

January:

National Soup Month

There's no better way to warm up this winter than with a nice big warm bowl of soup! Soup is a great addition to any meal and pairs especially well with some whole grain bread or crackers. Soup is also packed full of nutrients considering its usually made with delicious vegetables.



Picture:
Pixabay, RitaE
(Photographer)

Weekly Challenge:

Try making your own soup at home and keep control of the salt content by adding more delicious herbs and veggies.

GWAAR Nutrition Team in Collaboration with
UW Stout Dietetic Students by Dana Lemke 1/18

January

Sugar Awareness Month



Pixels, Mali Maeder (photographer)

Sugar is a big area of concern for many Americans. On average, an individual consumes about 30 tsp of sugar per day ($1 \text{ tsp} = 16 \text{ cal} \times 30 \text{ tsp} = 480 \text{ cal}$). However, the RDA for added sugar is no more than 100 calories per day for women and no more than 150 calories from added sugar for men. One area that is easy to reduce this excess sugar is in beverages. Sugary beverages are empty calories that do not leave us feeling full. These beverages are the greatest source of added sugar in the average American diet. Simply swapping out soda for water mixed with fruit or sparkling water mixed with 100% fruit juice can help cut out sugars. When starting to cut back on sugar start with small and simple changes. Remember, it is all about balance!

Weekly Challenge:

Replace two sugary beverages
with healthier alternatives

January 23rd 2018

Pie Day

Who doesn't love pie? That's plenty of reason to celebrate in our book! Pie day falls on January 23rd this year. Loaded with fruits and grains, it has to be considered healthy right?

When consumed in moderation, pie can be a delicious treat. It doesn't even need all of the added sugars. Try cutting the sugar by $\frac{1}{4}$ to $\frac{1}{2}$ of what the ingredient list calls for.

Speaking of labels, be sure to check out the new nutrition labels going on foods! They have been updated to show how much of the sugars are added versus natural to the food.

This will make eating healthier easy as pie!

Weekly Challenge:

Share a
homemade pie
with someone
on January 23rd!



LisaLiza (Photography).