

Latino Nutrition Month

September 15 - October 15

MON	TUE	WED	THU	FRI	SAT	SUN	
<p>Celebrate Latino Flavors and Health Every Day!</p>	<p>PASS THE HERBS AND SPICES! Instead of salt, use spices and herbs like paprika, chili powder, cilantro or a dash of hot sauce to add flavor and a bit of heat.</p>	<p>MIERCOLES DE MEXICO Imagine you are in Mexico, and make a delicious Mexican soup with vegetables and small pasta shells.</p>	<p>GRANDE GRANITA Make a fruit granita for dessert. Your guests and family will swoon over this full flavored, but low calorie dessert.</p>	<p>GRILLED VEGGIES Try grilling corn, potato wedges, thick slices of squash, and even whole onions—it adds a bit of sweetness and cuts down on dirty dishes!</p>	<p>SPICE UP YOUR MEALS Try a new way to use salsa today —on fish, with beans, or on pizza dough for a Latino pizza!</p>	<p>OMEGA 3S Look for fish that are high in Omega 3s — salmon, sardines, mackerel, albacore tuna, and herring—and give them a Latino twist.</p>	
<p>WHOLE GRAIN TORTILLA Make a vegetarian burrito for lunch with a whole grain tortilla, beans, greens, and chiles.</p>	<p>WHOLE GRAIN DESAYUNO Make your breakfast a whole grain one with cereal, waffles, toast, or tortillas.</p>	<p>RICE & BEANS Take the classic Latino staple dish, and add a twist with new spices and brown rice.</p>	<p>FRUIT FOR DESSERT Fruit is a great way to end each meal—a bit of healthy sweetness, lots of flavor and only a few calories.</p>	<p>SKIP THE CREAMY DIPS Have your kids dip their veggies and chips in fresh salsa instead of sour cream or cheese dips.</p>	<p>GO VEGETARIAN Use beans, peanuts, nuts or tofu in place of meat.</p>	<p>RICE—NOT JUST FOR SUSHI Cook up seafood paella, and reap the benefits of whole grains and protein.</p>	
<p>TOMATOES—A LATINO STAPLE Loaded with vitamin C and lycopene, they add nutrition to any meal.</p>	<p>COOL OFF WITH CEVICHE Turn off your oven! Fresh fish, lime juice, onion, garlic and cilantro are all you need for a delicious treat.</p>	<p>PUT ON YOUR DANCING SHOES Whether you prefer salsa, tango or the rumba, dancing is a great way to get exercise, meet people and have fun!</p>	<p>HAVE YOUR CAKE & EAT IT, TOO! You can still have your cake and eat it – but try baking with sugar substitutes to lessen the caloric impact.</p>	<p>PASTA FOR ALL Pasta is not just for Italians! Cook it up, add some beans, peppers, and spices, and you have an easy meal in less than 15 minutes.</p>	<p>LIGHTER POTATOES Potatoes don't have to be fried– Chop them up, toss with olive oil, salt and pepper and bake until golden brown – a tasty treat every time.</p>	<p>FROZEN FRUIT Try fruit popsicles. Add chunks of fruit to juice, freeze, and enjoy!</p>	
<p>LIVE LIKE THE INCAS Use quinoa—a protein-rich, pilaf-like grain—in your next salad or side dish.</p>	<p>LATINO WINE AND CHEESE TASTING Invite a few friends to your house for a wine and Latino cheese tasting. Try panela or cotija cheeses to start.</p>	<p>CARRIBEAN FLAIR Use a fruit chutney or salsa to add excitement and flavor to vegetables, meat, fish or chicken.</p>	<p>GO NUTS! Take a snack of peanuts, almonds, walnuts, pecans, or macademia nuts to school or work today.</p>	<p>BREAKFAST SMOOTHIES Fresh or frozen fruit, yogurt, milk or soymilk, and blend!</p>	<p>JUICE UP YOUR WATER Add a squeeze of lemon, lime or orange to plain or sparkling water for added taste with zero calories.</p>	<p>MIX UP SOME SANGRIA Add oranges, strawberries and apples to red wine – sure to satisfy on a hot summer night.</p>	
<p>SKIP THE BUTTER Use heart-healthy olive oil to sauté your veggies, eggs, and fish.</p>	<p>TIGHTEN UP YOUR FOOD BUDGET Make up a large batch of soup or casserole. Take a portion to work each day and top with fresh salsa and cilantro.</p>	<p>KIDS' SNACKS Give your kids apples or celery with peanut butter, or mash up an avocado to serve with celery sticks for after school snacks.</p>	<p>HEALTHY FATS Spread mashed avocado instead of mayo for satisfying creaminess and heart-healthy fat.</p>	<p><i>The Latino Nutrition Coalition (LNC) is an Oldways' educational program inspiring Latinos to improve and maintain their health through traditional foods and active lifestyles. The LNC creates practical, culturally-aware materials in English and Spanish that help Latinos combine the best of their healthy food traditions with the realities of modern American life. To learn more, please visit us at www.latinonutrition.org.</i></p>			