



Mission in Motion

Health & Wellness Newsletter
March 2014 – Nutrition

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Dietary Fiber- *Beyond Bran*

We're all pretty familiar with how dietary fiber can keep our digestive system functioning like it should. What many people don't realize is that fiber also provides other health benefits, such as helping maintain a healthy heart.

Eating the recommended amounts of dietary fiber can help lower cholesterol and high blood pressure, and help prevent obesity, which are all risk factors in developing heart disease.

Use these tips to increase your daily fiber intake:

- ♣ Eat more fruits and vegetables— at least 2 cups of fruit and 2 cups of vegetables a day
- ♣ Choose a variety of fiber sources such as berries, oatmeal, beans, whole grain bread and cereal
- ♣ Serve meat entrees on a bed of grilled zucchini, sautéed spinach or sliced onions
- ♣ Snack on air-popped popcorn, dry-roasted nuts and seeds

Source: American Dietetic Association

Make Nutrition Your Ambition

Good Choices For A Lifetime of Health

There are many different approaches to nutrition, such as low-carb, low-fat, and glycemic index, just to name a few. But it's hard to know what's the best strategy for feeling and looking your healthy best. While a lot of these approaches can work, a good, old-fashioned balanced diet with thoughtful food choices is an easy way to make nutrients work in your favor. All you need are a few helpful ideas to incorporate into your daily lifestyle and you'll be well on your way to better health.

Nutrition Tips

You have the power to make healthy nutrition choices every day. Remember these basic building blocks for taking care of your health:

- ♣ Drink enough water each day
- ♣ Choose healthy snacks in 100-calorie or less servings
- ♣ Opt for healthy, low-fat meals at fast-food restaurants
- ♣ Use monounsaturated and polyunsaturated fats in your diet
- ♣ Check food labels for serving size/number of servings and nutritional content

Set a goal today to make nutrition a top priority by making smart choices that can boost your vitality and longevity.

Healthy Choices - *you can make each day*

Go with the grain

Choose whole grains, which are higher in nutrition and fiber and lower in fat than refined grains, like white rice or white flour. A high-fiber diet can help lower your risk of heart disease, cancer, diabetes and other disorders related to your digestive system. Good choices include bran flakes, oatmeal, whole-wheat toast, wild rice or barley, whole-grain breads, kasha and whole-wheat tortillas.

Wake up to breakfast

When the alarm clock goes off, your body's alarm also signals the need for nourishment. Refuel in the morning with a wholesome breakfast that provides complex carbohydrates, protein and a small amount of fat — a combination that delays hunger symptoms for hours. Whether you opt for traditional fare, such as yogurt, whole-grain muffins or cereal, or less typical foods like leftover vegetable pizza or a fruit smoothie, you can get the nutrients and energy you need to start your day.

Claim a healthy frame

Calcium plays an important role in maintaining bone. Calcium alone cannot prevent or cure osteoporosis, but it is an important part of an overall prevention or treatment program. You can increase the amount of calcium in your diet by eating calcium-rich foods like low-fat milk, cheese, broccoli and others. Many foods are fortified with calcium and readily available and affordable.

Shake the salt habit

Reducing the amount of sodium you consume may help you reduce or avoid high blood pressure. Reduce your salt intake by removing the salt shaker from the table, opting for low-sodium foods when eating out, using a salt substitute or other salt free seasonings, and substituting fresh lemon juice to fish and vegetables.


Make five your winning number

Fruits and vegetables provide essential vitamins and minerals, fiber and other substances that are important for good health. To get your five a day, drink juice with breakfast or top your cereal with fruit, eat fruit or carrot sticks as a mid-morning snack, add a salad to your lunch, snack on a piece of fruit in the afternoon and include a vegetable at dinner.

When you put good nutrition first, you'll be treating yourself to increased energy, improved mental alertness and optimal health.

Sources: National Osteoporosis Foundation; Mayo Foundation for Education and Research; Centers for Disease Control and Prevention





Is that square meal
good for you?



BlueCross BlueShield
of Texas

We All Have Different Nutritional Needs and Calorie Requirements

We've all heard that it's important to eat three square meals a day. The fact is people come in all shapes and sizes, and men, women and children all have different nutritional needs and daily calorie requirements.

