

March is National Nutrition Month



Amanda Dahl

Amanda Dahl has been on the W's campus for 12 years. She teaches all the nutrition classes on campus and partners with Project CHEW to teach cooking classes in the school districts and in the community. When asked about how she got her start in nutrition, Dahl said, "I fell into the field of nutrition very unexpectedly." Before becoming a dietitian, Dahl grew up cooking with her mother and grandmother. She was interested in the medical field because of its health and wellness aspects, but when she got to college at Mississippi State University, she had no idea what she wanted to major in. She learned about what a dietitian was through a friend and what the classes for nutrition were. From there, she decided to major in nutrition. Dahl said, "It was a good fit for me because I got to combine the medical part of nutrition with the connection to food and the impact that food has on your overall health and wellbeing." She completed her dietetic internship at Mississippi State and became a dietitian, and she later completed her master's degree at Mississippi State, too.

In honor of National Nutrition Month, Dahl wants people to focus more on the quality of their diets instead of the quantity. People tend to focus on calories, but Dahl emphasizes that the types of food people are eating are just as important as the amount of calories they consume. She encourages others to consume whole foods, which are foods in their natural state that come from the ground or grow on trees instead of manufactured and packaged products, and to eat a variety of colorful foods.

When asked about nutritional tips for campus life, Dahl recommends not skipping meals and eating better, not less. Knowing what your schedule is like and having a healthy snack on hand will lead to a healthier lifestyle than waiting all day to eat and picking up fast food at the end of the day. When eating out, make healthier choices instead of limiting yourself to a salad. Pick grilled foods or get a fruit cup instead of french fries for your side. Finding a balance that allows you freedom to still enjoy the foods you love will ultimately lead to a successful diet.



P2W Ambassador Highlight

Hey everyone! My name is Kristen Wright, and I'm a senior biology major and chemistry minor from Winfield, Alabama. I love all things science and health related, and I am currently applying to pharmacy school. When I have free time you can catch me in a thrift store, cooking, volunteering, going to concerts, or taking a nap.

My tip to live a healthier lifestyle is to make half of your plate fruits and vegetables each meal. Both contain vitamins and minerals that our bodies require to function properly. It's important to eat a balanced meal to ensure that you get the nutrition you need.



Shamrock Smoothie

- 2 bananas, frozen
- 1/2 cup plain or vanilla Greek yogurt
- 1 cup fresh spinach leaves
- 1 cup pineapple, frozen
- 1/2 cup to 1 cup coconut water or skim milk, depending on desired consistency

Combine all of the ingredients in a blender until desired consistency. Add more coconut water or skim milk to thin smoothie.

Yield: 3 smoothies

Recipe provided by Project CHEW



RecFitness class provided by Campus Recreation

ZUMBA Beatz

Thursdays at 4:15 p.m. | Stark Aerobic Studio

ZUMBA Beatz is a Latin Fitness Dance class for everyone. Cardio, toning and lots of high energy with Bonnie!

Living W Well Co-Editors:



Elizabeth Fain
Senior Biology major
from Caledonia, MS



Shelby Dickerson
Senior Speech-Language Pathology
major from Booneville, MS