

# From the Nutritionist

Andrea Hart, RDN, CDN



## National Nutrition Month 2015 – Nutrition Tips of the Day

Mon 3/2: Many people know they should improve their eating habits, but are reluctant to give up the flavors they enjoy. Small changes can improve nutrition without sacrificing taste. For example, blending meat with vegetables and seasonings can create a burger with less calories, fat and saturated fat than a standard hamburger, and serving it on a whole grain roll instead of white boosts the fiber and vitamin content. The **Bistro Burger** is a perfect example - try one at the Bistro today.

Tues 3/3: Potatoes have a bad reputation they don't deserve. While often seen as an unhealthy food, they are actually loaded with nutrients including vitamins C and B6, potassium, and fiber, and are naturally fat free. Limit your intake of fried potato products like French fries and potato chips and choose more potatoes that are baked or roasted, like the **Herb Roasted Potato Wedges** served today at Neubig.

Wed 3/4: Foods in the dairy group like milk, yogurt, cheese, and fortified soymilk provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. To reach the recommended 3 servings per day, look for different ways to incorporate dairy into your meals, such as the **Spicy Bowties with Yogurt and Avocado** served today at the Bistro.

Thu 3/5: Oatmeal is a whole grain rich in soluble fiber, which has many health benefits including lowering cholesterol, controlling blood pressure, and helping to stabilize blood sugar. It may also help prevent heart disease, some types of cancer, and diabetes. Get your fill of soluble fiber during breakfast today at Neubig's **Oatmeal Bar**.

Fri 3/6: Most Americans don't eat the recommended amount of vegetables each day. Increase your intake by eating them as snacks and including a serving or two of veggies at most meals. Also think about all the ways you can increase your vegetable intake: in omelets, in sandwiches, and on pizza, like the **Feta, Olive and Spinach Pizza** served today at the Bistro.

Mon 3/9: Orange vegetables like sweet potatoes, carrots and winter squash are loaded with vitamins, minerals and phytonutrients including vitamin A, an antioxidant powerhouse which benefits the eyes, boosts the immune system, and fights aging. Get a double dose of antioxidants today by choosing both the **Sweet Potato Fries and Sweet Potato Minestrone** at the Bistro.

Tues 3/10: High in both protein and fiber, legumes like beans and peas are recommended for everyone, vegetarians and non-vegetarians alike. Some tasty ways to include legumes in your diet are vegetarian chili, three bean salad, bean soup, black bean burgers, hummus, or the **Warm Lentil Salad** served today at Neubig.

*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](mailto: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.*



Wed 3/11: Dark green leafy vegetables are full of fiber, vitamins, minerals and disease fighting phytonutrients. Some, like kale, are also high in calcium, important for strong bones and teeth and proper muscle functioning. Have some **White Bean and Kale Soup** today at the Bistro for a healthy dose of dark leafy greens.

Thu 3/12: Grains are foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain. Whole grains, which contain the entire grain kernel, are higher in fiber and can reduce the risk of some chronic diseases, such as heart disease and diabetes. 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.

*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](mailto: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.*



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.

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.

*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](mailto: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.*