National Nutrition Month® is an annual education campaign created by the Academy of Dietetics.
Learn more of their program and the history of National Nutrition Month® on or use #NationalNutritionMonth on social media!

**KNOW YOUR FOOD GROUPS:**

- **Fruits** - Important for vitamins, nutrients and fiber. Blueberries are a superfruit, full of vitamins and antioxidants.
- **Vegetables** - Full of vitamins, nutrients and fiber. Try broccoli to help aid in the removal of toxins and free radicals from the body.
- **Protein** - Quality lean protein can help reduce risk of chronic diseases and high blood pressure. Try organic, free-range chicken breast to help support strong, lean muscles.
- **Dairy** - Good source of calcium, vitamin D and many other essential nutrients. Try a yogurt parfait with homemade granola and fruit for breakfast.
- **Whole grains** - Aids in smooth digestion. Make a vegetable soup with added barley.

Healthy Resources in our local community
Farmer’s market options-
- Pittsfield Winter Farmer’s Market - March 9th, 9am-1pm at 74 First St. Pittsfield, Ma.
- Amherst Winter Farmer’s Market - March 9th & 16th, 10am-2pm at 367 Russel St. Hadley, Ma.

With the snow melting we can get back outside-Enjoy some of the beautiful hiking trails the Berkshires has to offer.
- Pleasant Valley - 472 W Mountain Rd, Lenox, MA
- Mount Greylock -30 Rockwell Road, Lanesborough, MA
- Ashuwillticook Rail Trail - Runs through Lanesborough, Cheshire and Adams.

**GOALS for national nutrition Month®**
Here are some super ideas for you:

- Choose foods and drinks that are good for your health.
- Include a variety of healthy foods from all the main food groups on a regular basis.
- Select healthier options when eating away from home.
- Be mindful of portion sizes. Eat and drink amount that is right for you, go to www.choosemyplate.gov to encourage your serving sizes.
- Keep it simple, eating right does not have to be complicated.
- Make food safety part of your everyday routine.
- Help reduce food waste by considering the food you already have before buying more at the store.
- Consult with nutrition experts, they can help you follow personalized nutrition advise to meet your lifestyle and health related needs.
- Get some recipe ideas by bloggers; The Healthy Chew-Stephanie Rackely a registered dietician shares her homemade recipes that burst with flavor.
- Love and Lemons is another great blog to get recipe inspiration. The recipes on this blog are filled with healthy options with added vegetables, whole grains and education to help you learn the importance of healthy eating!
- Check out the Instagram page- Nutrition Stripped by McKel Kooienga a RDN and LDN. Here you can move from her Instagram page to her website for all the recipes posted.
Branch out and make a goal to try something new each week of March, or better yet each day!
Try this super fresh salad.
Ingredients:
1 avocado, diced
1 English cucumber, diced
1 can black beans, rinsed
1 ¼ cup corn
1 red bell pepper, chopped
1 cup cherry tomatoes, cut in half
½ cup fresh packed cilantro, chopped
1 lime
Salt and pepper to taste
Mix together cucumber, beans, corn, red pepper, tomatoes and cilantro. Squeeze juice from lime onto salad and stir well. Mix in the avocado and add salt and pepper. Delicious!

REGISTERED DIETITIAN NUTRITIONIST OPTIONS AT CHP

CHP encourages you to seek out the expert advice of a Registered Dietitian Nutritionist & a behavioral support specialist for help with recommendations to support long-term success and lasting lifestyle changes.

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