

Celebrating Different Cultures

There are many benefits to adding foods from other cultures into your healthy eating routine.

- **Spice it up.** Use spices you are familiar with in new ways.
 - **Cinnamon** – Latin American, Indian and Middle Eastern dishes.
 - **Turmeric** – Thai, Indian and North African dishes.
 - **Cloves** – Caribbean, Mediterranean and Middle Eastern dishes.
- **Break up the boring.** Trying new flavors and foods can help increase the variety of foods you eat.
- **It's fun!** Add more nutrition and eating pleasure by expanding your range of food choices.
- **Make it your own.** Incorporate your own favorite cultural foods and traditions as you “Celebrate a World of Flavors”.

Ask a Registered Dietitian Nutritionist

Registered Dietitian Nutritionists need to provide fact-based information.



Personalized nutrition can meet your goals.

- RDNs work in a variety of settings in the community.
- Ask your doctor for a referral to an RDN.
- RDNs have different areas of expertise; find one to serve your unique needs.

When you want reliable, easy-to-follow nutrition advice for controlling your weight, lowering your health risks or managing a chronic disease, **consult an RDN!**



Call 315-435-7222
and ask to speak with a
Registered Dietitian Nutritionist!

Source: eatright.org

Flavors from Around the World

These are a few ways to embrace global cultures and cuisines when planning your meals and snacks.

- When shopping, select a fruit, vegetable or whole grain that's new to you or your family.
- Add different vegetables or salsa to your scrambled eggs.
- For breakfast or a snack, try low-fat plain Greek yogurt with fresh fruit and muesli.
- Hummus with vegetables or whole wheat pita bread is a great snack filled with protein and fiber.
- Try including one meatless meal per week. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are great substitutes.

For More Ideas and Resources, visit:

Academy of Nutrition & Dietetics
<https://www.eatright.org/food/resources/national-nutrition-month>

What is National Nutrition Month®?

Every year during March, we celebrate National Nutrition Month®. This effort focuses on providing information about healthy food choices and physical activity habits.

This year's theme is
Celebrate a World of Flavors!

This theme is all about celebrating flavors from cultures around the world. Tasting food that comes from other cultures is a delicious way to eat healthfully and appreciate what everyone can bring to the table.

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you.



Source: eatright.org

The Onondaga County
Department of
Adult and Long Term Care
Services

Office for Aging

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www.ongov.net



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In case of a life threatening
emergency – Call 911

National Nutrition Month®



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