



Enjoy the Taste of Eating Right

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Ashley Bailey, MS, RD, LDN

Shouldn't you always "Enjoy the Taste of Eating Right?" Eating healthy, nutritious foods should never have to feel drab, plain, boring and tasteless. March is National Nutrition Month® and this year's theme focuses on combining taste and nutrition to create healthy meals that not only taste good but are good for you.

According to the Academy of Nutrition and Dietetics, "research confirms that taste tops nutrition as the main reason why one food is purchased over another. While social, emotional and health factors also play a role, the foods people enjoy are likely the ones they eat most." So why not have the food you enjoy also be healthy? This task truly isn't as impossible as many of us think.

To begin to enjoy the taste of eating right, **START WITH YOUR SENSES:**

- **LISTEN** to the crunch of fresh vegetables in a hot, sizzling pan.
- **SMELL** the amazing fragrances of new herbs and spices.
- **TOUCH** your food, use your hands for mixing, and experiment with new kitchen gadgets. Don't be afraid to get a little messy in the kitchen!
- **SEE** a variety of colors and shapes on your plate. Try to eat as many colors of the rainbow at every meal as possible (**ROY G. BIV**) - make it a new family game!
- **TASTE** new flavor, texture, and temperature combinations when preparing meals.

Who says broccoli always has to be steamed? Personally, steamed broccoli (while a great standby) can get boring pretty quickly. Why not toss it with olive oil, herbs and spices and let it roast in the oven or crisp up on the grill? Changing the way you typically think a food **SHOULD** be prepared completely changes the taste, texture, and flavor profile. You never know, you could find a new favorite vegetable that you previously had to force yourself to eat just by simply using your senses and trying new cooking methods!

Visit the [National Nutrition Month](#) website for more information, great tips and information, and free downloadable materials.

Source: The Academy of Nutrition and Dietetics, National Nutrition Month®- March 2014