

March 2013

## National Nutrition Month

The Theme: Eat Right, Your Way, Every Day

Help celebrate the 40th anniversary of the Academy of Nutrition and Dietetics' National Nutrition Month!

The objective is to make informed, sound choices about your eating and physical activity habits, and to tailor these to fit your lifestyle. Make sure to include foods from all five food groups to ensure that you get a variety of nutrients.

To get started, visit Dairy Council of California's new online tool: [Healthy Eating My Way](#). This quick and easy assessment will help you make improvements to your eating habits while still eating your favorite foods!

### You will learn:

- \* How many calories you need
- \* Your Body Mass Index (BMI)
- \* Specific tips for your age, gender and activity level
- \* How much you should eat from each food group

### Find Your Style

Meal planning can be easier if you understand how your food personality influences the way you cook. Take a [Food Personality Quiz](#) to better understand your food and cooking style. It will provide strategies to help you prepare healthy meals and generate a list of recipes.



## Recipe of the Month

### My Personal Pizza

#### Ingredients:

- \* 1 Pizza crust (per person) using one of these suggestions: small flour or whole-wheat tortillas, English muffins cut in half, pita bread split in half horizontally, bagels cut in half or French bread slices
- \* Prepared spaghetti or pizza sauce
- \* Grated mozzarella, Monterey Jack, cheddar and Parmesan cheese
- \* Assorted toppings: sliced olives, salami, chopped red/yellow/orange/green bell peppers, chopped green onions, quartered cherry tomatoes, sliced zucchini, mushrooms and the like (be creative)



Set up a table with all the toppings in separate bowls so each person can create an individual pizza. Each person spreads a crust with sauce and then layers on favorite toppings.

Place each pizza on a double thickness of heavy foil and bake in toaster oven until cheese is melted and bubbly.

[HealthyEating.org Recipes](#)

## Move of the Month

### Pigeon Pose

1. Bend your left leg and bring your left heel in as close to your right hipbone as possible.
2. Place your hands palm-down on the mat next to your hips.
3. With the support of your hands, lift yourself up and bring your right leg under you.
4. Extend and straighten the leg so that your right kneecap touches the yoga mat.
5. Use your arms and hands to help keep your balance.
6. Straighten your arms and simultaneously elongate your spine.
7. Gently lower your pelvis toward the floor.
8. Make sure that your left hip touches the floor. You can place a folded blanket or a pillow under the hip for support.
9. Hold this position for 3–5 full breaths. Relax and return to the original position.
10. Repeat with the legs reversed.

