

*"Making the healthy choice,  
the easy choice."*

*Erin Meyer, RD, CDE  
Community Wellness Coordinator*

I hope that 2018 finds you healthy and happy! It is never too late to make changes that benefit your health. March is National Nutrition Month. I love this month because it

seems like there are always many new resources available to you to help find a way to make being healthy a permanent part of your lifestyle vs. something that may come and go.

And as we reflect on our personal health, please also remember those who do not have enough this winter. The "season of giving" is now over but the need for food, shelter and clothing remains. Please keep our neighbors who might be struggling in your thoughts and help me think of innovative ways to continue to address food insecurity and hunger in Spencer County. I am always open to ideas and know that when a community collaborates on an idea, success is inevitable!

Healthy Regards,  
Erin Meyer

## **February is American Heart Month**

Did you know?

- Heart disease is the **leading cause** of death for both men and women.
- About **630,000 Americans** die from heart disease each year—that's **1 in every 4 deaths**.
- Coronary heart disease is the most common type of heart disease.
- In the United States, someone has a heart attack **every 40 seconds**.
- Heart disease costs the United States about **\$200 billion** each year. This total includes the cost of health care services, medications, and lost productivity.

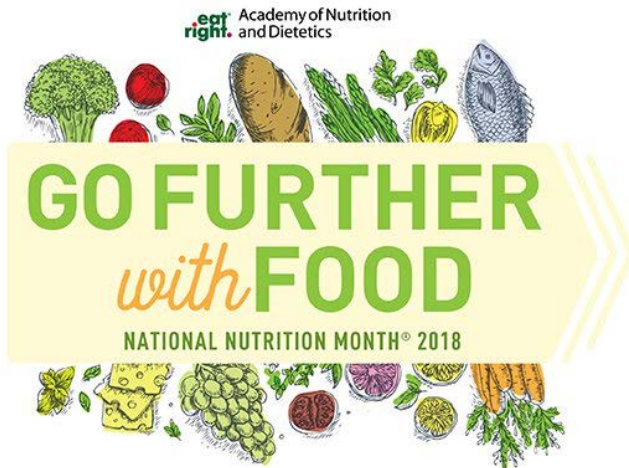
### **Risk Factors**

High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. About **half of Americans** (49%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

## National Nutrition Month® 2018

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.



"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food

waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

### Key Messages:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

### More Resources:

**Kids Eat Right:** Visit the Academy Foundation's resources for kids, providing recipes, articles and quick tips to keep the family healthy and eating right.

**MyPlate Recipes, Cookbooks and Menus:** View sample menus for all age levels, along with information to share with community partners and schools.

**MyPlate in Multiple Languages:** MyPlate information is available in Spanish and other languages, providing posters, SuperTracker information and activities to share.

**USDA's Team Nutrition:** A collection of classroom materials developed by the helps elementary school teachers integrate nutrition education into math, science, English language arts and health.

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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## Eat Right and Reduce Food Waste

**GO FURTHER with FOOD** by incorporating these food, nutrition and physical activity tips.



People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days.

It's been estimated that Americans throw away 90 billion pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields.

Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home.

A good place to start is right in your own kitchen. Here are a few tips that will help.

### **Plan Meals Based on the Foods You Already Have on Hand.**

- Look in the refrigerator, freezer and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount that can be eaten or frozen within a few days. This is especially important for perishable foods, like fresh fruits, vegetables, meats, dairy products and seafood.

### **Get Creative with Leftovers**

Transform meals into soups, salads or sandwiches by cutting up leftover meats and veggies.

- Use as a topping for salads or cooked grains like rice or pasta.

- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week.
- Or simply brown bag the leftovers for lunch.

## Master the Shelf Life of Foods

Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product's quality, it doesn't necessarily mean they should be thrown out.

- "Use by", "Best by" and "Best Before" dates are found on foods, such as mustard, salad dressing and ketchup. These products usually don't need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly.
- "Sell by" dates are displayed on perishable foods, such as meats and dairy products. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature.

## Practice Good Food Safety

- Don't risk eating or drinking anything that you suspect has spoiled.
- Eat leftovers within 3 to 4 days (or freeze for up to 3 to 4 months).
- Test your food safety knowledge or find out if it's time to toss those foods by downloading the "[Is My Food Safe](#)" app or accessing the [FoodKeeper App](#) online.
- Create ideal storage conditions
- Store foods in the pantry so that products with closer dates are up front.
- Place foods that could spoil quickly within sight, such as in the front of the refrigerator

or on the counter (if they're not perishable).

- Wait to wash produce until right before serving.
- Learn which fruits and vegetables to store in the refrigerator. Some produce will cause other fruits and vegetables to ripen quickly, so they need to be separated. And others should be stored in a cool, dark, dry place. Check out the "[How to Keep Produce Fresh Longer – Infographic](#)" for more information.

## Other Ways to Go Further with Food

- Be mindful of portion sizes. Choose smaller portions to stay within your calorie needs, as MyPlate recommends.
- Order smaller sizes of foods and drinks when eating away from home. Or ask for a to-go container at the start of a meal.
- Learn how to properly can or dehydrate foods at home.
- Donate extra foods that are still safe to eat to a local food pantry or shelter.
- Consider composting.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org).**



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

Additional tip sheets available here:

<http://www.eatright.org/resource/food/resources/national-nutrition-month/nnm-handouts-and-tipsheets-for-families-and-communities>

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: Let's Talk Trash, USDA ChooseMyPlate.gov; The State of America's Wasted Food & Opportunities to Make a Difference. Academy of Nutrition and Dietetics Foundation, 2016; Leftovers and Food Safety, USDA Food Safety and Inspection Service.