

HEALTHY HABITS

March 2018

Put Your Best Fork Forward

It's a great time to remember that eating right doesn't have to be complicated—simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started:

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Make sure your diet is low in saturated fats, trans fats, salt (sodium), and added sugars



Healthy Inspiration

Dream it, wish it, do it!

Did You Know

The human thigh bone is 4 times stronger than concrete.

Make Your Calories Count

Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be lower in calories and packed with vitamins, minerals, fiber and other nutrients. Making smart food choices can help you stay healthy, manage your weight and give you energy to be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli, as well as orange vegetables, such as carrots and sweet potatoes. Vary your protein choices with more fish, beans, and peas. Eat at least three ounces of whole-grain cereals, breads, crackers, rice, or pasta each day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels to know the amount of total fat and saturated fat.



WANT MORE INFORMATION? LEARN MORE AT FMCHEALTH.ORG



**First Medical
Occupational Health**
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CLINIC HOURS:

MON., WED. & FRI.: 9 A.M.—4:30 P.M.

TUES & THURS.: 10 A.M.—5:30 P.M.

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Savor the Flavor of Eating Right

March is National Nutrition Month, which encourages everyone to take time to appreciate the pleasures, great flavors and social experiences food can add to our lives. It's easier than you think to make healthy eating a habit. Even small changes can make a big difference.

Try incorporating at least six of the eight goals below into your diet:

Make half your plate fruits and vegetables
The more colorful you make your plate, the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy.

Drink water or herbal tea Try adding a slice of lemon, lime, or watermelon, or a splash of 100% juice to your glass of water if you want some flavor.

Choose a variety of lean protein foods.
Lean meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are good choices.

Switch to fat-free or low-fat (1%) milk.
Almond milk and soy milk are excellent substitutes for milk.

Make half the grains you eat whole grains.
Read the ingredients list and choose products that list whole grain ingredients first.

Compare sodium in foods. Choose lower sodium versions of foods like soup, bread, and frozen meals.

Eat some seafood.
Adults should try to eat at least eight ounces a week of a variety of seafood. Children can eat smaller amounts of seafood as well.

Cut back on solid fats.
Develop a mindful eating pattern that includes nutritious and flavorful foods, that's the best way to savor the flavor of eating right!

Make Your Day Burritos

2 teaspoons vegetable oil
1/2 small onion, diced (1 cup)
1 bell pepper, seeded and diced
1 cup low-sodium black beans, drained and rinsed
1/4 teaspoon crushed red pepper

1/4 teaspoon black pepper
Dash of salt
4 whole eggs and 4 egg whites
1/3 cup (about 1 1/2 ounces) grated low-fat cheddar cheese
4 (10 inch) whole wheat tortillas

1/4 cup reduced fat-free sour cream
1/4 cup hot sauce (or to taste)
1 large tomato, diced (Roma tomatoes work well for this)
1 small avocado, cubed
Nonstick cooking spray

1. Heat the oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes. Add black beans and crushed red pepper and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.
2. Whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.
3. Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Add hot sauce to taste. Roll up burrito-style and serve.

