March is National Nutrition Month and this year’s theme is “Enjoy the Taste of Eating Right”. National Nutrition Month was created by the Academy of Nutrition and Dietetics to help consumers make informed food choices and develop sound eating and physical activity habits. This year’s theme encourages healthy eating habits while recognizing that taste is the biggest influence people’s food choices. Many associate the term “healthy” with “boring and tasteless”. However, there are many healthy options that are bold and flavorful as well as to zest up foods that may be otherwise bland. In recognition of National Nutrition Month, below are some tips to help you INVIGORATE your choices and enjoy the taste of healthy foods!

Add Flavor without Salt
- Season your foods with fresh or dried herbs such as basil, dill, or allspice. If you’re feeling adventurous give a kick with crushed red pepper or chili powder
- Try these salt-free seasoning blends to add a boost of flavor to any meal:
  - **Mixed Herb Blend**: Mix together ¼ cup dried parsley flakes, 2 tablespoons dried tarragon and 1 tablespoon each of dried oregano, dill weed and celery flakes.
  - **Italian Blend**: Mix together 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.
  - **Mexican blend**: Mix together ¼ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper and ½ teaspoon cinnamon.

Spruce up Your Breakfast
- Add fresh or dried fruit such as bananas, raisins or cranberries to add to plain oatmeal
- Choose crunchy cereal and fruit such as blueberries or raspberries to add to plain, low-fat yogurt
• Add flavor to eggs by adding a splash of salsa and vegetables like broccoli, squash, carrots, peppers, tomatoes or onions

**Enjoy More Fruits and Vegetables**
• Buy fresh fruits and vegetables that are in season as they tend to be more flavorful and less expensive
• Sauté dark or leafy green vegetables with garlic and olive oil for a nutty flavor
• Add fresh lemon juice to broccoli or green beans for zest
• Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood, poultry, pancakes, french toast or waffles.

**Remember to keep portion sizes in mind, even when eating healthy.** Fill your plate using the MyPlate guidelines. For more information please visit [www.myplate.gov](http://www.myplate.gov). Be adventurous!