

# National Nutrition Month

*Did you know?*

- Foods high in sugars & calories have low nutritional value and will not fill you up; try foods higher in protein, fiber, & healthy fats instead!
- The more colorful your meal, the higher nutritional value!
- Want to learn more? Head to <https://www.myplate.gov/>

## Grains

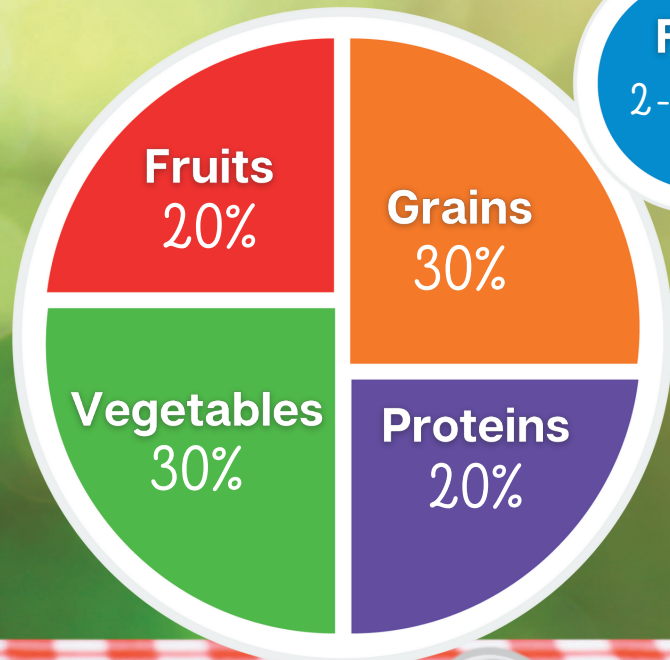
- Body's main (and preferred!) source of energy
- Stored in muscles for later use
- Whole wheat breads, pastas, oatmeal, brown rice, fresh fruits and vegetables.

## Protein

- Known as "building blocks" for human cells
- Plays a role in muscle repair & growth
- Poultry, lean beef, eggs, low-fat dairy products, nuts

## Fats

- Essential for fat-soluble vitamin absorption & provides cushioning for organs
- Saturated & Trans Fats should be consumed in moderation
- Unsaturated fats are good in moderation
- Almonds, Olive & Canola Oils



## Fats

2-3 cups

**LOOKING FOR A QUICK,  
HEALTHY, FILLING LUNCH?**



Try Mango in  
the SRC!

Start *simple*  
with **MyPlate**

**UCONN REC**