



W.E. H.E.L.P.

(Wellness Education-Helping Each other Learn Prevention)

Coastal AHEC
March 2008

Adopt a healthier lifestyle!

- Eat smaller meals (portions)
- Eat your calories, don't drink them!
- Exercise
- Eat slowly
- Get plenty of rest
- Drink a lot of water!

NUTRITION AWARENESS MONTH!

- Did you know that March is National Nutrition Month? Make a commitment to yourself, family, coworkers and friends and take this month to focus on improving your nutritional health.
- Taking care of ourselves is completely in our control. We decide what we choose to eat!
- This newsletter offers many useful hints to follow to help lead you towards a more nutritious lifestyle.
- Please share this newsletter full of tips, information and a featured recipe with family and friends!



Live Healthy Lives

Make Small, Realistic Goals this month!!!

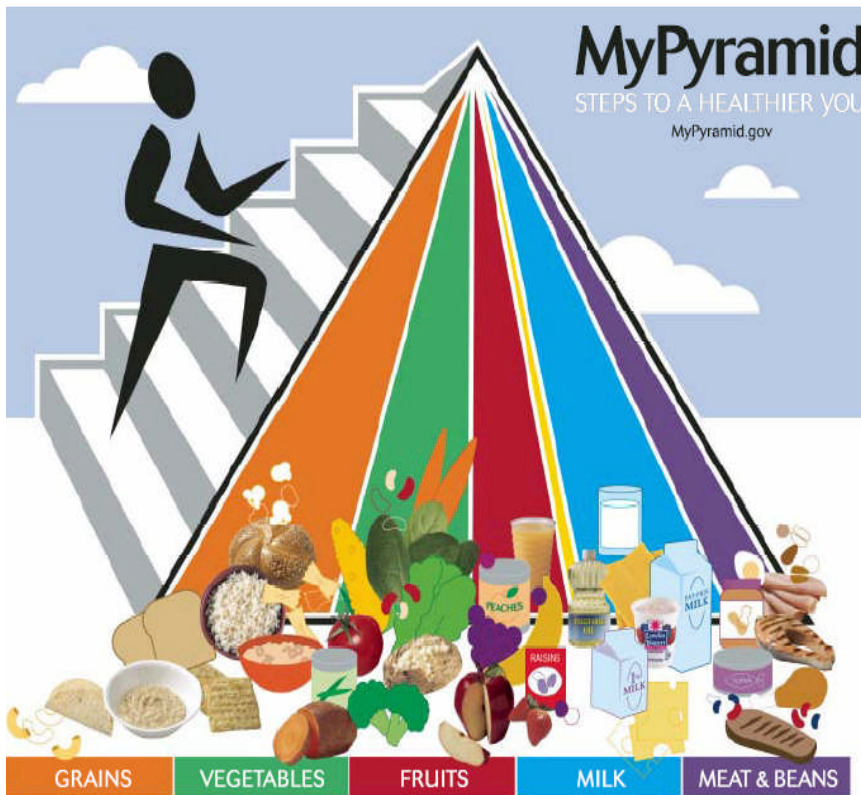
- Start using smaller plates at home so that you do not eat larger than necessary portions of food.
- Start a walking club with your family, coworkers, classroom, and/or friends.
- Try replacing half your grains with whole wheat grains.
- Limit your soda intake! Try drinking more water (at least 8 glasses a day).

Did you know?!?!

- Losing a few extra pounds will help you feel better and will help reduce your chance of developing heart disease, diabetes and some cancers.
- Make water your drink of choice. Water is great for your skin, circulation, muscles, and digestion. It also helps curb your appetite.
- You don't need to join a gym to get exercise. Find any activity that you enjoy such as walking, or yard work. By doing something you enjoy, your chances of being successful and continuing to stay active are higher.
- Muscle weighs more than fat! Consider ditching the scale and use measuring instead. By using a tape measure, you'll be able to see if you are losing inches.

