

Diane Wojtowicz

From: pilot plane [flyer70_2000@yahoo.com]
Sent: Thursday, March 17, 2016 3:55 PM
To: Nyw Group Safety; Nyw Staff; nywg.commanders@nywcap.org; Steve Perta
Cc: Sean Neal (CAP - Safety); mwmartin@nycap.rr.com; Diane Wojtowicz; Jean-Pierre Moreau; pilot plane
Subject: Re: Monthly Safety: March is Natuional Nutrition Month

For Widest Dissemination:

Courtesy of NSM Insurance...

MARCH IS
NATIONAL NUTRITION MONTH

WEEKLY SPOTLIGHT:



Make an effort to cut back on food and beverages high in added sugar, sodium and saturated fats.

The 2015-2020 *Dietary Guidelines for Americans* recommend reducing saturated fat intake to less than 10 percent of calories per day. It is important to understand the different types of fats, and reduce your intake of saturated fats by replacing them with unsaturated fats.

Saturated fat is found in foods such as meats, whole milk, cream, butter and cheese.

Unsaturated fat, which includes polyunsaturated and monounsaturated fat, is found in foods like oils, fatty fish, nuts and seeds.

Drink fat-free or low-fat milk (1-percent) instead of 2-percent or whole milk, and eat low-fat cheese instead of regular cheese, oils instead of butter and lean rather than fatty cuts of meat.



**For CAP:
Larry Mattiello, Lt Col, CAP
NYWG Ass't SE**

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