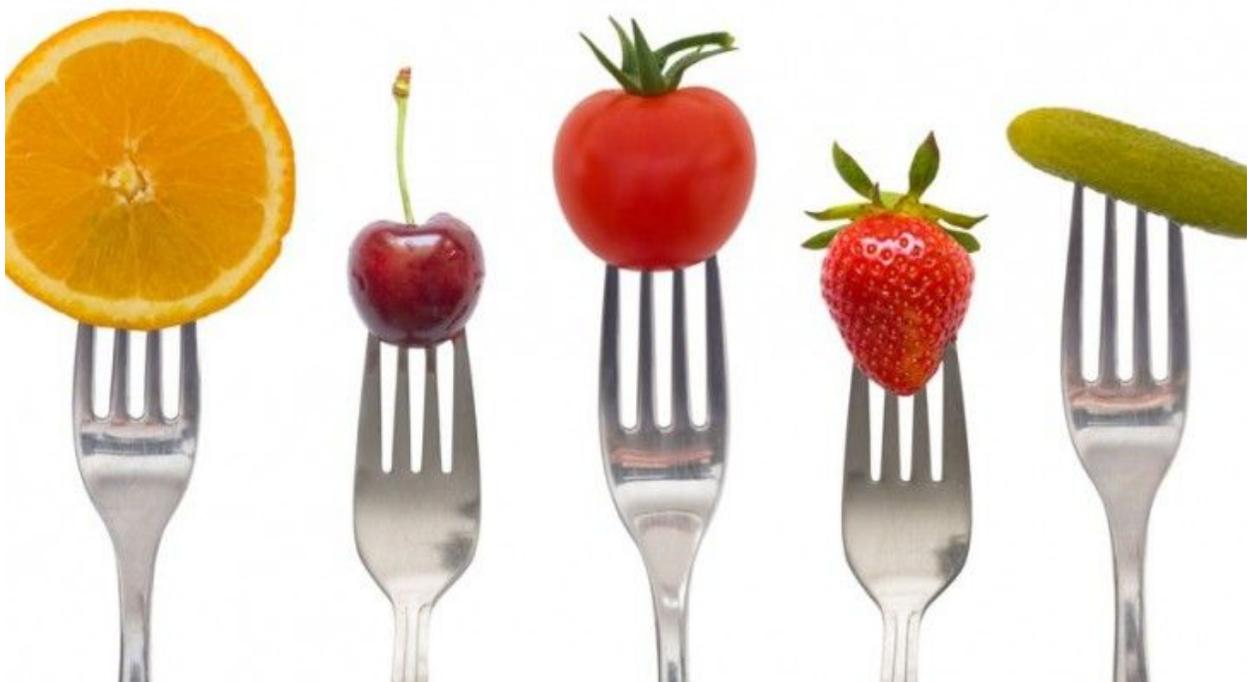
- **Knowledge:** Participate effectively in appropriate data collection and other research activities
- **Attitudes:** Acknowledge own limitations in knowledge and clinical expertise before determining when to deviate from evidence-based best practices

Use data to monitor the outcomes of care processes and use improvement methods to design and test changes to continuously improve the quality and safety of health care systems

- **Knowledge:** Recognize that nursing and other health professions students are parts of systems of care and care processes that affect outcomes for patients and families
- **Skills:** Identify gaps between local practices and best practice

Use information and technology to communicate, manage knowledge, mitigate error, and support decision making.

- Attitudes: Appreciate the necessity for all health professionals to seek lifelong, continuous learning of information technology skills



Resources

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