March is National Nutrition Month, and the theme is “Savor the Flavor of Eating Right.” The focus is to increase flavor in foods by using fresh herbs and spices and to fully focus on what you’re eating to feel satisfied. Savor on!

Fast Tips

Eat Breakfast: Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables.

Be Active! Start by doing what exercise you can for at least 10 minutes at a time. You don’t have to go to the Wellness Center — take a walk after dinner by U Park.

Get Cooking: Look up videos and recipes online to learn cooking basics, like how to use a crockpot, microwave cooking, and cooking for one or two. Check out Culinary Corner at the Wellness Center for awesome Cheap, Fast, and Healthy recipes!

Savor the Flavor of Eating Right

Eating Right with Less Sodium

1. Focus on fresh foods: Foods in their original forms, such as fruits, vegetables, fresh meats, poultry, fish, dried beans, eggs, milk, and yogurt are naturally low in sodium.

2. Try new flavors, and add salt–free seasonings such as herbs, spices, garlic, vinegar, black pepper, or lemon juice.

3. Eat processed and prepared foods less often.

4. Cook more often at home. Try using little to no salt when cooking.

5. Allow your taste buds time to adjust. You’ll start to notice a difference in a few weeks!

Salt-free Seasoning Blends

Boost the flavor of foods with salt-free herb and spice blends. Combine ingredients and store in a tightly covered jar. Rub or sprinkle them on food for added flavor. This is a great way to add flavor to your food without using salt! Savor on!

Mixed Herb Blend: Mix together 2 ¼ cup dried parsley flakes, 2 tablespoons dried tarragon and 1 tablespoon each of dried oregano, dill weed and celery flakes.

Italian Blend: Mix together 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.

Mexican Blend: Mix together ½ cup chili powder, 2 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper and ½ teaspoon cinnamon.

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