

MARCH 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	31

Reading Food Labels

Reading food labels is a crucial part of maintaining healthy eating habits. Reading labels allows you to make informed choices about the foods you eat and compare the nutritional value of different foods. A good diet and an active lifestyle can help your body stay healthy and disease-free.

- **Serving size**—A serving size is the recommended amount of a food that should be eaten by one person.
- **Calories**—This number indicates the total number of calories and the number of calories that are derived from fat that are contained in one serving of food. You should aim to get only about 30 percent of your daily calories from fat.
- **Percent daily values**—These percentages tell you how one serving of food fits, nutritionally, into a daily diet of 2,000 calories. Keep in mind that necessary calorie amounts vary for each individual.
- **Nutrient list and amounts**—Food companies must list, at a minimum, the amount of fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, protein, vitamins A and C, calcium and iron that are contained in one serving of a product. Some labels also display trans fats.

Are You Getting the Nutrition You Need?

The U.S. Department of Agriculture (USDA) created MyPlate, a symbol for healthy eating that is designed to provide a simple visual reminder to help people make healthy food choices. Listed below are suggestions and guidelines for fulfilling the food groups represented on the plate.

- **Fruits**—Any fruit or 100 percent fruit juice counts for this group. Fruits may be fresh, canned, frozen or dried, and may be whole, cut up or pureed.
- **Vegetables**—Any vegetable or 100 percent vegetable juice counts for this group.
- **Grains**—Examples of grains include bread, pasta, oatmeal, breakfast cereals, tortillas and grits. Grains are divided into whole grains and refined grains.
- **Protein**—All foods made from meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts and seeds are considered protein.
- **Dairy**—Fluid milk products and many foods made from milk are in this group, such as cheese and yogurt. Choose mostly fat-free or low-fat dairy products.

The Power of Omega-3 and Fish Oil

Believe it or not, there is one type of fat experts agree you should get more of in your diet. This special fat, called omega-3, isn't produced by the body and must be consumed through the food we eat. Unfortunately, most of us aren't eating enough of it. Most Americans are omega-3 deficient because of the large amount of refined and processed food in our diets.

Fish is nature's most abundant source of the essential fat omega-3. Fish concentrate this special fat when they eat algae and other marine life. Most experts agree that everyone should consume two or more servings each week of fatty fish, such as salmon, herring, whitefish, tuna, rainbow trout or sardines. If you don't like fish or you have a higher need for omega-3 fats, use fish oil supplements.

WEEK OF: MARCH 4-MARCH 10

TIP OF THE WEEK

Shop smart at the grocery store. The next time you need to go shopping, eat a snack beforehand. Always use a shopping list and choose 100 percent whole-wheat or whole-grain bread and crackers. Buy a variety of colorful fruits and vegetables.

GOALS OR TO-DO LIST

SUNDAY	4
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MONDAY	5
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TUESDAY	6
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WEDNESDAY	7
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THURSDAY	8
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FRIDAY	9
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SATURDAY	10
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WEEK OF: MARCH 11-MARCH 17

TIP OF THE WEEK

Plan your time out to avoid stress. Think ahead about your day and write a to-do list. Decide which tasks are most important and complete them in that order.

GOALS OR TO-DO LIST

SUNDAY	11
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MONDAY	12
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TUESDAY	13
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WEDNESDAY	15
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THURSDAY	15
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FRIDAY	16
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SATURDAY	17
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WEEK OF: MARCH 18-MARCH 24

TIP OF THE WEEK

Stay hydrated. Drinking lots of water helps flush out fat and toxins from your body.

GOALS OR TO-DO LIST

SUNDAY	18
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MONDAY	19
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TUESDAY	20
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WEDNESDAY	21
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THURSDAY	22
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FRIDAY	23
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SATURDAY	24
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WEEK OF: MARCH 25-MARCH 31

TIP OF THE WEEK

Try out yoga. Yoga will help you become more aware of your body's patterns of movement, posture and alignment—increasing your flexibility and fitness level. Not only that, but yoga is also often used as a stress-management and relaxation technique.

GOALS OR TO-DO LIST

SUNDAY	25
MONDAY	26
TUESDAY	27
WEDNESDAY	28
THURSDAY	29
FRIDAY	30
SATURDAY	31

RECIPES OF THE MONTH

Veggie Chow Mein

Ingredients

- 6 ounces rice noodles
- 4 tsp. oil
- 1 medium onion (finely chopped)
- 2 cloves garlic (finely chopped)
- 1 cup carrot (grated)
- 2 tsp. chicken bouillon
- 1 tsp. hot pepper sauce
- 1 cup broccoli (cut into small pieces)
- 1 cup celery (chopped)
- 1 cup bell pepper (chopped)
- 4 tsp. soy sauce

Directions

1. Prepare noodles according to package directions. Drain and set aside.
2. Sauté onion and garlic with oil in frying pan for 1 minute over medium-high heat.
3. Add carrot, chicken bouillon and pepper sauce. Stir.
4. Add broccoli, celery and bell pepper. Stir.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.

Serving size—1 serving. Each serving provides 90 calories, 4 g total fat, 0 g saturated fat, 2 g protein, 280 mg sodium, 14 g carbohydrates, 2 g dietary fiber and 3 g total sugars.

Fabulous Fruit Muffins

Ingredients

- 1 ¼ cup flour
- ¼ cup sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- ¾ cup buttermilk
- 2 Tbsp. butter (melted)
- 1 large egg (beaten slightly)
- ½ tsp. vanilla extract
- 1 cup frozen berries of any kind (coarsely chopped)

Directions

1. Heat oven to 400 F. Spray muffin tin with nonstick cooking spray.
2. In a large bowl, combine the flour, sugar, baking powder and baking soda. Stir well until all ingredients are blended.
3. In another bowl, combine buttermilk, butter, egg and vanilla. Pour this mixture into the dry ingredients.
4. Using a large spoon, gently stir ingredients just until moist. Add fruit and stir gently.
5. Spoon batter evenly into nine muffin cups.
6. Bake 20 to 25 minutes or until golden brown.
7. Serve hot or cold. Muffins may be frozen for later use.

Serving Size—1 muffin. Each serving provides 133 calories, 3 g total fat, 1 g saturated fat, 3 g protein, 175 mg sodium, 22 g carbohydrates, 1 g dietary fiber and 8 g total sugars.