

Celebrate National Nutrition Month® with Hen House Markets!

March is National Nutrition Month® and this year the theme is 100% Fad Free. Being healthy is following a healthful lifestyle, not using fad diets to control your weight. Eating a variety of healthy nutritious foods, in the appropriate serving size and exercising at least 3 times a week will help you create a healthy lifestyle. Here are some tips to get you on your way to developing your healthy lifestyle-

- Develop an eating plan for lifelong health- start with the basics of the Dietary Guidelines for Americans and MyPyramid as your guide for healthy eating. Go to www.mypyramid.gov for more information.
- Look at the big picture- a single food or meal will not make or break your meal plan. Consume foods in moderation and in appropriate portion sizes, all foods can fit into a healthy diet
- Beware of fad foods. Use common sense- stay way from foods that make unreasonable or exaggerated health claims, offer quick fixes for health conditions, and require you to avoid entire food groups, require you to eat or take certain supplements, and look for scientific based research not just testimonials. If it is too good to be true, it probably is! There is a reason why fad diets come and go.
- Exercise will help maintain or lose weight, important for overall health, promotes a feeling of well being and reduces the risk of chronic diseases.

The Hen House offers articles on the website to aid you in developing your healthy lifestyle. Look for articles about:

- Serving and Portions Sizes
- Whole Grains
- Healthy Produce Picks- ways to incorporate fruits and vegetables into your diet
- Healthy Snacks and packing school lunches
- Tips on eating Healthy- small changes that make a big impact!
- Calories burned per hour for different activities
- Restocking you pantry with healthy food choices

Do you have a nutrition or health question? Email Jennifer from the Hen House website with your question. Go to Quick Links on the home page.