

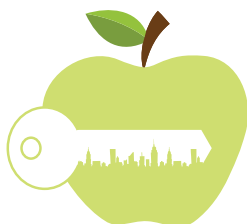


## SPRING INTO HEALTH

Spring is in the air! Perhaps you are considering spring cleaning your home, as many people do this time of year. Between holiday treats and cold temperatures, it is easy to get off track with your health and fitness goals during the winter months. As the spring season arrives, give your diet a healthy boost, and make your food go further<sup>1</sup> with the following tips.

### Spring clean your pantry

- Check expiration dates, and toss anything that has passed its date. If a product is nearing its expiration date, try to include it in your next weeks meal planning.
- Be realistic, keeping only the food, you will use. If you don't believe you will consume an item prior to its expiration, consider donating it to a local food pantry.



### Stock up on fruits and vegetables

- Fill your refrigerator and pantry with fresh, frozen, and canned fruits and vegetables, like peas, cauliflower, and strawberries. When choosing fruits and vegetables, select a rainbow of colors, to get a variety of nutrients in to your diet.
- Slice up fresh fruits and veggies and place them in containers or zip bags for convenient, nutritious snacking.

### Plan ahead

- Carve out time at the beginning of each week to plan your meals and snacks. Purchase only the foods you will use within a week or so, and plan leftovers in to your week to avoid wastefulness.

- Take note of the food you have on hand before heading to the grocery store, so you don't end up with duplicate items.

### Aim for variety

- Eat a variety of foods each day, including fruits, vegetables, whole grains, lean meats, legumes, and low-fat dairy products.
- When selecting protein items, choose several different types as you plan your weekly menu. Incorporate seafood at least twice per week, as it is a good source of healthy fats.<sup>2</sup>

### Don't forget to hydrate

- Enjoy 6 to 8 glasses of refreshing water per day to keep your body hydrated and healthy.
- Drinking water may even help curb your appetite, and may also prevent fatigue. If you find it difficult to drink the recommended amount of plain water, try sparkling water with as squeeze of lemon or lime, or decaffeinated herbal tea.

### Enjoy the sunshine

- Clear your head and get some exercise with a walk in the spring sunshine. Remember the sunscreen!

### Sources:

1. Academy of Nutrition and Dietetics "National Nutrition Month." <http://www.eatright.org/resources/national-nutrition-month>. Accessed 12/15/17.
2. USDA Dietary Guidelines 2015. <https://health.gov/dietaryguidelines/2015/guidelines/>. Accessed 12/14/17.

