

# FEBRUARY 2018

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

## Do You Know Your Family's Cancer History?

World Cancer Day occurs every Feb. 4 and aims to raise awareness and educate the public about cancer. Early detection of most types of cancer greatly increases the chances for successful treatment. Some cancers are caused by an abnormal gene that is being passed along from generation to generation. This is known as family cancer syndrome. Knowing your family cancer history enables you to talk with your doctor about your personal cancer risk and establish a screening process to detect cancers that may run in your family.

Before you decide that cancer runs in your family, be sure to carefully evaluate each situation. For each case of cancer, ask the following questions:

- Who is affected? How are we related?
- What type of cancer is it? Is it rare?
- How old was this relative when he or she was diagnosed?
- Did this person get more than one type of cancer?

Asking these questions for each case of cancer will help you determine if a certain type of cancer runs in your family. As always, consult your doctor if you're concerned about your family's cancer history or your personal risk of developing cancer.

## Exercise is a Key Component in Preventing Heart Disease

Heart disease is the leading cause of death for both women and men in the United States, causing about 610,000 deaths annually. Heart disease is also an extremely expensive disease—costing the United States about \$207 billion annually in the cost of health care, medications and lost productivity. Fortunately, heart disease can often be prevented by living a healthy lifestyle and properly managing health conditions.

In addition to eating healthy and avoiding cigarettes, exercise is an important contributor to cardiovascular health. In order to make exercise an effective tool for cardiovascular health, the American Heart Association suggests that you get at least 150 minutes of moderate exercise per week or 75 minutes of vigorous exercise per week. An easy way to keep track of your exercise is to aim for 30 minutes a day, five times a week.

## Are You Getting Enough Water?

Making sure that you are getting enough water is a crucial step in achieving total wellness. Drinking water can eliminate hunger pains, aid the digestion process, and prevent and ease headaches. To help ensure that you are drinking enough water, consider the following guidelines:

- Always drink enough fluids so that you rarely feel thirsty.
- Make water your beverage of choice.
- Drink 2 liters of water or other beverages a day (a little more than 8 cups).
  - Men should consume 3 liters (about 13 cups) of water or liquids a day.
  - Women should consume 2.2 liters (about 9 cups) of water or liquids a day.

# WEEK OF: FEB. 4-FEB. 10

## TIP OF THE WEEK

Eat small, healthy snacks throughout the day, such as baby carrots or a handful of unsalted almonds. This will keep you from overeating at mealtimes.

## GOALS OR TO-DO LIST

### SUNDAY

4

### MONDAY

5

### TUESDAY

6

### WEDNESDAY

7

### THURSDAY

8

### FRIDAY

9

### SATURDAY

10

# WEEK OF: FEB. 11-FEB. 17

## TIP OF THE WEEK

Eat foods with calcium, such as fat-free or low-fat milk and yogurt, spinach and greens, tofu made with calcium, and orange juice with added calcium.

## GOALS OR TO-DO LIST

SUNDAY

11

MONDAY

12

TUESDAY

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

SATURDAY

17

# WEEK OF: FEB. 18-FEB. 24

## TIP OF THE WEEK

Eat healthy away from home. Choose fat-free or low-fat milk, water or diet drinks. Opt for steamed, broiled or grilled dishes, and ask for your dressing or sauce to be served on the side.

## GOALS OR TO-DO LIST

### SUNDAY

18

### MONDAY

19

### TUESDAY

20

### WEDNESDAY

21

### THURSDAY

22

### FRIDAY

23

### SATURDAY

24

# WEEK OF: FEB. 25-MARCH 3

## TIP OF THE WEEK

Choose a way to celebrate small wins that doesn't involve food. Buy a new workout outfit or pair of running shoes, or share your success with friends.

## GOALS OR TO-DO LIST

### SUNDAY

25

### MONDAY

26

### TUESDAY

27

### WEDNESDAY

28

### THURSDAY

1

### FRIDAY

2

### SATURDAY

3

# RECIPES OF THE MONTH

## Party-time Pasta

### Ingredients

- $\frac{1}{2}$  pound ground turkey
- 1 tsp. paprika
- 1 14.5-ounce can crushed tomatoes
- 1 14.5-ounce can low-sodium chicken broth
- 2 cups bow tie pasta (uncooked)
- 3 cups frozen mixed vegetables (thawed)
- $\frac{1}{2}$  cup fresh parsley (chopped)
- $\frac{1}{4}$  cup breadcrumbs
- $\frac{1}{4}$  Parmesan cheese (grated)

### Directions

1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes.
3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes.
4. Mix parsley, breadcrumbs and Parmesan cheese in separate bowl. Sprinkle over vegetables in skillet. Cover and let sit for 3 minutes before serving.

**Serving size**—1 cup prepared pasta. Each serving provides 220 calories, 6 g total fat, 2 g saturated fat, 14 g protein, 330 mg sodium, 27 g carbohydrates, 4 g dietary fiber and 4 g total sugars.

## Fruit Pizza

### Ingredients

- 2 tsp. vanilla extract (divided)
- 1 cup fruit (sliced)
- $\frac{1}{2}$  cup butter
- 1 cup sugar (divided)
- 1 large egg
- 2 cups flour
- 2 tsp. baking powder
- 8 ounces nonfat cream cheese

### Directions

1. Heat oven to 375 F.
2. For crust, cream butter,  $\frac{1}{2}$  cup sugar, 1 tsp. vanilla, and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread mixture on a pizza pan, baking sheet or 9-by-13-inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese and remaining sugar and vanilla. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.

**Serving size**—1 slice. Each serving provides 259 calories, 11 g total fat, 3 g saturated fat, 4 g protein, 239 mg sodium, 36 g carbohydrates and 1 g dietary fiber.