

# ***BETter Living ...***

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## **Go Further with Food**

Did you start your day with a healthy breakfast? If you are answering yes, way to go. If you are answering no, there is always room for improvement. You can plan to eat breakfast the next day. March is National Nutrition Month and the Academy of Nutrition and Dietetics chose “Go Further with Food” as this year’s theme.

By planning and thinking ahead, you will not only save time, but also money. Here are 7 key messages to ponder:

1. Eat a variety of healthful foods from all food groups.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that’s right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietician nutritionist.

Before you go to the store, please check your kitchen to see what foods you still have that can be used and not wasted. Choose to consume many colors throughout your week and you will become healthier throughout the year.

For more information about nutrition you can visit: [eatright.org](http://eatright.org) or [choosemyplate.gov](http://choosemyplate.gov) or you can contact the Wabaunsee County Extension Office at 785-765-3821 or email Bernadette Trieb, [btrieb@ksu.edu](mailto:btrieb@ksu.edu).