

# National Nutrition Month

March 2016

Savor the Flavor of Eating Right

## Sugar

50%

of the sugar in the typical diet comes from sweetened beverages.

25%

comes from sweet treats.

## Fat

The average American eats 26 grams of saturated fat per day.

That's almost TWICE the recommended amount.

## Salt

Nearly all Americans eat too much salt.

75%

of the salt comes from eating processed and restaurant foods.

## Tips

- Cut back on the amount of sugar added to things you eat or drink regularly like coffee or iced tea.

- Buy low-calorie beverages or better yet, drink water! Try making it exciting by flavoring it with your favorite fruits or vegetables.

- Replace meats with skinless chicken or fish a few days a week.

- Use canola or olive oil for cooking instead of butter or lard.

- Replace whole-fat dairy with low-fat or nonfat milk, yogurt, and cheese.

- Try baking, broiling, or grilling foods as opposed to frying.

- Instead of deli meats like bologna, salami, ham, and hot dogs, try baked chicken or turkey in sandwiches.

- Skip the salt and try salt-free seasonings such as herbs, spices, garlic, vinegar, black pepper or lemon juice.

- Limit salty condiments such as ketchup and salad dressing. Try a yogurt-based dip instead.



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