


# MARCH IS NATIONAL NUTRITION MONTH



by B. Kay Sugg

March is National Nutrition Month®; what better way to celebrate good nutrition than to learn about USConnect's health and wellness program, The Right Choice...for a Healthier You®? Designed to support a healthy lifestyle, the program aligns with the recommendations of the leading medical health agencies to develop healthier habits and better eating to prevent chronic illnesses such as heart disease, diabetes, obesity, and hypertension. USConnect® has developed dietary guidelines for beverages, snacks, and foods based on caloric content, sodium, cholesterol, fat, and sugar along with the intake of protein, fiber, vitamins, and minerals.

Look for the apple logo  in your workplace vending machines, micro markets and dining rooms; products indicated with the apple meet or exceed the criteria for the Right Choice for a Healthier You® guidelines. In short, they represent healthier choices. Additional health and wellness tips, information and recipes are published on the Right Choice website, at [theRightChoiceforaHealthierYou.com](http://theRightChoiceforaHealthierYou.com).

In addition, our Registered Dietitian, Carmen Honnef Patterson (who has developed and manages the program) conducts regular Lunch and Learns, Health Fairs, Customized Monthly Wellness Plans, and Wellness Programs for USConnect's client companies across the United States. Have a question on nutrition? You can submit it to Carmen on the Right Choice website!

## Eat Right with MyPlate

Find your healthy eating style using these recommendations from the Academy of Nutrition and Dietetics.

### FOCUS ON WHOLE FRUITS

Choose whole, cut or pureed fruits – fresh, frozen, dried or canned in 100% juice.

- Enjoy fruit with meals, as snacks or as a dessert.
- Make half your plate fruits and vegetables: Vary your veggies.

### VARY YOUR VEGGIES

- Try adding fresh, frozen or canned vegetables to salads, sides and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted or raw.

### VARY YOUR PROTEIN ROUTINE

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.

- Try main dishes made with beans and seafood, like tuna salad or a bean chili.

### WHOLE GRAINS

- Look for whole grains listed first or second on the ingredients list - try oatmeal, popcorn, whole-grain bread and brown rice.
- Limit grain desserts and snacks such as cakes, cookies and pastries.

### LESS SUGAR, SODIUM, & SATURATED FAT

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat and added sugars.

- Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese.
- Drink water instead of sugary drinks.

### MILK & YOGURT

- Choose fat-free milk, yogurt and calcium-fortified soymilk to cut back on saturated fat.
- Replace sour cream, cream and regular cheese with low-fat or fat-free yogurt, milk and cheese.

Information Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)



# Garlic Mashed Cauliflower

## Ingredients

- 1 head cauliflower, cut into florets
- 1 tablespoon olive oil
- 1 clove garlic, smashed
- Minced Garlic, 8 oz
- 1/4 cup grated Parmesan cheese
- 1 tablespoon reduced-fat cream cheese
- 1/2 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper

## Nutrition Facts Per Serving:

98 calories; 5.7 g fat; 8.4 g carbohydrates; 5.2 g protein; 7 mg cholesterol; 372 mg sodium.

## Instructions

1. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 10 minutes.
2. Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.
3. Transfer half the cauliflower to a food processor; cover and blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy. Blend in garlic, Parmesan cheese, cream cheese, salt, and black pepper.

- Prep Time: 15 mins
- Cook Time: 10 mins
- Total Time: 25 mins



Source: <https://www.allrecipes.com/recipe/230816/garlic-mashed-cauliflower/>