



March 2016

Wellness Nutrition Fun FaCts

NATIONAL NUTRITION MONTH

Savor the Flavor of Eating Right.

Some ways to truly enjoy your food and stay healthy include:

- 1) **Take time to pay attention to the taste** of each bite of food, don't rush your meals. This also gives your brain time to recognize when you are full so this will help cut down on overeating.
- 2) **Make small changes** in your old recipes to create new flavors and more healthy dishes. Cut back on gravies, creams, and sauces and replace them with more vegetables and low sodium liquids such as vegetable stocks, meat/poultry stocks, or vegetable juices.
- 3) **Add a touch of spice.** Flavor meals with herbs and spices such as chili, garlic, ginger, basil, oregano, curry, or cilantro which can replace salt and saturated fat. Experiment with many other spices.
- 4) **Enjoy foods from many cultures.** Celebrate our Nation's diversity and be inspired by dishes that include more fruits, vegetables, whole grains, beans, nuts, seafood, lean meats, and low-fat dairy.
- 5) You don't have to give up all your favorite, tasty, foods-- **moderation is the key to enjoying all foods.** Split large portions of desserts with family or friends or have your cake and eat it too--just in a cupcake portion rather than a large piece. Try very small pieces of chocolate candy or single serving portions of chips.



breastfeeding blurb

Breastfeeding Support

Everyone has personal beliefs and attitudes that can influence someone's decision to breastfeed or continue to breastfeed.

What can family and friends do to support breastfeeding?

BE an Expert.....in Encouragement! You can encourage mom in many ways.....

Offer support and encouragement for breastfeeding over suggestions to quit or offering a bottle

If mom has breastfeeding challenges help her find/contact a lactation consultant or another breastfeeding support specialist (doctor, nurse, peer counselor, etc.)

Offer to help with meals, housework or laundry
Offer to run errands
Offer to help babysit other children



Chopped Greek Salad with Chicken

INGREDIENTS:

1/3 cup red wine vinegar
2 Tablespoons extra-virgin olive oil
1 Tablespoon chopped fresh dill or oregano or 1 teaspoon dried
1 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
6 cups chopped romaine lettuce
2 1/2 cups chopped cooked chicken (about 12 ounces)
2 medium tomatoes, chopped
1 medium cucumber, peeled, seeded, and chopped
1/2 cup finely chopped red onion
1/2 cup sliced ripe black olives
1/2 cup crumbled feta cheese



PREPARATION: Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives, and feta; toss to coat.

NUTRITION: Per serving: 343 Calories, 18 g Fat, 5 g Sat Fat, 7 G Monounsaturated Fat, 89 mg Cholesterol, 11 g Carbohydrates, 31 g Protein, 3 g Fiber, 619 mg Sodium, 659 mg Potassium.