Did you know that March is National Nutrition Month? This year’s theme for National Nutrition Month is "Bite Into a Healthy Lifestyle." About half of all American adults – 117 million individuals – have one or more preventable, chronic diseases, and about two-thirds of U.S. adults – nearly 155 million individuals – are overweight or obese. Poor dietary patterns, overconsumption of calories, and physical inactivity directly contribute to these disorders.

Healthy Eating in the Dining Center

1. Make Half Your Plate
   Fruits & Veggies
   Fruits and veggies can make your meals more nutritious, colorful and flavorful. Add to pastas, eggs, pizza, sandwiches and soups. Try spinach in a wrap or add pineapple to your pizza.

2. MyPlate Mondays
   1. Fill ½ your plate with veggies and fruit.
   2. Fill ¼ of your plate, about 3 oz, with lean protein like chicken, fish, or turkey.
   3. Fill ¼ of your plate, about 1 cup, with a whole grain.
   4. Grab a glass of low-fat dairy milk, yogurt, cottage cheese, or add a slice of cheese to your meal.

3. Make Dessert Special
   Save dessert for a Friday night treat or on special occasions. When you can’t resist, opt for something healthy, such as a fruit and yogurt parfait.

Better Beverage Choices

Every cell in your body requires water. This is why it’s extremely important to drink enough fluids. For example, your brain consists of 90% water- if you do not supply enough water to your body, your brain cannot function well, and you may suffer with a headache or migraine.

Drink water

Regular soda, energy, sports drinks, and other sweet drinks usually contain added sugar, which provides more calories than needed. Cut back on calories and sip water and other drinks with few or no calories.

How much water is enough?

Let your thirst be your guide. We typically recommend 8-8oz glasses per day, but everyone’s needs are different. A healthy body can balance water needs throughout the day.

Enjoy your beverage

When water just won’t do – enjoy the beverage of your choice, but try to cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs.

…Eating Right When Money’s Tight…

Eating well can fit into your budget – it just takes a little advanced planning! Here are some money saving tips:

1. Don’t shop on an empty stomach.
2. Buy items on sale and freeze them for later.
3. Make a shopping list before you go to the store and stick to it.
4. Shop the perimeter of the store.
5. You tend to spend less when you shop alone.
6. Skip single serving portions, instead, buy in bulk and separate for yourself.
7. Make a menu at the beginning of each week. Base it off of items that are on sale and in season.
8. Buy generic! These items can be hidden on the top or bottom of the shelves.
9. Don’t miss free food events on campus.

To learn how to budget for groceries, schedule an appointment with Financial Wellness at UND.edu/financialwellness.

Apps to Try!

eaTipster
Created by the Dietitians of Canada, eaTipster delivers daily healthy eating tips to your mobile devices. The app addresses common food and nutrition questions and concerns and provides tips to increase healthy eating, support a healthy weight and fight chronic disease.

MyFitness Pal
This app may be created by MyFitness Pal, but the nutrition analysis features will make this app your best nutrition friend. The app includes a combination of both a daily and weekly section. MyFitness Pal is a community-oriented site designed to help you lose weight and track fitness goals.

Juice
Connect the dots between your routine and your energy by tracking them daily. Track the basics, or add new assessments to help you discover the habits that impact your energy most. Kick start new healthy habits and take small steps to improve your energy for the long run!