STAYING HEALTHY AS WE AGE

March is National Nutrition Month®

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. Everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's Nutrition theme: Celebrate a World of Flavors, embraces global cultures, cuisines and inclusivity.

Flavors define the foods we eat, the tastes and preferences we have, and the resulting things we hold most dear. A flavor is a definition of oneself in truest form. A flavor doesn't have someone speak for it and a flavor can be interpreted in many ways: some may think spicy is delicious, some may think spicy is way too hot. Some may hate sweet things and others can't get enough.

Trying new foods, and foods that come from different cultures can help bring some life back into a boring, bland diet.

HOW TO OBSERVE NATIONAL NUTRITION MONTH

1. Move your body
   a. Nutrition doesn’t end at what we eat. Exercise an integral part of our lives. Try a new activity like Zumba, swimming, or spinning to keep workouts exciting.

2. Find inspiration
   a. Feeling stale in the kitchen? Picking up a new cookbook or following a cool food blogger online works too!

3. Meet with a dietitian
   a. They’ll provide you with a detailed meal plan that makes sense for your lifestyle and goals.
   b. Did you know the Chemung County Department of Long Term Care has a dietitian you can meet with one on one for nutrition counseling! Call 607-737-5529 for an appointment!

Sources:
https://www.eatright.org/food/resources/national-nutrition-month
https://nationaltoday.com/national-nutrition-month/
Did you know.....

Rice, is for sure, one of the most consumed foods in the world. It's been more than 5,000 years that rice has been consumed in major parts of the world. When compared with the rest of the grains, rice is surely the most eaten one.

Pork is the most widely eaten meat in the world accounting for over 36% of the world meat intake. It is followed by poultry and beef with about 35% and 22% respectively.

Most Popular Food in the World is Pizza. No list of the most popular food in the world can be complete without the inclusion of pizza.

Pasta. Pasta is not only one of the most consumed foods in the world, but it's also one of the most accessible.

The most popular vegetable in the world is the potato. Potatoes are rich in carbohydrates, potatoes are an excellent source of vitamin C, potassium, and B vitamins.

https://www.seniorcare2share.com/what-is-most-widely-eaten-food-in-the-world/

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![Spice Chart](image)

**Celebrate a World of Flavors**

**National Nutrition Month® 2022**

**MEXICAN**
- Coriander
- Cumin
- Oregano
- Garlic Powder
- Cinnamon
- Chili Powder

**CARIBBEAN**
- Allspice
- Nutmeg
- Garlic Powder
- Cloves
- Cinnamon
- Ginger

**FRENCH**
- Nutmeg
- Thyme
- Garlic Powder
- Rosemary
- Oregano
- Herbes de Provence

**NORTH AFRICAN**
- Cardamom
- Cinnamon
- Cumin
- Paprika
- Turmeric
- Ginger

**CAJUN**
- Cayenne Pepper
- Oregano
- Paprika
- Thyme
- Rosemary
- Bay Leaves

**THAI**
- Basil
- Cumin
- Garlic
- Ginger
- Turmeric
Easy Lentil Shepherd's Pie

PREP TIME 20 minutes  COOK TIME 1 hour  
6 servings

Lentil shepherd's pie has tender lentils in a rich brothy gravy, topped with creamy mashed potatoes and baked until bubbly.

INGREDIENTS
- 1 cup brown lentils or green lentils
- 3-4 cups vegetable broth or beef broth if not making vegetarian
- 2 teaspoons olive oil
- ½ cup onion chopped
- 1 cup chopped mushrooms about 4 oz
- 1 carrot chopped
- 1 rib celery chopped
- ½ cup frozen peas defrosted
- ½ tablespoon flour
- 2 teaspoons Worcestershire sauce
- 3 tablespoons tomato paste
- 2 tablespoons parsley chopped
- salt & pepper to taste
- 2 ½ cups prepared mashed potatoes

NUTRITION INFORMATION
Calories: 270, Carbohydrates: 50g, Protein: 13g, Fat: 2g, Saturated Fat: 1g, Sodium: 599mg, Potassium: 907mg, Fiber: 14g, Sugar: 6g, Vitamin A: 2318IU, Vitamin C: 32mg, Calcium: 44mg, Iron: 4mg

INSTRUCTIONS
- Preheat oven to 400°F.
- Combine lentils and 3 cups broth in a saucepan and bring to a boil. Reduce heat to a simmer and cover. Cook 20-25 minutes or until lentils are tender.
- Meanwhile, cook onions, mushrooms, carrots, and celery in olive oil over medium heat until onions and carrots are softened. Stir in flour and cook 1 minute more.
- Add lentils (and their broth), Worcestershire sauce, and tomato paste. Stir in peas and simmer uncovered 10 minutes adding more broth as needed to create a sauce. Stir in parsley and season pepper to taste.
- Spoon lentil mixture into a deep-dish pie plate. Top with mashed potatoes and bake 20-25 minutes or until potatoes are browned.

RECIPE NOTES
Fresh vegetables can be substituted with 1½ cups frozen vegetables. Keep in mind the sauce will thicken while baking and while cooling. Add the full 4 cups of broth to this recipe. Simmer to thicken slightly.
Cut recipe in half for making 3 servings.

Renee Jankowski MS, RD
Registered Dietitian
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Menu subject to change without notice

Reservations required at least one day in advance.
Make a reservation with your site manager or call 607-737-5520 to sign up