



Personalize Your Plate

Developing a healthful eating pattern is not a one-size-fits all endeavor. The key is tailoring your favorite foods to meet your individual nutrient needs. In March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month. This year's theme, "Personalize Your Plate", promotes creating nutritious meals to meet individuals' cultural and personal food preferences. As supermarkets increasingly diversify their shelves to meet the needs of their customers, it's becoming easier to create nutritious meals that align with a variety of cultural preferences. We encourage everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. Spice up your menus 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.

The Academy of Nutrition and Dietetics website at eatright.org has a lot of excellent information, healthy recipes, videos, etc. Another good website is the choosemyplate.gov website which gives you dietary guidelines, recipes, tip sheets, etc. Research has shown that healthy eating patterns have a positive effect on our health, reducing the risk of heart disease, type 2 diabetes and some types of cancer. A diet higher in fruits and vegetables helps reduce the risk of heart disease and helps with weight loss management.

Therefore, we have several Extension events this month. Our Lunch N' Learn workshop will be on **Tuesday, March 9th** and will focus on how to "Personalize Your Plate" to get healthier and celebrate National Nutrition Month during the month of March.

Then on **Tuesday, March 23rd** at 12:00 p.m., we will have our "Food: Fibs and Facts" workshop to celebrate Small Farms Week. Join us for a presentation on hot topics concerning the food we eat, such as information about food labels, organic foods, GMOs and so much more. On **Wednesdays, April 7th —May 26th** from 2:00pm—3:00pm, we will be hosting a free 8-week virtual chronic disease and nutrition program called "Take Control" that provides strategies to help adults manage their health.



Chicken Pasta Salad

Directions

Bring a gallon-sized pot of water to boil. Cook pasta according to package. Two minutes before pasta is finished cooking, add in frozen vegetables. While pasta and vegetables are cooking, gently mix the rinsed and drained beans, chicken and salad dressing in a large bowl until combined. Add the pasta and vegetables to the bowl and mix with the beans, chicken and salad dressing.

Ingredients

- 1 (15oz) can garbanzo beans, drained and rinsed
- 1 (6oz) can chicken
- 1/2 cup balsamic vinaigrette salad dressing
- 16oz. uncooked whole wheat pasta
- 1 (10oz) bag frozen vegetables

Source - Academy of Nutrition & Dietetics eatright.org

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