

## **Eating Right isn't Difficult**

March is National Nutrition Month. Everyone is encouraged to return to the basics of healthy eating.

Eating right doesn't have to be complicated. A person can begin by switching to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help you get started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, salt and added sugars

Make your calories count. Choose nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients and lower in calories. Making good food choices can help you stay healthy, manage your weight and be physically active.

Focus on variety. Eat a variety of foods from all of the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know your fats. Look for foods low in saturated fats and trans-fats to help reduce your risk of heart disease. Most of the fats should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

If you have trouble finding health recipes or meal ideas, visit Texas A&M AgriLife Extension's Dinner Tonight website at [dinnertonight.tamu.edu](http://dinnertonight.tamu.edu) for recipes and menu ideas. You can even like them on Facebook or Twitter for fast tips. One recipe you might try is Zesty Lemon Chicken. Here is the recipe.

### **Zesty Lemon Chicken**

4 medium boneless, skinless chicken breasts

1 ounce package dry ranch dressing

½ cup fresh lemon juice

1 tablespoon unsalted butter.

If the chicken is frozen allow to defrost in the refrigerator for 4 to 6 hours.

Preheat oven to 350 degrees F.

Combine lemon juice and ranch dressing mix in a bowl. Stir well.

Arrange the chicken breast in baking dish and pour lemon/ranch solution over the chicken breast.

Add butter to the dish and cover with a lid or aluminum foil.

Bake for 30 to 40 minutes or until an internal temperature of 165 degrees F.

Serves 4. One chicken breast is 330 Calories.

There Source: Eatright.org, USDA, and Texas A&M AgriLife Extension Service