

From the Nutritionist

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From the Nutritionist... March is National Nutrition Month!

March is National Nutrition Month®! The 2015 National Nutrition Month® campaign by the Academy of Nutrition and Dietetics encourages everyone to “Bite into a Healthy Lifestyle.” Choosing a healthful diet which is balanced with regular physical activity is important in order to achieve and maintain a healthy weight, reduce the risk of chronic disease, and promote overall good health. Achieving optimal health requires a lifelong commitment to healthful lifestyle behaviors like these. It’s important to find the balance that provides your body what it needs while still allowing room for the foods and activities you enjoy most.

A healthy eating plan emphasizes nutrient-rich foods and beverages from all of the food groups: grains, vegetables, fruits, dairy, and protein foods. All of the food groups are important and the nutrients in each of them work together. Choosing a variety of foods from each food group helps ensure the right nutrition for good health.

Although most of the food you consume should be from the food groups, be sure to include some foods you enjoy. All foods can fit in a healthy eating plan, but it’s important to pay attention to how much, and how often you eat foods high in fat, sugar, and salt. Pay particular attention to the sugary drinks you consume, including sodas, sports drinks, sweetened coffee and tea, and even fruit juice, as it is easy to consume hundreds of calories each day from beverages without realizing it. It’s important to match the calories you consume with your individual energy needs. Each person’s energy needs depend on a number of factors, including height, weight, age, gender and physical activity.

To learn more about choosing a healthful diet:

- View the Nutrition Tip of the Day on the ASC Facebook page and digital signs in the dining facilities
- Check out interactive displays, games, food demos and more at the National Nutrition Month® “Wellness Wednesday” event on March 25 from 10-4 in the Student Life Center lobby and the Bistro
- Keep an eye out for nutrition articles appearing in ASC emails throughout the semester
- Make an appointment for nutrition counseling and get a healthy eating plan tailored to your needs
- Find more information online at ChooseMyPlate.gov and Eatright.org

Andrea Hart, registered dietitian nutritionist and New York State-certified dietitian/nutritionist, is available for free, confidential, one-on-one counseling and as a speaker or facilitator for campus groups, panels or classes.

Contact Andrea: andrea.hart@cortland.edu or call 607-753-5773 with questions or to set up an appointment. Or stop by her office, first floor, Neubig Hall, across from the Neubig Dining cashier.



Aim to make at least half of your grains whole grains. Try switching to Whole Wheat Pasta, available daily at both Neubig and the Bistro.

Fri 3/13: Salad bars can offer a variety of options from all of the food groups in one convenient location. Greater variety in your food choices means a better mix of nutrients. Instead of eating the same salad day after day, mix it up with new veggies, fruits, and protein choices. For even more variety, try the prepared salads such as the Bean Salad and Zucchini Salad available today at the Bistro.

Mon 3/23: Although many people stick to the same few grains, there are well over a dozen different grain varieties. Each has different levels of various vitamins, minerals and other nutrients, so choosing a variety ensures you get everything you need. Some, like quinoa, barley, and oats, are also high in protein. Try the Hot Barley Salad today at Neubig for a new twist on whole grains.

Tues 3/24: Deep frying adds a significant amount of fat and calories to food. Chicken wings, French fries, mozzarella sticks and potato chips are a few foods that are typically deep fried. Choose deep fried foods less often, and go for foods that are prepared with lower fat cooking techniques such as grilling, stir frying, roasting or baking, like the Italian Herb Rubbed Brisket served today at the Bistro.

Wed 3/25: Fruits are full of vitamins, minerals, fiber and disease fighting phytonutrients, and are naturally low in sodium and fat. Along with eating fresh fruit, try incorporating it into your diet in interesting ways, such as on pizza, as a topping for regular or frozen yogurt, or in chutneys and salsas like the Warm Mango Salsa served today at the Bistro.

Thu 3/26: Ethnic food can be a great way to add variety to your diet. The seasonings used not only add flavor, but some have health benefits as well. Active compounds in a number of herbs and spices may help to stabilize blood sugar, fight inflammation in the body, and reduce the risk of cancer. Get a dose of health-enhancing spices by choosing the Mushroom Curry at the Bistro today.

Fri 3/27: Choosing a variety of protein sources gives you a better blend of the vitamins and minerals your body needs for good health. Seafood is high in protein as well as iron, zinc, copper, vitamin B12 and omega 3 fatty acids, and has been shown to help prevent heart disease. To get the health benefits associated with seafood, aim for 2 servings per week, such as the Roasted Cod with Creole Sauce served today at Neubig.

Mon 3/30: Fat is an important part of a balanced diet, needed to absorb certain vitamins and build brain cells. Limit saturated and trans fats which may be harmful to your health and choose more monounsaturated and polyunsaturated fats, found in oils, nuts, seeds, fish and avocados. For a tasty dose of healthy fats, choose the Penne with Italian Roasted Vegetables and Olive Oil served today at the Bistro.

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Tues 3/31: When it comes to lean protein, many people focus on chicken and avoid beef. Lean beef is not only an excellent source of protein, it is higher in several nutrients than chicken, including iron, zinc, and vitamin B12. Limit your intake of fatty cuts of beef, and stick to lean choices most of the time like the Carved Roast Beef served today at Neubig.

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