

FCSLA FRATERNAL OUTREACH IS ON THE MOVE IN 2010

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Did you know March is **NATIONAL NUTRITION MONTH**? Our association is well aware of the importance of eating healthy. Your diet has a big influence on your health, attitude, and weight. Many of us are guilty of snacking or picking up fast food meals because of our busy schedules. How many of us take the time to eat healthy? Your health and well being should be at the top of your priority list.

Here is a list of three snack suggestions with extra benefits because they are low in calories and high in nutritional benefits:

- ♥ Low fat yogurt – for a boost of calcium. Low in calories, many flavors to choose from and it satisfies your hunger.
- ♥ Blueberries – full of antioxidants. Just one cup is only 80 calories and has 5 grams of fiber. They are good for a heart-healthy diet.
- ♥ Nuts – rich in vitamin E and omega-3 fatty acids. A good snack size is a handful or about two dozen. If you over indulge you could add pounds. The best nuts are walnuts, pecans, and almonds. All nuts are good for your heart.

There are many ways to snack smart. Remember the important thing is to use moderation and variety to help your body. Happy snacking!

Visit www.eatright.org/nnm for additional information on National Nutrition month. You will find many ideas, games, and suggestions for food preparation at home or on the road.

