



Spring Quick Tips

March 2026

Cornell
Cooperative
Extension



Why is fiber important?

Fiber is important for your health, but many of us struggle to eat enough fiber rich foods. Benefits of fiber in your diet include feeling full, helping to manage blood sugar and cholesterol levels, and preventing constipation. Vegetables, fruits, beans, lentils, seeds, nuts, and whole grains are all good sources of dietary fiber. Less processed food is likely to have more fiber. Think of it like this: a food in its natural state, like a fresh apple, will have more fiber than apple juice, which is processed into juice. Breakfast is an easy meal to choose higher fiber foods. Whole grain cereals and breads, whole fruits, and nuts are a great start. Lunch and dinner offer many choices including vegetables, beans, lentils, and seeds. Choose low-fat popcorn for a mid-day boost of fiber.

Celebrate Frozen Food Month!



March is Frozen Food Month. Look for sales and promotions on frozen vegetables and fruits this month. Choose packages without added sauces or flavors. Frozen produce keeps longer in the freezer than fresh does in the refrigerator. When you choose frozen, you know you have vegetables and fruits to add to a meal after you use up your fresh produce. Frozen produce is picked fresh at its peak ripeness and frozen within 24 hours. This helps to retain nutrients, making frozen foods a healthy choice when fresh is not available.

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Building Healthy Habits Recipe

Scrambled Egg Muffins

Serving size 1 muffin

Makes 6 muffins

Ingredients:

2 cups vegetables (washed and diced) (broccoli, red/green bell peppers, onion)

6 eggs

¼ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon garlic powder

½ cup low-fat cheddar cheese, shredded

Directions:

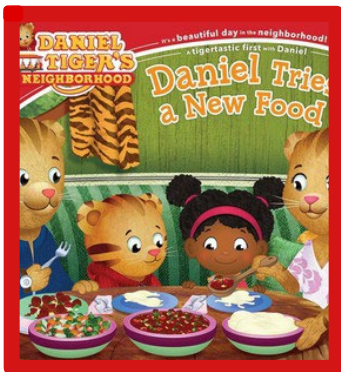
1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Spray muffin tin with nonstick spray.
3. Add diced vegetables to 6 muffin spots in the tray.
4. Beat eggs in a bowl. Stir in salt, pepper, and garlic powder.
5. Pour eggs into the muffin tin and bake for 20-25 minutes. Remove tin from oven during the last 3 minutes of baking and sprinkle the cheese on top of the muffins and return to oven.
6. Bake until eggs are 160F
7. Refrigerate leftovers within 2 hours.

Notes: try other vegetables or use frozen vegetables (thaw and dice before use). This recipe can be baked in an 8x8 pan for 20 minutes.



Nutrition Facts: Serving size: 1 muffin, calories: 100; total fat: 6g; saturated fat: 2g; sodium: 250mg; total carbohydrate: 4g; added sugars: 0g; Protein: 9g; Calcium: 76mg; Potassium: 169mg; Iron: 1mg

Source: Iowa State-Spend Smart, Eat Smart



Kids' Book Nook

This month, read "Daniel Tries a New Food" by Becky Friedman and Jason Fruchter. After reading, try a new food and see if it becomes a new family favorite!

Building Healthy Habits can help you:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Contact us to see if you're eligible for this free program!

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