



# January 2017

Healthy Tips for the Legislative Session from  
Registered Dietitian Nutritionists!









Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 Happy New Year!	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18 	19	20	21
22 Legislative Session starts tomorrow! Aim for a good night's sleep.	23 Try a warm cup of green tea to support heart health.	24 Take a 10 minute walk between meetings – “walk & talk” with a colleague or constituent.	25 January is National Soup Month – bring a low sodium soup into work today!	26 	27 Prepare healthy meals over the weekend to bring to work next week!	28 Choose a petite filet at a steak house for protein & iron without the extra fat.
29 	30 Choose whole grain breads for heart healthy fiber!	31 Drink up! Choose water over soda or another sugary beverage.				

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The Utah Academy of Nutrition and Dietetics is an affiliate of the Academy of Nutrition and Dietetics. Its membership consists of Utah registered dietitian nutritionists who are dedicated to promoting optimal nutrition, health and well-being. To learn more, visit our webpage at [www.eatrightutah.org](http://www.eatrightutah.org).

# February 2017



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Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 It's National Grapefruit Month! Have some with breakfast for Vitamin C.	2 It's Ground Hog Day! Channel Punxsutawney Phil with a salad topped with nuts and berries.	3 Wear AND EAT red for <b>Wear Red Day!</b> Have an apple, strawberries or sliced tomato today.	4 
5	6 At breakfast, pass on the biscuits and go for whole grain breads instead.	7 	8 Snack attack! Have a low-fat yogurt with granola or fruit.	9 Skip the elevator – take the stairs!	10 	11 Take time to stretch after working out to decrease muscle tension and soreness.
12 	13 Have <b>dark</b> chocolate tomorrow, which contains less fat and sugar than milk chocolate.	14  <b>Happy Valentine's Day!</b>	15 Try a new fruit or vegetable today!	16 Dress up your sub sandwich with veggies & whole grain bread!	17 President's Day! Add cherries to your snack in honor of Washington's birthday.	18 
19	20 A little goes a long way! Take the stairs for some exercise.	21 Try salmon as heart healthy protein and save a piece to add to salad or pasta later.	22 Liven up your oatmeal with fruits & almonds at breakfast.	23 Try out chair exercises to get some activity into long work days!	24 Watch your portion sizes: make sure each food item fits in the palm of your hand.	25 Eating Italian this weekend? Enjoy minestrone soup & pasta with marinara or red clam sauce for a healthy alternative.
26	27 Try out beans as your protein source today and get soluble fiber & B vitamins too!	28 End Heart Health Awareness Month properly by eating heart healthy walnuts & almonds!				



# March 2017

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Registered Dietitian Nutritionists!

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 <b>March is National Nutrition Month!</b>	2 Plan tonight's dinner around the vegetable, not the meat!	3 	4
5 Set a daily fitness goal for this week.	6 Take the stairs at work or take a break each day outside.	7 	8 Vitamin D is the sunshine vitamin, & you can get it from fatty fish like salmon!	9 Congratulations on making it through the legislative session in a healthy way!	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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