

# KEYS TO BETTER HEALTH™

## Put Your Best Fork Forward

Each day you hold the single most important tool to make healthier food choices in your hand—the fork! This is why the Academy of Nutrition and Dietetics' National Nutrition Month® is focused on helping you to “Put Your Best fork Forward” this March.<sup>1</sup> The annual campaign serves as a reminder that we hold the tools to make healthier choices and that the small steps we repeatedly take each day yield the biggest impact overall. So try one, or all three, of these tips to “Put Your Best Fork Forward” this National Nutrition Month®.

1. **Make More Meals.** In general, we eat larger portions of higher calorie foods when we eat away from home.<sup>2</sup> Take advantage of one of the biggest opportunities to live a more healthful life by making more meals at home. Strapped for time? Stock up on convenience foods that save time, but are still more nutritious than a meal from a restaurant. Opt for steam-in-the-bag vegetables and whole grains for a quick side dish or a convenient frozen meal that can be dressed up with a side of vegetables or fruit. Even if you are on a budget, the price of a home prepared meal is still one-third the cost of the average meal eaten outside of the home.<sup>3</sup>



2. **Snack Smarter.** Many of us are now snacking steadily throughout the day instead of sitting down for three regular meals. With so many of our calories coming from snacks, it's important to treat this eating occasion as a mini meal to fuel our bodies. Focus on quality protein, whole grains, and fruits and vegetables. Sugary beverages and high calorie snacks should be kept as a dessert option or an occasional indulgence considering that a standard Snickers® bar and a 12oz. can of Mt. Dew clock in at 420 calories and 73g of sugar (18 ¼ tsp.) with very little other beneficial nutrition.<sup>4,5</sup>

3. **Enjoy Exercise.** Eating well goes hand-in-hand with being physically fit—often, when we move more we also want to eat better. Time is a precious commodity and is a top reason why we don't move our bodies more. While this may be true for many, the average amount of time we spend watching TV is about five hours per day.<sup>6</sup> Assess your current TV watching habits and decide if your schedule might have wiggle room for at least a half hour of daily movement. Instead of dreading hitting the gym, build-in enjoyable movement. Try signing up for a new group class, join a community sports league, play an active game with your kids or work out while watching TV! How you move is less important than getting in the movement.

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

#### Resources:

1. National Nutrition Month. Academy of Nutrition and Dietetics website. <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>. Published September 7, 2015. Accessed December 15, 2016.
2. Incorporating Away-From-Home Food into a Healthy Eating Plan. Centers for Disease Control and Prevention website. [https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p\\_away\\_from\\_home\\_food.pdf](https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p_away_from_home_food.pdf). Accessed December 16, 2016.
3. Health and Wellness Resource Guide for Fruit and Vegetables. Produce for Better Health Foundation. [http://pbhfoundation.org/sites/default/files/pdf/PBH\\_Health\\_Wellness\\_Resource\\_Guide\\_1475180337.pdf](http://pbhfoundation.org/sites/default/files/pdf/PBH_Health_Wellness_Resource_Guide_1475180337.pdf). Accessed December 15, 2016.
4. Snickers Bar Nutrition. Snickers website. <https://www.snickers.com/nutritional-info#>. Accessed December 15, 2016.
5. The Facts About Your Favorite Beverages: Mountain Dew. PepsiCo Beverage website. [http://www.pepsicobeveragefacts.com/Home/product?formula=44316\\*01\\*01-07&form=RTD&size=12](http://www.pepsicobeveragefacts.com/Home/product?formula=44316*01*01-07&form=RTD&size=12). Accessed December 15, 2016.
6. Koblin, J. How Much Do We Love TV? Let Us Count the Ways. New York Times website. [http://www.nytimes.com/2016/07/01/business/media/nielsen-survey-media-viewing.html?\\_r=0](http://www.nytimes.com/2016/07/01/business/media/nielsen-survey-media-viewing.html?_r=0). Published June 30, 2016. Accessed December 16, 2016.

