

# WELL~CONNECTED

Winter 2016



Only 1 in 10 Americans eat enough fruits and veggies.

Are you reaching your quota? Try these sneaky tips below to increase your daily intake.

# Top Off Breakfast

Add diced peppers, tomato and onion into scrambled eggs, or mix berries, sliced peaches or chopped apples to dress up oatmeal, whole-grain waffles and low-fat yogurt.

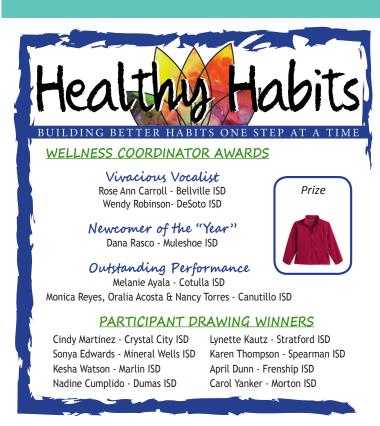
# Whip Up a Smoothie

Blend frozen fruit with lowfat milk or yogurt for a cool and creamy breakfast or snack. Throw in a handful of fresh spinach for an added boost of vitamins!

# Become a Purée Pro

Steam and purée cauliflower and zucchini to boost Mac n' Cheese, or blend baby spinach leaves and blueberries together and add to muffin or cake batter.

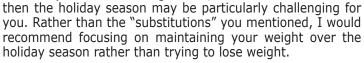




# Ask the Health Coach

Q: I have been doing well with my diet and making healthy food choices. With the holiday season here, what are some holiday substitutions I can make and still enjoy holiday foods?

Congratulations on making healthy food choices! I am not sure what type of diet you are on, but if it's a fairly strict diet with rigid rules,



Did You Know?

You burn more calories

sleeping than you do

watching television.

Go ahead and indulge in your favorite holiday treats occasionally, but eat really well 85-90% of the time. This means eating greens at every meal, even breakfast. Try it out and see if this is the case for you. You might find this a more satisfying way of moving through the holiday season than trying to stick to a rigid diet and failing. All in all, remember to focus on family, relationships, giving and love, and fill up on these.

Good Luck! The Health Coach

# Fitbit® Challenge Winners



**Beatriz Carillo** Stratford ISD **Emma Morin** Morton ISD **Cindy Smith** Silsbee ISD

### September

Jacque Owens White Deer ISD Maria Kilpatrick Frenship ISD Rebecca Rodriguez Uvalde CISD

# October

**Marcie Norman** Marble Falls ISD **Michelle Benson** Denver City ISD **April Pleasant** Nacogdoches ISD



# **Ingredients**

l T Oil 2 T Chili Powder 2 tsp Ground Cumin l Red Onion, chopped 2 cloves minced Garlic 1 lb Sweet Potatoes, cubed 1 (15-oz) Black Beans, drained 1/4 cup Uncooked Quinoa 1 (15-oz) Tomato Sauce 1 1/2 lb Lean Ground Meat 1/2 cup Low-Sodium Chicken Broth 1 (15-oz) Fire-Roasted Diced Tomatoes Salt & Pepper to taste

# **Directions**

- 1. Pre-Cook: Heat oil in skillet, sauté onion & garlic about 3 minutes. Add meat, chili powder & cumin and continue cooking until meat is cooked.
- Slow Cooker: Combine cooked meat and all remaining ingredients. Cook on high for 4 hours or low for 6-8 hours. Salt & pepper to taste.
- Serve with your choice of toppings such as shredded cheese, sour cream or tortilla chips.

Yield: 6 servings