The NEW Food Guide Pyramid!

Recently, the United States Department of Agriculture has updated the old food guide pyramid. MyPyramid now focuses on helping individuals lead healthy lifestyles as well as focusing on the importance of exercising. Take time to visit the MyPyramid.gov website to learn more about this new food guide and to adapt it personally to your individual lifestyle.



Steps to a Healthier You!

Each person is different. Therefore, individually one needs to figure out what works best for them. Good health is important so by taking small steps you can find the path that best suits you.

- Get the most nutrition out of your calories
- Find your balance between food and physical activity
- Make smart choices from every food group

*For more information please visit mypyramid.gov

Making Smart Choices from MyPyramid's Food Groups:

Grains: *Make Half Your Grains Whole*
Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain.

Vegetables: *Vary Your Veggies*
Any vegetables or 100% vegetable juice. Get a variety. The darker the color, the more nutrients it contains.

Fruits: *Focus on Fruits*
Any fruit or 100% fruit juice.

Milk: *Get Your Calcium-Rich Foods*
All fluid milk products and any foods made from milk.

Meats and Beans: *Go Lean with Protein*
Make your meat and poultry choices lean or low-fat.

Oils: *Know Your Fats*
Limit foods that use unhealthy fats (trans and saturated fat). Food rich in healthy fats include nuts, olives, avocados and some fish such as salmon.



Indulge in these Disease Fighting Foods!

<u>Food:</u>	<u>May Prevent:</u>	<u>Including in Your Diet:</u>
Broccoli	Breast and colon cancers, heart disease, hypertension and birth defects	Eat broccoli in pasta, salad, or rice dishes.
Tomatoes	Cancer, heart disease and birth defects	Eat salsa, spaghetti (with whole wheat noodles), and/or drink tomato juice.
Nuts	Heart disease and obesity	Eat as a snack or include them in your salads or stir fries
Whole Grains	Stroke and cancer	Replace white grains with whole grain breads, pastas, and muffins
Spinach	Macular degeneration	Use spinach in your salads, sandwiches, pastas or on pizza.
Oats	Cancer, heart disease, and obesity	Eat oatmeal or use in muffins and cookies.
Fish and Seafood	Heart disease, arthritis, and depression	Replace other meats with fish in your dinner dishes
Soybeans	Heart disease, and osteoporosis	Try replacing dairy products for soy-based products
Green or Black Tea	Cancer, and heart disease	Replace coffee with tea.

***Eat dark, deeper colored fruits and vegetables. The darker the color, the more nutrients they contain as well as they generally contain more disease fighting elements.**

Featured Recipe!!! Florentine Fish Dinner

Ingredients:

- 1 can (14oz) reduced-sodium diced tomatoes, undrained
- 2 cups frozen chopped spinach, thawed
- 1 tablespoon olive oil
- 1/2 teaspoon minced garlic
- Salt and pepper to taste
- Vegetable cooking spray
- 1 pound skinless flounder fillets (any white fish can be used)
- 8 ounces whole wheat linguine, cooked, warm
- 3 tablespoons grated Parmesan Cheese

Steps:

1. Combine tomatoes and liquid, spinach, olive oil, and garlic in medium saucepan; heat to boiling. Reduce heat and simmer until thickened to desired consistency, about 10 minutes; season to taste with salt and pepper.
2. Spray large skillet with cooking spray; heat over medium heat until hot. Sprinkle flounder lightly with salt and pepper; add to skillet and cook 3 to 4 minutes on each side or until fish is tender and flakes with a fork.
3. Place linguine on serving platter; top with tomato sauce mixture and flounder. Sprinkle with Parmesan cheese. (makes 4 servings)

Per Serving:

Calories: 350
 % Calories from fat: 18
 Fat (gm): 7.5
 Saturated fat (gm): 1.6
 Cholesterol (mg): 63.1
 Sodium (mg): 355
 Protein (gm): 32.6
 Carbohydrates (gm): 41.7

