

Arbor Management, Inc.

Special Edition Nutrition News

NATIONAL NUTRITION MONTH®

eat right. Academy of Nutrition and Dietetics

MARCH 2019

[LEARN MORE](#)



Keep it simple!

Eating Right Does Not Have to be Complicated!

You don't need to follow a complicated diet in order to start eating right, there are some simple things you can swap out in order to make your diet healthier. It might seem challenging, but small changes can add up.

Here are some simple tips:

- * Slow down. Be aware of how full you feel when you are eating, when you feel full take that as your cue to be done with your meal.
- * Drink enough water for the day, make sure you always have a refillable bottle with you.
- * Bake or roast instead of grilling or frying.
- * Make sure you eat a vegetable at lunch and dinner.
- * Eat from small plates.

Some simple swaps help make a difference too!

- * Add fresh fruit to your peanut butter sandwich instead of jelly.
- * For a party consider a fruit and cheese plate rather than chips and dip.
- * Instead of ice cream try a cup of berries with whipped cream on top.



Energy Bites

Energy bites can be a healthy snack on the go or as part of a nutritious breakfast! These bites pack a nutritious punch!



Ingredients:

- 1 Cup Dry Oatmeal
- 1/2 Cup Sunflower Seeds
- 1/2 Cup Ground Flaxseed
- 1/2 Cup Dark Chocolate Chips
- 1 Tbsp. Chia Seeds
- 1/2 Cup Peanut Butter
(can sub Sun Butter or Almond Butter)
- 1/3 Cup Honey
- 1 Teaspoon Vanilla

Instructions:

Mix all ingredients in a bowl. Chill for 1/2 hour. Then roll into about 1 oz balls. Put in an airtight container and store in refrigerator 1 week.

Family Exercise!

Exercise has so many benefits!

- ⇒ Improved mood
- ⇒ Feeling more energized/better sleep
- ⇒ Increased focus and concentration
- ⇒ Reduced blood pressure and improved blood sugar control



Staying on track is always the hardest part, tell a few trusted friends or family to help keep you accountable. Engaging the whole family in exercise will help you stay accountable. Here are some fun family exercise tips! Aim for a goal for 30 min. for adults and 60 min. for kids.

- * Walk your local mall
- * Watch and follow an exercise DVD, instead of a movie
- * Go Ice Skating
- * Have an indoor dance party
- * Walk in place while watching TV
- * Take a family fun hiking adventure at your local forest preserve



Jennifer Malchow, RDN, LDN
Registered Dietitian Nutritionist
Arbor Management Inc.
jmalchow@arbormgt.com

