



# Kinship Link

Volume 17, Issue 3

March 2021

## March is National Nutrition Month Personalize Your Plate

### Pro Kinship for Kids

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Personalize your plate is the theme for 2021 National Nutrition Month. Personalizing your plate is developing healthful eating patterns. Healthy eating is not a one-size-fits all endeavor. The key is tailoring your favorite foods to meet your individual nutrient needs. Creating nutritious meals to meet your individual cultural and personal food preference is what you strive for. America is a cultural melting pot, so you can't expect everyone's food choices to look the same. Eating is meant to be a joyful experience. Supermarkets are increasingly diversifying their shelves to meet the needs of their customers. It is with this expanded line of food becoming easier to create nutritious meals that align with a variety of cultural preferences.

National nutrition month encourages everyone to make informed food choices and develop sound eating and physical activity habits you can follow all year long to meet people's health goals. Variety is the spice of life and that's how people should view their meals. Spice up your meals with the foods and flavors

you enjoy and add new flavors to spark excitement in your cooking. Developing healthful eating habits does not require drastic lifestyle changes. It means incorporate the food you enjoy into your life by fine-tuning traditional recipes, using alternative cooking methods, and incorporating family-favorite food into everyday meals.

Let's take a look at some facts or fictions?

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully. Fiction: A healthful eating style can be beneficial for everyone. Proper nutrition is needed throughout life - for growth and development at a young age, and as we get older. It can also help with managing many chronic diseases or reducing their risk.
2. Added sugars and naturally occurring sugars are the same. Fiction: Sources of naturally occurring sugars, such as fruit and milk, provide important nutrients, like vitamins and minerals. Sugars that are added to foods and beverages often contribute calories, but

3. Foods that contain carbohydrates should be avoided. Fiction: Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals, and dietary fiber, which can positively affect your health.
4. All types of dietary fat are the same. Fiction: Healthier types of fat come from plant-based sources, such as vegetable oils and nuts. Fish, like salmon, also contain heart healthy forms of fat. Saturated fats and trans fats may increase the risk of heart disease, so it is recommended that these types of fat be limited. You can do this by choosing lean cuts of meat, skinless poultry, and low-fat or fat-free dairy products and by reviewing the Nutrition Facts Label.
5. Frozen and canned fruits and vegetables can be nutritious choices. Fact: Frozen and canned fruits and vegetables can be just as nutritious as fresh produce. Look for products with no added sugars and ones that are

## March National Nutrition Month Personalize Your Plate continued

- lower in sodium.
6. Some processed foods can be healthful. Fact: There are different types of processed foods - some are only minimally processed, such as baby carrots or bagged spinach. Others are highly processed, like pre-made meals, frozen side dishes, and other convenience-type foods. Compare labels to find healthier options when purchasing these types of foods.
  7. Adding salt at the table is the main source of sodium in the United States. Fiction: Most of the salt we consume come from foods that are already prepared. Some are more obvious because they taste salty, like canned soups. In other foods, like breads, the salt may not be noticeable. Choose foods with lower amounts of sodium and look for descriptions such as “No Salt Added” or “Reduced Sodium” when shopping.
  8. Three servings from the Dairy Group are recommended daily for adolescents and adults. Fact: For both males and females ages 9 and older, 3 cups (or cup equivalents) of low-fat or fat-free dairy products, such as milk, cheese, yogurt, or calcium-fortified soymilk are recommended per day. These foods and beverages provide important nutrients, like calcium and vitamin D.
  9. A gluten-free diet is recommended for weight loss. Fiction: A gluten-free diet is medically necessary for individuals who have been diagnosed with celiac disease or non-celiac gluten sensitivity. It is not recommended for weight loss and is often customized by a nutrition professional to help meet nutrient needs.
  10. A vegetarian diet can provide the recommended amount of protein for people of all ages. Fact: A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it’s well-planned and includes a variety of foods.



## Smart Ways to Make Physical Activity Part of Your Day

While exercise may sound intimidating to some people, it doesn’t have to be. Any type and amount of activity is better than none and there are so many enjoyable ways to get moving.

In order to “move more and sit less”, as the physical activity guidelines recommend, it’s important to find activities that you enjoy! If you like group activities, you can look into virtual classes or those that can be done at a safe distance inside or outside. If you prefer being active alone, consider rollerblading, biking, lifting weights, or yoga. Finding time may also be a struggle, but being more active can be as simple as taking the stairs instead of the elevator, parking further away when you go somewhere, walking or riding a bicycle to the store, and cleaning the house or working in the yard.

It’s important to choose activities that match your abilities. If you’ve never run a mile, it would be better to work up to that goal before training for a marathon. It is key to set realistic goals to avoid risking an injury or becoming discouraged and less active.

For adults, the recommendation is 150 minutes or more of moderate-intensity physical activity each week. For youth, it is 60 minutes of physical activity every day. The idea could be as simple as brisk walking for 25 minutes six days a week. Another option would be to walk briskly for only 15 minutes at a time, but twice a day for five days. To realize the most health benefits, physical activity should be done regularly - meaning most days of the week. How often, how long, and the intensity of the activity can make a difference, too.

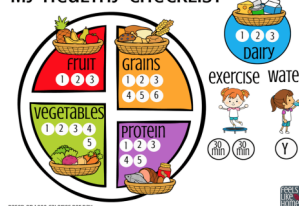
Regular physical activity can lead to better health, including a reduced risk for many chronic diseases, such as heart disease, high blood pressure, and diabetes. Aerobic activities, such as brisk walking or bicycling, are important for cardiovascular health, because they work out your heart. Muscle-strengthening activities, include some type of resistance, such as weights, elastic bands, or your own body weight. Activities that help you increase the strength of different muscles is recommended two times or more per week. Both aerobic and muscle-strengthening activities may

also offer bone-strengthening benefits. Activities that involve stretching can help to increase flexibility, or the range of motion for joints.

In order to stay active, find activities that you enjoy. Try these tips to get started:

- ◆ Plan way to gradually increase your physical activity. This could involve setting reminders to move more throughout the day or by scheduling times to be active during the week.
- ◆ Think about the best time for physical activity. Some people prefer to be active in the morning, whereas others dedicate time mid-day, or after school or work.
- ◆ Decide how you want to be active. Walking is convenient for many people. However, others may choose to participate in organized sports, or specific exercise programs.

### MY HEALTHY CHECKLIST



BASED ON 1,800 CALORIES PER DAY