Make sure you follow good nutrition guidelines that fit your personal lifestyle, and take these steps to get the necessary nutrients for good health:

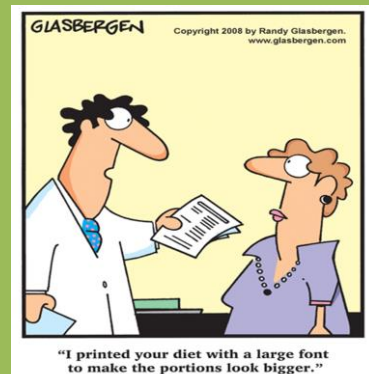
- ♣ Eat a variety of healthy foods and snacks
- ♣ Follow national recommendations, such as the USDA Food Plate
- ♣ Limit your intake of saturated fat, cholesterol and sodium
- ♣ Keep your food portions in check
- ♣ Fit more fiber into your diet

Office Food Safety Tips that Work Overtime

Do you frequent the 'desktop diner?' If you're one of the 70 percent of Americans who regularly eat at their desks, you can stay healthy by following these food safety tips:

- ♣ Store your brown bag in the office fridge as soon as you get to work. Or pack your lunch in an insulated lunch bag and throw in an ice pack to keep foods cold.
- ♣ Don't wait for the clean-up crew to throw out your leftovers from the fridge. Label and date your food and make sure to toss it in a timely fashion.
- ♣ Be courteous when microwaving meals by keeping food containers covered. And if food splatters, wipe down the microwave immediately, while the food is still easy to remove.
- ♣ Don't use the kitchen sponge if it's not replaced frequently. Instead, use paper towels and always wash dishes in hot, soapy water to keep bacteria at bay.
- ♣ Keep hand sanitizer handy to use before eating and disinfectant wipes to keep your desk germ-free.

Source: American Dietetic Association



March Health & Wellness Seminar: **Nutrition**

Date: 03/20/2014 - Thursday

Time: 2:30 p.m.

Location: Council Chambers

Speaker: To be Announced

Honey-Roasted Parsnips, Sweet Potatoes and Apples

Virginia's apple orchard with many apple varieties every autumn, but did you know that apples and cider are often used to sweeten autumn vegetables. This recipe calls for three autumn favorites: parsnips, sweet potatoes and apples to make one healthful meal to warm the cooler months. Parsnips are good source of folate, a B vitamin that may help prevent several different cancers. Plus their high potassium level can also be helpful in regulating blood pressure.

Ingredients:

Canola oil cooking spray

1 ½ parsnips, peeled and cut into bite-size chunks

1 large sweet potato, peeled and cut into bite-size chunks

2 firm red apples, cored and cut into bite-size chunks

1 Tbsp. canola oil

1 Tbsp. honey

2 Tbsp. "lite" soy sauce

¼ tsp. ground ginger

Directions:

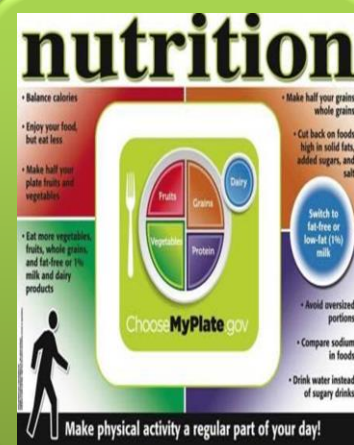
1. Preheat oven to 400 degrees.
2. Spray casserole dish with cooking spray and set aside.
3. In large mixing bowl, mix oil and honey. In microwave, warm 10 seconds.
4. In microwave-safe bowl, mix oil and honey. In microwave, warm 10 seconds
5. Mix in soy sauce and ginger. Pour sauce over vegetables and apples. Toss to coat well. Transfer to casserole dish.
6. Cover and bake until tender, about 1 hour.

Makes 6 servings,

Per serving: 112 calories, 2 g total fat (less than 1 g saturated fat), 23 g

Health & Wellness Seminars

*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630



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Mission In Motion

Our mission is to promote health awareness and to encourage healthy lifestyles.