

# APRIL 2018

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 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 |
| 29 | 30 |    |    |    |    |    |

## Don't Drink Your Calories

Just like food, beverages may contain hidden calories. The calories in beverages add up quickly and may cause you to gain weight. Making a few changes to your beverage choices could help make changes to your weight. You don't have to entirely give up your favorite beverage in order to cut back on the calories you're consuming. Here are some tips on how to cut back without cutting something out of your diet completely:

- Request that your coffee drink be made with low-fat or skim milk instead of whole milk.
- Order the smallest size available, even if it's a child's size.
- Skip extra flavorings (like vanilla, hazelnut or caramel)—they are sugar-sweetened and will add calories.
- Say no to whipped cream on top as it adds calories and fat.
- Ask for your smoothie without sugar added—the fruit is already naturally sweet.

## Increase Your Health by Limiting Alcohol Consumption

Excessive consumption of alcohol can cause many negative health effects. "Excessive consumption" means more than two drinks per day for a man under 65 and more than one drink per day for a woman under 65. In the short term, alcohol depresses the central nervous system, lowers inhibitions, impairs speech and reduces muscle coordination. In extreme amounts, alcohol can significantly depress the vital centers of the brain and can cause a coma.

Those who drink alcohol excessively on a regular basis may experience weight gain, fatigue, short-term memory loss and many other adverse health effects, including liver disorders, gastrointestinal problems, cardiovascular problems, diabetes complications, bone loss and increased cancer risks. To avoid developing any of these costly chronic conditions, limit your alcohol consumption.

## Oral Health and Overall Wellness

Did you know that poor oral health can lead to many seemingly unrelated medical conditions? In fact, oral bacteria and oral disease have been linked to a variety of serious illnesses, including heart disease, diabetes, stroke and pregnancy complications.

Given the potential link between periodontitis and systemic health problems, preventing periodontitis is an important step in maintaining your overall health. In most cases, periodontitis can be prevented by practicing good daily oral hygiene, including brushing, flossing and regularly seeing a dentist for cleanings. Tell your dentist about changes in your oral health, including any recent illnesses or chronic conditions.

# WEEK OF: APRIL 1-APRIL 7

## TIP OF THE WEEK

Treat yourself! Consider adding a “cheat meal” or a “treat meal” to your eating plan once a week where you indulge your unhealthy cravings to help you stay on track.

## GOALS OR TO-DO LIST

### SUNDAY

1

### MONDAY

2

### TUESDAY

3

### WEDNESDAY

4

### THURSDAY

5

### FRIDAY

6

### SATURDAY

7

# WEEK OF: APRIL 8-APRIL 14

## TIP OF THE WEEK

Work out your core. Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. With a stronger core, you are also more likely to sit and stand without slouching.

## GOALS OR TO-DO LIST

### SUNDAY

8

### MONDAY

9

### TUESDAY

10

### WEDNESDAY

11

### THURSDAY

12

### FRIDAY

13

### SATURDAY

14

# WEEK OF: APRIL 15-APRIL 21

## TIP OF THE WEEK

View each day as a clean slate. To practice self-compassion means ditching beating yourself up at the slightest transgression.

## GOALS OR TO-DO LIST

### SUNDAY

15

### MONDAY

16

### TUESDAY

17

### WEDNESDAY

18

### THURSDAY

19

### FRIDAY

20

### SATURDAY

21

# WEEK OF: APRIL 22-APRIL 28

## TIP OF THE WEEK

Eat mindfully. Pay attention to what you are eating. Ask yourself if you really are hungry or if something else is going on that's causing you to turn to food.

## GOALS OR TO-DO LIST

### SUNDAY

22

### MONDAY

23

### TUESDAY

24

### WEDNESDAY

25

### THURSDAY

26

### FRIDAY

27

### SATURDAY

28

# WEEK OF: APRIL 29-MAY 5

## TIP OF THE WEEK

Commit to a 5K to motivate you to train. Plus, you just may find out that the energy of the supportive crowd motivates you to keep jogging long after the race.

## GOALS OR TO-DO LIST

### SUNDAY

29

### MONDAY

30

### TUESDAY

1

### WEDNESDAY

2

### THURSDAY

3

### FRIDAY

4

### SATURDAY

5

# RECIPES OF THE MONTH

## Applesauce Cookies

### Ingredients

- 1 cup sugar
- ½ cup butter
- 1 large egg
- 2 tsp. baking soda
- 2 ½ cups flour
- ½ tsp. salt
- 1 tsp. cinnamon
- 1 ½ cups unsweetened applesauce
- 1 cup raisins

### Directions

1. Heat oven to 350 F. Spray cookie sheet with nonstick cooking spray.
2. Cream together sugar, butter and egg.
3. In a separate bowl, combine baking soda, flour, salt and cinnamon. Mix well.
4. Stir dry mixture into wet mixture just until moist.
5. Add applesauce and raisins.
6. Drop dough by heaping teaspoon several inches apart on a prepared baking sheet. Bake for 10 to 12 minutes.

**Serving size**—1 cookie. Each serving provides 282 calories, 8 g total fat, 2 g saturated fat, 4 g protein, 377 mg sodium, 50 g carbohydrates, 2 g dietary fiber and 16 g total sugars.

## Crunchy Vegetable Wraps

### Ingredients

- ¼ cup low-fat whipped cream cheese
- 2 flour tortillas
- ½ tsp. ranch seasoning mix
- ¼ cup broccoli (chopped)
- ¼ cup carrot (grated)
- ¼ cup zucchini (cut into strips)
- ¼ cup yellow summer squash (cut into strips)
- ½ tomato (diced)
- 2 Tbsp. green bell pepper (diced)
- 2 Tbsp. chives (finely chopped)

### Directions

1. In a small bowl, stir ranch seasoning into cream cheese. Chill.
2. Steam broccoli in microwave for 1 minute with 1 Tbsp. of water.
3. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
4. Chill for 1 to 2 hours before serving (the wrap will hold its shape better). With a sharp knife, slice into circles and serve.

**Serving size**—½ of tortilla. Each serving provides 110 calories, 4 g total fat, 2 g saturated fat, 4 g protein, 250 mg sodium, 16 g carbohydrates, 2 g dietary fiber and 3 g total sugars.