



# IN GOOD HEALTH NEWSLETTER...March



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## Volume 2 - Issue 3

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**March:**

**National Nutrition Month**

**Dietary Guidelines & Myplate**



Today, about half of all American adults have one or more chronic diseases, often related to poor diet. The 2015-2020 Dietary Guidelines for Americans emphasizes the importance of creating a healthy eating pattern to maintain health and reduce the risk of disease. Everything we eat and drink — the food and beverage choices we make day to day and over our lifetime — matters. - See more at: [myplate](#)

### **Fruits.** Make half your plate fruits and vegetables: Focus on whole fruits.

- Choose whole fruits –fresh, frozen, dried or canned in 100% juice.
- Enjoy fruit with meals, as snacks or as a dessert

### **Vegetables.** Make half your plate fruits and vegetables: Vary your veggies.

- Try adding fresh, frozen or canned vegetables to salads, sides and main dishes.

### **Dairy.** Move to low-fat or fat-free milk or yogurt.

- Choose fat-free milk, yogurt and fortified soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream and regular cheese with low-fat yogurt, milk and cheese.

### **Grains.** Make half your grains whole grains.

- Look for whole grains listed first or second on the ingredients list - try oatmeal, popcorn, whole-grain bread and brown rice.
- Limit grain desserts and snacks such as cakes, cookies and pastries.

### **Protein.** Vary your protein routine.

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

[choosemyplate.gov](http://choosemyplate.gov)

[eatright.org](http://eatright.org)

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## Bad Eating Habits & How to Break Them



### 1. Bad Habit to Break: Keeping Tempting Foods Around

It's hard to resist temptation when it's staring you in the face. When office workers were given candies in clear dishes to place on their desks, they helped themselves to candy 71 percent more often than a similar group that was given the same candy in opaque dishes so that the candy wasn't visible, according to research by [Brian Wansink, Ph.D.](#), director of the Cornell University Food and Brand Lab in Ithaca, New York. "We're all on the 'see-food' diet," he says, "so don't let yourself see what you don't want to eat." Do yourself a favor and keep tempting foods out of your sight. If you're going to keep snacks at home, stash them inside a cupboard; keep apples out on the counter.

### 3. Bad Habit to Break: Distracted Eating

You're eating alone, so you reach for your smartphone and text, scan social-networking sites or play games. Or you read the paper, watch TV or use your computer. All of these distractions take your attention away from eating and make it harder for you to really experience and tune in to how satiated/full you are. That can lead you to eat more than you're really hungry for, either now or later. A recent study showed that playing solitaire (on the computer) dampened people's memories of lunch, which, in turn, may have caused them to eat 125 calories more when they snacked later.

### 5. Bad Habit to Break: Eating on the Run

Eating in the car, snacking at your desk, drinking a high-calorie smoothie or latte while walking around—it's all too easy to take in excessive calories if you're eating on the go. To curb this type of distracted eating, sit down to eat.

### 2. Bad Habit to Break: Skipping Breakfast

You might think that skipping breakfast—a whole meal!—would help you cut calories, but the research says that eating breakfast can better help you lose weight. Breakfast eaters tend to weigh less and are more successful at losing weight—and keeping it off—than those who skip the meal. What's more, people who typically eat breakfast also get more fiber, calcium, vitamins A and C, riboflavin, zinc and iron—and less fat and dietary cholesterol. Perhaps it's because they often eat cereal, which is fortified with vitamins and minerals, and fruit, which is naturally nutrient-rich. Not hungry when you first get up? Don't worry. Eating breakfast doesn't have to be the first thing you do each day. Just make sure that when you do eat, your meal is something that will sustain you for a few hours—it should include some fiber and protein.

### 4. Bad Habit to Break: Eating Straight Out of the Bag

If you're noshing directly out of the package—whether you're eating chips, crackers, cookies or ice cream—it's easy to eat several servings without realizing it. A key step when you're trying to lose weight is literally watching what you eat—being aware of what and how much you're eating. That's why keeping a food journal is so effective. Get a handle on runaway portions by measuring out a serving...if you want more, measure that too. Being conscious of what you're eating will help you meet your weight goals.



[eatingwell.com](http://eatingwell.com)



## Portion Size Mistakes to Avoid

**Cereal.** When is the last time you measured your cereal before pouring it into a bowl? Have you ever checked the Nutrition Facts label to determine [the correct serving size](#)? For some cereals, one cup is the recommended serving size. But the American Diabetes Association lists  $\frac{3}{4}$  cup as a suggested serving. If you pour your cereal straight into the bowl, chances are good you are eating up to 2 servings. And if you refill the bowl (as most of us do!) you may be eating 3-4 servings.

