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March 2018 Health Newsletter

The focus for March is nutrition

Articles include:

- Nutrition – Three simple ways to improve your eating habits
- Enjoy more fruits and vegetables
- Food swaps to kick start your best life
- Portion sizes
- Tuna Fish melt and Beef Pita melt

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Three simple ways to improve your eating habits

Experts claim the healthiest diets are rich in fruits and vegetables, because these foods are full of healthful nutrients and fiber. Eat fruits and veggies in a variety of colors – red, orange, yellow, purple, green and white. And don't forget to:

- Choose less meat and fat; go for more fruits and veggies.
- Fill half of your plate with fruits and vegetables. Make at least half your grains "whole grains."
- Swap artery-clogging creamy sauces and dressings with marinades or dressings made with olive oil (a heart-healthy fat) and herbs.

Enjoy more fruits and vegetables

Top off breakfast - Use mixed berries, sliced peaches or chopped apples to dress up oatmeal, whole-grain pancakes and low fat yogurt. Mix diced peppers, tomatoes and olives into scrambled eggs. Add sliced or mashed avocado to whole wheat toast.

Whip up a smoothie- Blend bananas, berries or peaches with low fat milk or yogurt for a cool, creamy breakfast or snack. Use frozen fruit to make it a frosty treat.

Take a dip- Raw or lightly steamed vegetables offer the same satisfying crunch as crackers. Dunk them in salsa, hummus, garlicky low fat yogurt or low sodium marinara sauce.

Snazz up your sandwich - Go beyond the typical tomato and lettuce. How about tucking in some baby spinach, sliced peppers, avocado or cucumber.

Make a Sunday roast - Of veggies, that is! In a hot oven roast a colorful assortment of cut up veggies such as broccoli, red bell peppers, carrots, cauliflower and Brussels sprouts. Use these flavorful jewels for dinners or quick snacks all week long.

Food swaps to kick start your best life

Have your take out and feel great too. Ordering lighter foods can be good for your mood, energy and health. When ordering out, think of grilled or steamed versus fried or creamy. Check the menu offerings online prior to going out, some restaurants provide nutrition details for dishes including fat and calories.

Give your heart an oil change. When cooking use a healthy vegetable oil, such as olive or canola. Look for opportunities to add other healthy fats to your meals and snacks. Put these on your fatty playlist: salmon, avocado, unsalted almonds and/or walnuts.

Be picky about protein. Choose lean proteins such as skinless poultry, fish, eggs and lean cuts of meat. Vegan? You have options as well including unsalted nuts, peanut butter, tofu and beans.

Get in on whole grain goodness. Whole grains have a whole lot to offer when it comes to nutrients, including B vitamins and minerals. One big plus: They are fiber rich, which make

them good for your heart and digestion. They may even help with weight control because they stick with you which makes you feel fuller longer.

Answer the breakfast bell. Do you skip breakfast more often than not? If so you are missing out on brain and body fuel. If time is an issue, try setting your alarm a few minutes earlier or pack something healthy the night before so you can grab and go.

Portion-savvy: Have an eye for size

One easy way to estimate a reasonable serving is to picture everyday objects. Here's a quick guide for some common foods.

<p>A SERVING</p> <p>3 ounces of cooked meat, fish or poultry</p> <p>Roughly the size of a:</p>  <p>Deck of cards</p>	<p>A SERVING</p> <p>1 ounce of cheese</p> <p>Roughly the size of a:</p>  <p>Thumb</p>	
<p>A SERVING</p> <p>1 cup of milk or yogurt</p> <p>Roughly the size of a:</p>  <p>Baseball</p>	<p>A SERVING</p> <p>½ cup of cooked rice or pasta</p> <p>Roughly the size of a:</p>  <p>Tennis ball</p>	<p>A SERVING</p> <p>2 tablespoons of peanut butter</p> <p>Roughly the size of a:</p>  <p>Pingpong ball</p>

Sources: Academy of Nutrition and Dietetics; American Heart Association; National Institutes of Health

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

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Make every choice count.

Condition management is key for people who have diabetes. Getting physical activity, eating right and taking medications (if prescribed) can help keep blood glucose at a healthy level. And that can help prevent or delay complications.

[Learn more about making healthy lifestyle changes for your long-term health.](#)

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PREP 5 mins TOTAL 10 mins

1 Serving:

- 1 can (5 ounces) no-salt-added tuna, packed in water
- 1 tablespoon light mayonnaise
- 1 teaspoon mustard, preferably with no more than 50 mg sodium per teaspoon
- 1 teaspoon finely chopped onion
- ½ tomato, sliced
- 1 whole grain wrap (about 8 inches in diameter)
- 2 tablespoons shredded part-skim mozzarella
- 1 teaspoon olive oil



Tuna Fish Melt Quesadilla

This recipe offers a slightly new take on a comfort food favorite.

1. In a bowl, combine tuna, mayonnaise, mustard and onion.
2. Place a heavy bottom skillet over medium heat.
3. Place tomato slices on one half of wrap. Spread tuna mixture over tomatoes and top with mozzarella (the other half of the wrap will have nothing on it).
4. Fold wrap in half and brush with olive oil.
5. Place wrap in pan and cook until golden brown, about 3 minutes. Flip and cook 2 more minutes. Serve.

Nutrition Facts (per serving)

Calories	405	Total Fat	12g
Protein	44g	Saturated Fat	3.4g
Carbohydrate	29g	Cholesterol	54mg
Dietary Fiber	4g	Calcium	138mg
Total Sugars	4g	Sodium	462mg



PREP 5 mins TOTAL 10 mins

4 Servings:

- 1 whole wheat pita (about 6 inches in diameter)
- 2 teaspoons mustard, preferably one with no more than 50 mg sodium per teaspoon
- 3 ounces reduced-sodium sliced roast beef (Vegetarians: Substitute 3 ounces thinly sliced tempeh seasoned with ½ teaspoon olive oil and a dash salt)
- ½ sweet red pepper, sliced
- ¼ cup thinly sliced onion
- 1 slice Jarlsberg Light Swiss Cheese



Beef Pita Melt

This is one of those recipes that you will make again and again—it's tastier, quicker, cheaper and healthier than store-bought.

1. Preheat oven to broil.
2. Place pita on an ovenproof dish and spread with mustard, top with roast beef (or tempeh), sweet pepper, onion and finish with cheese.
3. Place under broiler and cook until cheese is golden brown and bubbly, about 5 minutes. Serve.

Nutrition Facts (per serving)

Calories	383	Total Fat	4g
Protein	38g	Saturated Fat	2.0g
Carbohydrate	37g	Cholesterol	63mg
Dietary Fiber	6g	Calcium	251mg
Total Sugars	4g	Sodium	349mg