

# Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS  
PINELLAS COUNTY

March 2022

Brought to you by your  
Licensed Dietitian Nutritionist

## National Nutrition Month

It's that time of year again – National Nutrition Month! This March, the theme is all about changing up what's on your plate using cuisines from around the world: celebrating a world of flavors! Every culture offers a variety of fresh, healthful cuisines to help you add excitement and diversity to your food routine. Here are three simple ways you can get involved today.

1

Discover new foods and flavors. Broaden your culinary horizons this month! Check out the international aisle at your local grocery store for ideas, such as tzatziki or hummus with raw veggies and whole wheat pita for dipping.

2

Aim to make half your plate fruits and veggies. Add pizzazz to your plate with an assortment of fruit and vegetable recipes from around the world. Try them as a side or incorporate into main dishes.

3

Don't forget to hydrate! Drink plenty of water each day to promote a healthy digestive system. You can help meet your fluid goals with other beverages such as 100% fruit juices, low- and fat-free milk, and fortified soy beverages.



eat right.  
Academy of Nutrition  
and Dietetics

### Florida Produce of the Month: Papaya

Did you know? Papaya seeds are edible and have a peppery taste. Eating just one small papaya will give you all the Vitamin C you need in one day. You can use the fruit in sauces, as a salad topper, or as a main ingredient in your smoothies. They're in season in Florida all year round!

Sources: Papaya. <https://www.fdac.gov/Consumer-Resources/Health-and-Safety/Living-Healthy-in-Florida/Healthy-Learning/All-About-Florida-Products/Papaya>  
National Nutrition Month. <https://www.eatright.org/food/resources/national-nutrition-month>

Did you know nutrition counseling is free for anyone over age 60?

Your dietitian can help you meet your health goals.

Call 727-573-9444 to speak with your dietitian.