Nutrition Nuggets

Does nutrition matter? Of course it does.
Who should it matter to? Everyone!
If you eat, nutrition is important.

Does living in poverty diminish the importance of nutrition? Of course not. In fact, nutrition becomes even more important. A household that needs help with putting food on the table is at a higher risk level. This family is often unable to do the things that allow health to be at its best. When money is tight, things like heating and cooling are cut back on. Medications are often sacrificed. Adequate clothing may not be available. They are unable to heat or cool the home properly.

17.3% of Alabama citizens live in poverty at this time. This is above the national average of 15.1%. Bottom line - our families are struggling to survive. One out of every four people in a food line is a child. These factors combine to produce less than optimal health for many people. One of the simplest ways to assist these families is to make sure that the food we are provide supplies their bodies with the nutrition necessary to do what they need to do as they move toward a better life. Nutritious food does not need to be expensive. Often it isn't WHAT they eat, but more HOW the food is prepared. Simple things like learning to read food labels or how to make exercise a fun part of their day can make a big impact. We have a lot of information to share, including guidelines on how to prepare simple, healthy, inexpensive meals. All is available here, at MAFB, through the END Program, and is FREE to anyone who wants to take their food ministry up a notch or who is part of a group/organization interested in improving their own health! Our goal is to help anyone who asks. We care about everyone.

If you are interested in the END Program, and would like to find out more, please call: Gretchen at 334-263-3784 or e-mail her at: gkindrick@feedingamerica.org

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Is breakfast as important as we have always been told? YES it is! Here is some information about breakfast and some tips on how to make it a part of your daily...although busy routine.

Healthy Breakfast on the Go

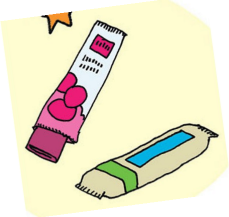
By: Janel Ovrut MS, RD, LDN

We've all heard that breakfast is the most important meal, since it fuels our body with energy and key nutrients to jump start the day. But did you know that kids who eat breakfast typically do better at school, and that eating breakfast also helps to keep a healthy weight? While we're often faced with many other important matters first thing in the morning - from getting kids on the school bus to wrapping up a work presentation - don't put breakfast on the back burner. Try these quick and easy tips to fuel the whole family as you're flying out the door:

Stick With Cereal -You may not have time to sit down to a bowl of cereal with milk, but you can toss some whole grain cereal in a bag with some almonds or walnuts and munch on it dry. Aim for cereals that contain more than 3 grams of fiber per serving. Milk boxes are also good on the go, or a reusable thermos can be filled the night before.

Toast Time - Whole wheat toast with a thin spread of peanut butter is the perfect protein and whole grain combination to rev up your metabolism. Don't limit yourself to bread, though! Try whole wheat English muffins, whole wheat or spelt tortillas or pitas with a slice or two of low fat cheese tucked inside or even a whole grain waffle.

Go Yogurt - If you have two free hands, mix low fat yogurt with some dry fruit and/or cereal for a quick low -preparation breakfast.



Bring Bars - There are many whole grain cereal and granola bars on the market. Avoid the candy-coated and chocolate filled bars and stick with those that have at least 3 grams of fiber, 10 grams of protein, and less than 5 grams of fat.

Find Fruit - The great thing about fresh fruit is that it's naturally packaged to go! Even if you aren't able to pull together the above options for breakfast, you can always grab a piece of fruit. Or for a more complete and nutritious breakfast, pair your breakfast pick with a banana, grapes, pear, or any other favorite fruit!

To make on-the-go breakfasts even easier to eat, place fresh fruit, bars, or small bags of cereal in a basket by the door that were packed the night before. This will make it effortless to literally "grab-and-go" with your breakfast as you zip out the door!

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JUST
FOR
FUN

A Short Neurological Test

Follow the instructions exactly…. NO CHEATING!

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3 - Now find the N below. It's a little more difficult.

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This is NOT a joke. If you were able to pass these 3 tests, you are in great shape neurologically!

Congratulations!

And finally........

This is weird, but interesting!
If you can raed this, you have a sgtrane mnid too
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The Montgomery Area Food Bank is an equal opportunity employer and provider.