

# Put Your Best Fork Forward// Small Changes to Help You Find Balance



*March is National Nutrition Month! To help spread its message this month, we've got five recommendations for ways you can "Put Your Best Fork Forward."*

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1. **Focus on small changes.** The Dietary Guidelines recommend starting with small changes that add up to lasting lifestyle changes over time. Perhaps that means starting your day with breakfast, drinking more water or reaching for fruits/vegetables at snack time.
  2. **Prepare more meals at home.** Gather your family around the table, share a healthy meal and make memories at the same time. Remember to talk positively about healthy foods—your kids are listening!
  3. **Make your plate MyPlate.** Focus on the five food groups and fill your plate with lean protein, whole grains, fruits, vegetables and a serving of low-fat dairy on the side.
  4. **Choose healthful options when dining out.** Request healthy side dishes and ask for modifications to be sure the meal meets your nutritional goals. Practice portion control by bringing half the food home for another meal.
  5. **Find that balance.** Weight management comes down to calories in versus calories out, so be sure to find that balance between the two by eating the right amount of food to meet your needs while finding ways to move your body through physical activity.

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*This article was written by Kaitlin Anderson, news@postbulletin.com.*