**Hamburger.** If you are counting your [hamburger](#) as one serving of beef, you are probably underestimating the calories you've consumed. A quarter pound burger (4 ounces) is slightly larger than the recommended serving size of 3 ounces. But many burgers, especially those served at restaurants, are 1/3 to 1/2 pound. You might be eating twice as many calories as you think you are.

**Cooking Spray.** You might skip the oil or butter when [cook healthy meals at home](#). This is good! But you might be neglecting to account for the calories in your cooking spray. If you use PAM to avoid adding calories to your food you might want to know that a single serving of the spray is 1/3 of one second. Do you keep a stopwatch in your kitchen? It's not likely that you do. The Center for Science in the Public Interest evaluated the spray and reported that a more typical six-second spray would have 50 calories and 6 grams of fat.

**Soda.** Sugary drinks are one of the easiest things to overconsume. We often put them next to us and mindlessly sip away. But the [calories in soda](#) add up, even if you only drink one a day! And for many reasons, [diet soda is not a good alternative](#). A serving size of Coke is 12 ounces. But most of us drink plenty more than that when we fill up at the soda fountain. A 7-11 Double Gulp contains 50 ounces and 575 calories.

**Chicken Breast.** [Lean protein is healthy](#), right? Not if you eat too much of it. If you are eating a whole chicken breast for dinner, you might be eating too much. A serving of chicken is 3-4 ounces, about the size of a deck of playing cards. Some people use the palm of their hand as a guide. Depending on the vendor, some chicken breasts are twice or even three times the size of a recommended serving. The [calories in chicken breast](#) can add up and ruin your diet.

**Coffee Creamer.** Your morning cup of java might be the most fattening thing you consume all day if you add flavored creamer. And you're not off the hook if you use the fat-free variety. A single serving of liquid creamer is one tablespoon. Do you pull out the measuring spoons when you add cream to your coffee? Probably not. If you are drinking more than the recommended serving (remember to count *each* cup of coffee!) then the negligible fat in the "fat-free" creamer starts to add up quickly.

**Bread.** If you pack yourself a healthy lunch with a lean meat sandwich, congratulations! You are probably saving yourself from the belly-busting caloricfest that you'd experience if you went to a restaurant. But did you accurately record the [calories in your whole grain bread](#)? If you think your sandwich equals one serving, think again. For many bread products, including Pepperidge Farm Soft Honey Whole Wheat Bread, a single serving is only one slice of bread.

**Salad Dressing.** A healthy salad is a great alternative a high starch, high fat meal. But the salad dressing can add calories that could make any prudent calorie counter blush. By some estimates, many restaurant salads contain over 500 calories, most often due to the [fatty dressing](#). A serving size of salad dressing is 2 tablespoons. If you order your dressing on the side, your waiter will probably bring you much more than that.

**Did you know?**  
A healthy serving of fresh fruit is a great alternative to a high fat dessert, but a single (cup) serving of grapes is only 16 grapes.

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# Eat More Vegetables!

## Women

19-30 years old	<b>2 1/2 cups</b>
31-50 years old	<b>2 1/2 cups</b>
51+ years old	<b>2 cups</b>

19-30 years old	<b>3 cups</b>
31-50 years old	<b>3 cups</b>
51+ years old	<b>2 1/2 cups</b>

## Men

### Add More Veggies to Your Diet

#### Add Vegetables to Breakfast

Put spinach or kale leaves in your smoothies (kids won't even taste them), or carrots or zucchini in your muffins. These methods probably won't add up to a whole serving; you need two cups of leafy greens for that, or one cup of other veggies. But you're making a start. Mix vegetables into your scrambled eggs or omelets, or top toast with sliced avocado.

#### Pack Veggies into Lunch

Whether you are eating at home or packing up lunches to go, make sure you include a serving of vegetables. Or better yet, two servings. Pack a veggie side dish, such as raw vegetables, veggie chips or dried vegetables. Stuff the sandwiches. Load them up with spinach leaves, bean sprouts, and slices of cucumber, tomato, and avocado. If you're packing, wrap up your veggie-full dinner leftovers. Or make lettuce wraps instead of sandwiches. If you're buying at a salad bar, skip the iceberg lettuce and cheese and fill your bowl with nutrient-rich items like spinach, [cruciferous veggies](#), and legumes. Aim for lots of colors in your salad; then you know you're getting a great variety of nutrients in your daily diet.

