

PantryPress



Hot & Spicy Green Beans

Serves: 5

Ingredients

- 2 cans (15oz) green beans, rinsed and drained
- 1 can (14.5 oz) diced tomatoes
- 1 teaspoon red pepper flakes, or to taste
- 1 teaspoon garlic powder, or to taste

Directions

1. Combine all ingredients in a skillet and cook over medium heat until heated throughout, about 5-10 minutes.
2. Serve warm and enjoy!

Nutrition Info

59 Calories
1g Fat
12g Carbohydrates
3g Protein
468 mg Sodium

Discover the Power of Nutrition

Happy National Nutrition Month! Every March the Academy of Nutrition and Dietetics features this annual campaign to educate individuals on making informed food choices and developing healthy eating and physical activity habits. This year's theme is "Discover the Power of Nutrition," and it's all about how food can help you feel strong, focused, and ready to take on your day. Nutrition has the power to help both individuals and communities thrive. The foods and drinks you choose can give you energy for school, work, and daily activities. Be sure to mark your calendar for Registered Dietitian (RD) Day on Wednesday, March 11th, when we celebrate the experts who help people learn how to eat well.

Week 1: Power Your Day with Nutrition

Focus on choosing foods that fuel your body. Eating foods from all five food groups (fruits, vegetables, grains, protein, and dairy) helps you get the nutrients you need to maintain your energy and stay healthy. Trying different foods gives your body a variety of nutrients, that is why it is important to choose food from every color of the rainbow. This week also reminds us to be careful with fad diets that cut out important foods, because your body needs balance to do its best.

Week 2: Find Advice Backed by Science

Learning who to trust when it comes to nutrition information can be tricky. Not everything you see online or on social media is true, so it's important to find accurate sources backed by science. Registered Dietitian Nutritionists (RDNs) are professional experts who can help people with their individual and unique dietary needs. Meeting with an RDN can give you personalized advice to help you set and reach your health goals safely.

Week 3: Stay Nourished on Any Budget

Plan your grocery shopping ahead of time by creating a shopping list to avoid any last-minute purchases that could put you over budget or buying something you already have at home. When at the store, consider what's on sale and what's in season. Choose store brand products when possible, as they are generally less expensive. When the cashier is ringing up each of your food items, pay attention to ensure the prices are what you expected them to be to avoid being overcharged. Be careful to only use coupons to purchase food items you would typically use. Sometimes, coupons may persuade you to buy food items you would not normally buy. Avoid throwing away food at home by getting creative with leftovers. Reinvent those tasty ingredients by tossing them into soups or casseroles.

Week 4: Feel Good with Healthy Habits

Pay attention to the choices you make every day. Practicing food safety at home can reduce the risk of getting sick and give you more time to enjoy the food you have. Planning meals ahead of time can lower stress and make busy days easier. Start adding more physical activity in your day with something simple like walking to get the mail or doing house chores, this can help your body and your mind feel better. By building these healthy habits now, you're giving yourself the energy to feel good today and in the future!

Related Links:

<https://www.eatright.org/health/wellness/awareness-campaigns/50-ideas-to-get-involved-in-national-nutrition-month>

<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide>

Marion County Public Health Department

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