

MAY 2018

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Spotlight on Women's Health

National Women's Health Week begins each year on Mother's Day and is an annual health observance designed to raise awareness of women's health. In honor of this observance, take some time to reflect on the following four important preventive care procedures.

- 1. Mammograms**—The American Cancer Society recommends that women start having mammogram screenings every year starting at age 45.
- 2. Pap smears**—A Pap smear looks for changes in the cells within the cervix. It's generally recommended that women have their first Pap smear at age 21.
- 3. Pelvic exams**—A pelvic exam allows doctors to look for signs of illness within the organs. Current guidelines recommend that pelvic exams be done at the same time as Pap smears and that pelvic exams do not begin until age 21.
- 4. Cholesterol screenings**—Heart disease is the leading cause of death in women. Women aged 20 or older should have their cholesterol tested every five years, though some women may need more frequent testing if doctor recommended.

Avoid Dehydration

Dehydration may seem like a minor ailment, but it can be quite dangerous. In fact, millions of people worldwide—many of them infants and older adults—die of dehydration each year. Preventing dehydration sounds easy enough: consume plenty of fluids and foods high in water content, like fruits and vegetables. However, how much fluid do we really need? Determining your appropriate water intake is not an exact science, as much depends on age, physical condition, activity level, environment and individual physiology.

The best recommendation is to simply make a conscious effort to stay hydrated. In addition, make water your beverage of choice. Try drinking water with every meal and between meals. Take water breaks instead of coffee or tea breaks, and substitute sparkling water for alcohol.

Breathing Relaxation Techniques

Pain and stress can end up causing physical, mental or emotional issues. Often this physical or emotional pain significantly impacts our health, happiness and overall quality of life. By using relaxation techniques, one can release tension, greatly reduce certain types of pain and sometimes actually prevent the pain from occurring.

Breathing exercises can be an effective self-help technique. Even though breathing is an automatic response, there are times when mentally adjusting the way we breathe can benefit our health and sense of well-being. For example, breathing deeply from your abdomen rather than your chest increases your oxygen intake. Shallow breathing inhibits the release of carbon dioxide from your body, creating an imbalance that can contribute to poor health. By practicing proper breathing techniques, you can increase your lung capacity and energy levels, speed the healing process of many disorders, and relieve anxiety, insomnia and stress.

WEEK OF: MAY 6-MAY 12

TIP OF THE WEEK

Shop the perimeter of your grocery store where food tends to be the healthiest and isn't primarily packaged and processed.

GOALS OR TO-DO LIST

SUNDAY

6

MONDAY

7

TUESDAY

8

WEDNESDAY

9

THURSDAY

10

FRIDAY

11

SATURDAY

12

WEEK OF: MAY 13-MAY 19

TIP OF THE WEEK

Eat monounsaturated fatty acids (MUFAs). MUFAs are good-for-you fats that promote heart health and can help reduce belly fat. Avocados, nuts, seeds, olive oil, olives and dark chocolate are all MUFAs.

GOALS OR TO-DO LIST

SUNDAY

13

MONDAY

14

TUESDAY

15

WEDNESDAY

16

THURSDAY

17

FRIDAY

18

SATURDAY

19

WEEK OF: MAY 20-MAY 26

TIP OF THE WEEK

Switch up your workout. Over time, your body becomes used to the workouts you do and is no longer challenged by them. Change up your routine every six to eight weeks to avoid hitting a plateau.

GOALS OR TO-DO LIST

SUNDAY

20

MONDAY

21

TUESDAY

22

WEDNESDAY

23

THURSDAY

24

FRIDAY

25

SATURDAY

26

WEEK OF: MAY 27-JUNE 2

TIP OF THE WEEK

Protein = power. The Institute of Medicine recommends a daily protein intake of 56 grams for adult males and 46 grams for adult females.

GOALS OR TO-DO LIST

SUNDAY

27

MONDAY

28

TUESDAY

29

WEDNESDAY

30

THURSDAY

31

FRIDAY

1

SATURDAY

2

RECIPES OF THE MONTH

Zucchini Coleslaw

Ingredients

- 2 cups zucchini (coarsely shredded)
- 2 cups cabbage (shredded)
- 1 carrot (medium, shredded)
- 2 green onion (sliced)
- $\frac{1}{2}$ cup radishes (thinly sliced)
- $\frac{1}{3}$ cup mayonnaise, low-fat
- $\frac{1}{3}$ cup mild salsa

Directions

1. Drain zucchini by pressing between layers of paper towels.
2. Put zucchini in large bowl. Add cabbage, carrot, onions and radishes.
3. In a small bowl, combine remaining ingredients.
4. Pour over vegetables and toss well.
5. Cover and chill at least 1 hour.

Serving size—1 serving. Each serving provides 55 calories, 3 g total fat, 1 g saturated fat, 1 g protein, 171 mg sodium, 7 g carbohydrates, 2 g dietary fiber and 4 g total sugars.

Herbed Spinach Quiche Portabella Caps

Ingredients

- 4 portabella mushrooms (3-inch diameter)
- 3 large eggs
- 6 egg whites
- $\frac{1}{2}$ cup whole-wheat breadcrumbs
- $\frac{1}{4}$ cup nonfat milk
- 1 tsp. low-sodium garlic and herb blend
- 1 cup frozen spinach (cooked, drained and chopped)
- $\frac{1}{4}$ cup reduced-fat Parmesan cheese (divided)

Directions

1. Heat oven to 375 F.
2. Remove portabella stems. Wipe mushrooms clean with damp paper towel.
3. Spray baking sheet with cooking spray. Place mushroom caps on baking sheet.
4. In a mixing bowl, whisk together all remaining ingredients, except 1 Tbsp. Parmesan cheese.
5. Coat 10-inch nonstick pan with cooking spray and heat over medium flame.
6. Cook and scramble egg mixture until it just starts to thicken. Remove from heat.
7. Using a large spoon, scoop partially cooked, hot egg mixture into portabella caps.
8. Sprinkle tops with remaining Parmesan cheese. Bake about 20 minutes.
9. Serve immediately.

Serving size—1 mushroom cap. Each serving provides 190 calories, 6 g total fat, 2 g saturated fat, 17 g protein, 330 mg sodium, 14 g carbohydrates, 4 g dietary fiber and 4 g total sugars.