

# NBSIA Member Services Safety Bulletin

March 2013

## SIMPLE WAYS TO EAT HEALTHIER

March is National Nutrition Month. Eating healthy can often be a difficult balancing act along with work, hectic schedules, family and other factors. Here are some simple tips and ideas to help you incorporate healthy meals into your everyday lifestyle.

### Enjoy More Fruits and Vegetables



- Use vegetables as pizza toppings—try broccoli, spinach, green peppers, tomatoes, mushrooms or zucchini.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
- Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dip.
- Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
- Keep cut vegetables handy for mid-afternoon snacks, side dishes, or lunch box additions.
- Place colorful fruit where everyone can easily grab something for a snack-on-the-run.
- Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood, chicken, or on pancakes, French toast or waffles.
- Top a baked potato with beans and salsa or broccoli and low-fat cheese.
- Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.



- Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
- Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.

### Power Up with Breakfast



- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and fruit such as blueberries.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced fruit.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.
- Make an omelet stuffed with vegetables and low-fat cheese. Cut the fat by using egg-whites only.

For more information on healthy eating, nutrition and recipe ideas visit [www.eatright.org](http://www.eatright.org).

#### Source

"National Nutrition Month." *Eat Right*. Academy of Nutrition and Dietetics, n.d. Web. 20 Mar 2013. <<http://www.eatright.org/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=6442451676&libID=6442451672>>.

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