



NATIONAL NUTRITION MONTH 2015

Morning Announcements:

National Nutrition Month® (NNM) is a nutrition education and information campaign that takes place during the month of March and is sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM is a great way for educators to promote nutrition in schools. Start your day with a nutrition related morning announcement. Have students read an announcement each school day during the month of March in front of the class or choose students to read an announcement over the loud speaker to the entire school! Bite into a healthy lifestyle.

Good morning. A good morning always starts with the most important meal of the day.

1. Try swapping your favorite soda or juice for a glass of water and lemon today! Aim for eight eight-ounce glasses of water per day!
2. March is National Nutrition Month! Try creating a salad in the cafeteria or at home using as many colors as you can!
3. Did you get a piece of fruit with your morning breakfast? If not try having a piece for a morning or afternoon snack?
4. Start your day with a healthy breakfast to keep you going all morning long.
5. Did you know you get protein in foods other than meats? Try adding chickpeas or kidney beans to your salad or dip your veggies in hummus for a snack instead of full-fat dressing.
6. Remember to stay hydrated throughout the day. Bring a refillable water bottle to school and fill up at any of the water fountains throughout the day. Think water is too bland? Throw some berries or cucumber slices to spice it up.
7. Utilize your recess today and try playing a new game or picking up a new sport? Meet new people and learn something new.
8. Soda and other sweet drinks are high in sugar and are missing important nutrients. Reach for water or low-fat milk to quench your thirst.
9. Invent your own granola snack mix after school today! Mix together your favorite nuts, dried fruit, and cereal for a protein packed snack.
10. Are your eyes hungrier than your stomach? Use smaller bowls, cups, and plates to keep your portions in check at mealtimes.



11. Need a protein packed snack to power you through the day? Throw a pack of water-packed tuna or unsalted nuts in your bag.
12. Eat slowly! Pay attention to how your food tastes and chew slowly and savor your food.
13. Have you tried Quinoa (pronounced keen – wah)? This whole grain is packed with protein and fiber. Substitute quinoa for rice with dinner this week.
14. Are you making half your grains whole? Be sure to look for “whole wheat” as the first ingredient on the label of your bread, pasta, and other grain products.
15. Do you play an after school sport? Snack on string cheese, fruit, or whole grain crackers to boost your energy levels before practice!
16. Plan a family meal for this week. Eating together is a great way to catch up on each other’s day and enjoy a healthy meal!
17. Save money and eat more veggies and beans by going meatless one day this week.
18. Pick out a new fruit or vegetable at the grocery store this week.
19. Eating out tonight? Make the healthier choices by choosing apple slices or a side salad instead of fries.
20. Mangos are high in fiber and Vitamin C, making this sweet treat good for your skin and eyes! Freeze some chunks of mango for an after dinner treat or create a salsa to top fish.
21. Have you tried Hummus? This heart healthy dip is full of protein. Substitute this creamy dip for Ranch to dip veggies and pita bread in.