



NATIONAL NUTRITION MONTH® 2023



Fueling your body with nutrient-dense, sustainable food is important throughout all life stages. Nutrients are critical for living a healthy life. Sustainability is essential to meeting the growing demand for food without compromising adequate food for future generations. Choosing foods that are high in nutrition, but also good for the planet is the key to fueling the future.

CARBOHYDRATES

are essential as an energy source for everything our bodies do – from walking to breathing to thinking and even digesting food. *Best Wellness Choices for Living Sustainably:* Vegetables, fruits, legumes, whole grains and low-fat dairy.

VITAMINS AND MINERALS

are needed for most every bodily process, keep you healthy and prevent disease. *Best Wellness Choices for Living Sustainably:* Vegetables, fruits, legumes, whole grains, nuts, seeds, low-fat dairy, eggs, and seafood.

PROTEINS are the building blocks of life and essential for cell and tissue growth. *Best Wellness Choices for Living Sustainably:* Poultry, seafood, low-fat dairy, eggs, tofu, tempeh, legumes, nuts, seeds and quinoa. Choose plant-based proteins more often as they have less impact on the environment.

FIBER is a type of carbohydrate that helps reduce cholesterol, control blood sugar and aid in digestion and gives a feeling of fullness in the stomach. *Best Wellness Choices for Living Sustainably:* Vegetables, fruits, legumes, whole grains, nuts and seeds.

FATS give our body energy, support cell function, help absorb some nutrients and produce important hormones. *Best Wellness Choices for Living Sustainably:* Unsaturated fats from plant sources like those found in oils such as olive, canola, sunflower, and peanut, avocados, nuts and seeds and omega 3 fats from fatty fish like salmon and tuna.

WATER is essential to keeping our bodies working as they should. *Best Wellness Choices for Living Sustainably:* Water is the best choice but use reusable bottles versus single-use plastic water bottles to avoid harmful environmental waste.

Oregon Cascades West

Dining Centers & Days of Service
Call for Lunch Reservations

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

LINN COUNTY

Albany Senior Center

Monday-Friday (541) 967-7647

Brownsville Christian Church

Tues & Thurs (541) 466-5015

Lebanon Senior Center

Monday-Friday (541) 451-1139

Mill City, First Presbyterian

Tues & Thurs (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

The Corvallis Elks

Monday-Friday (541) 223-1005

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri (541) 994-7731

Newport Senior Center

Mon., Wed., Fri (541) 574-0669

Siletz, Tribal Community Center

Mon & Wed (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County SR. CTR

Mon., Wed., Fri (541) 563-8796