#### Make Snack Time Vegetable Time

Serve raw veggies as a snack, especially if it's close to mealtime. Kids often like sweet choices such as carrots, cucumber, bell peppers, or sugar snap peas, and accompanying dip. You can also make a snack platter with a few cut vegetable options, some fruit, nuts, and cheese. If you're serving dip with veggies, include some veggies *in* the dip: try [tzatziki](#), salsa, hummus, or guacamole. Bring your own vegetable snacks when you're away from home. To pack crudité with dip, place a small amount of dip in the bottom of a glass or plastic container, then stand up veggie strips vertically so one end is in the dip. Or pack a [mason jar salad](#).

#### Add (More) Vegetables to Dinner

Let your family warm up to increased veggies by serving them salad-bar style, with lots of choices for pizza toppings, taco fillings, salad ingredients, and so on. Does your recipe call for vegetables? Great: Double the amount. This works with soups and stews, marinara sauces, lasagna fillings, stir fries, and so on. Replace meats or grains with vegetables—for example, zucchini noodles instead of pasta or [chickpea taco "meat"](#). Instead of having a meat, a veggie, and a starch on your plate, skip the starch and replace with a second vegetable serving, such as mashed cauliflower or a baked sweet potato. Or have a salad along with a cooked vegetable side.

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## Foods to Help Boost Energy Naturally



Here are some tips that are both natural and safe to boost your energy:

**Healthy Fats:** Healthy fats help “cushion” the brain! In fact 60 percent of your brain is made up of fat. Salmon and [tuna are great sources of omega-3 fatty acids](#), which are beneficial for the brain and eyes - deficiency can lead to anxiety and depression. [Avocados are another great fat](#), as well as flax, chia and hemp seeds all of which are full of fiber as well.

**Whole Grains:** Whole grains are great – [most notably oats](#). Getting your oats in an unsweetened granola or plain oatmeal is a great way to eat more whole grains. The addition of some dried fruit and nuts, balances out the meal or snack. Whole grains in general contain phytonutrients, as well as folate and B vitamins that boost memory and promote satiety.

**Water:** Yes, it's simple but true, dehydration can lead to [fatigue, fogginess](#), and more, so drinking plenty of water is crucial to keeping concentration and energy levels high.

**Get moving!** Exercise can work wonders, as working up a sweat releases endorphins and will help give your mood and energy level a lift.

**Get Your Z's!** [Getting enough sleep is key to a good mood](#), great energy, and good health. Make it easier on your body by waking up and going to sleep as close to the same time every day as possible. A consistent routine will make the morning wake up a little more manageable. On the same note, sleeping too much can make you groggy, so try to get you groggy, so try to adequate sleep but don't overdo it.

**Eggs:** Whether scrambled, sunny side up, or hard-boiled, eggs are a great (inexpensive!) meal or snack. [Eggs are rich in choline](#), a vitamin-like substance that is plentiful in eggs, but also found in nuts, which helps promotes memory and brain development.

**Protein:** Choosing protein sources that are [raised humanely and if possible pastured](#) are your best bets. Ask your local butcher about how your meat was raised. Protein is great to pair with whole grains and can help us feel full longer, avoiding a sharp drop in blood sugar which is a definite energy drain.

Other Tips !

**Soak up some rays:** Study after study has demonstrated that sunshine is an effective and natural energy booster. If you live where there is sunshine (as sporadic as it may be in the winter) take advantage! Get outside and enjoy the sunshine and fresh air.



## Mediterranean Roasted Broccoli & Tomatoes

### INGREDIENTS

12 ounces broccoli crowns, trimmed and cut into bite-size florets (about 4 cups)  
1 cup grape tomatoes  
1 tablespoon extra-virgin olive oil  
2 cloves garlic, minced  
1/4 teaspoon salt  
1/2 teaspoon freshly grated lemon zest  
1 tablespoon lemon juice  
10 pitted black olives, sliced  
1 teaspoon dried oregano  
2 teaspoons capers, rinsed (optional)

### PREPARATION

- 1 Preheat oven to 450°F.
- 2 Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10 to 13 minutes.
- 3 Meanwhile, combine lemon zest and juice, olives, oregano and capers (if using) in a large bowl. Add the roasted vegetables; stir to combine. Serve warm.

### NUTRITION

**Per serving:** 76 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 7 g carbohydrates; 0 g added sugars; 3 g protein; 3 g fiber; 264 mg sodium; 328 mg potassium.

**Nutrition Bonus:** Vitamin C (130% daily value), Vitamin A (50% dv), Folate (15% dv).

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