

HEALTHY EATING ACTIVE LIVING HELPS PREVENT DISEASE

Healthy eating and reguylar physical activity are key components of good health at every age. Together, they may lower the risk of heart disease, obesity, type 2 diabetes, cancer, and other chronic diseases.

The Role of Antioxidants

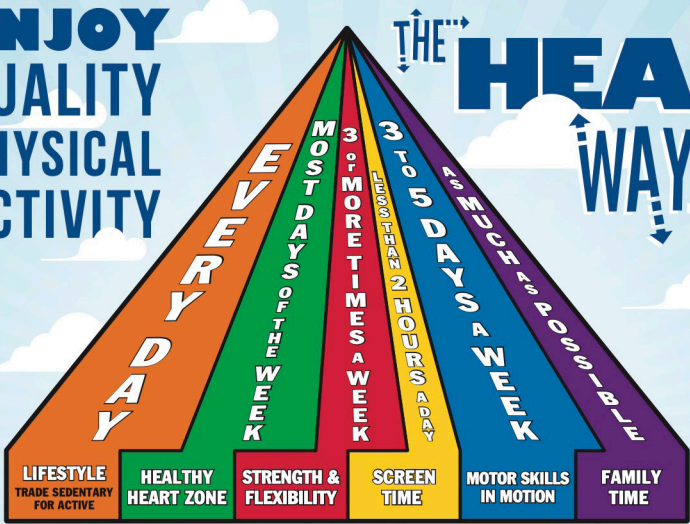
Antioxidants can reduce the risk of cardiovascular diseases and some cancers.

Antioxidants naturally occur in foods and can defend against free radicals. Free radicals are normal by-products in the body or can result from environmental factors like air pollution and smoke.

Foods Filled with Antioxidants

- Blueberries
- Beans (black, kidney, pinto, lentil)
- Carrots
- Sweet Potatoes
- Tomatoes
- Squash
- Spinach
- Broccoli
- Seeds (sunflower, pumpkin, etc.)
- Vegetable Oils
- Peanut Butter
- Oranges
- Grapefruit
- Strawberries
- Brussels Sprouts

ENJOY
QUALITY
PHYSICAL
ACTIVITY



Physical activity helps improve overall health, fitness, and quality of life. It also can help reduce your risk of chronic conditions like type 2 diabetes, heart disease, cancer, depression, and anxiety.

Nutrition Facts

8 Servings per container	
Serving Size 2/3 cup (55g)	
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Check the food label for sodium

Sodium reduction is an effective and safe strategy to prevent and manage cardiovascular disease.

The Nutrition Facts label is a handy tool to use daily to see the amount of sodium in packaged foods and beverages and make informed dietary choices.

Lifestyle Habits Contributing Factor to Disease Prevention

Good Lifestyle Habits

- Positive lifestyle habits can help prevent diseases because you are doing things that benefit your body.
- Include daily physical activity by walking, jogging, swimming, riding a bike, or playing outside.
- Screen and sedentary time should be limited to less than 2 hours a day.
- Enjoy quality time with your family as well as physical activity.
- Prepare a meal with family using MyPlate.

Poor Lifestyle Habits

Negative lifestyle habits can lead to dangerous diseases later in life. Some poor lifestyle habits include not getting enough physical activity, smoking, and overeating.

HEAL MARCH 2024

SPRING INTO NUTRITION • A HEAL Hero challenges others to make healthy decisions.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL SCHOOL BREAKFAST WEEK Help your child choose healthy options off the school menu.	HEALTHY AND ACTIVE FAMILIES Play catch with wiffle balls, playground balls, discs, or boomerangs.		Why HEAL? Exercise and nutrition have a profound effect on physical and mental disease prevention at every age.		CELEBRATE WORLD COMPLIMENT DAY and boost someone's mood by complimenting them today.	CELEBRATE DR. SEUSS DAY with some adventurous outdoor play.
Sunday Stroll? 3 How about a Sunday brisk walk or run instead. Get your heart pumping!	Shake the Salt Habit to Prevent Disease. 4 NATIONAL SALT AWARENESS WEEK	DISEASE PREVENTION: As sodium intake decreases, so does blood pressure. Salt is linked to stroke, heart and kidney disease and obesity.	READ THE LABEL 6 Sodium is the component of salt measured and reported on the Food Label.	ENOUGH IS ENOUGH 7 Adults should limit sodium intake to 2,300 mg/a day.	HIDDEN SALT 8 About 70% of salt consumed by Americans comes from restaurants or processed foods.	DAYLIGHT SAVINGS 9 time starts tomorrow. Don't forget to set your clocks forward an hour, and enjoy an extra hour of sleep.
In Season: Asparagus, grapefruit, kiwi fruit, oranges, broccoli, and greens are widely available this month.	Frozen fruits and veggies are great for smoothies. Keep a variety in your freezer.	Lifelong Habits Regular exercise helps lower blood pressure and cholesterol levels - 2 major risk factors for heart disease.		MARCH IS NATIONAL KIDNEY MONTH. Water and a low-sodium diet support kidney health.		LET'S CELEBRATE NATIONAL ARTICHOKE DAY. Artichokes are high in folate and vitamin K which help blood health
GO GREEN this ST. PATRICK'S DAY. Toss chopped broccoli and spinach into salads, quiches, and frittatas.		Wear comfortable athletic shoes all day. Notice if your joints hurt less, and you're able to move longer.	RELAX 20 Take a few minutes to destress with some deep breathing and stretching.		GOOD FATS 22 Unsaturated fats(olive, avocado, sunflower, and seed oil) are all part of a heart-healthy diet.	Avoid Saturated Fats 23 Replace saturated fats (butter, ghee, lard) with unsaturated fats when cooking.
Dark chocolate is a healthier. Dark chocolate contains magnesium, iron, and less added sugar compared to milk chocolate.	RESEARCH It takes 11 tastings to decide if you like something or not. Don't just try new foods once.		Try a new whole grain because it's NATIONAL WHOLE GRAIN SAMPLING DAY.	BODY BENEFIT: Whole grains contain fiber, folate, iron, magnesium, and more that help your heart and blood.	Kids are more likely to try, and like foodthey helped prepare. Let your children help in the kitchen.	TAKE A WALK IN THE PARK DAY encourages us to invest in our health without spending money. Enjoy a brisk walk today.
						EASTER SUNDAY: 31 Hunting for easter eggs? That's great physical activity.

VEGETABLE AND BARLEY PILAF



Barley pilaf makes a great side dish for any meat or seafood and is good hot or at room temperature, making it a good potluck recipe.



SCAN HERE FOR MORE DELICIOUS RECIPES!!

Serves 6

Ingredients:

- 1 yellow squash, quartered and sliced
- 1 large zucchini, quartered and sliced
- 2 large carrot, chopped
- ½ cup mushrooms
- 1 tbsp minced garlic
- 1 tbsp butter
- 2 cups reduced-sodium chicken or vegetable broth
- 1 cup quick barley
- ½ of a white or yellow onion
- ½ tsp dried basil or oregano
- ¼ tsp salt
- ¼ tsp pepper

Instructions:

- 1.In a large saucepan, saute zucchini, squash, carrots, mushrooms, and garlic in butter until tender. Add broth;bring to a boil. Stir in barley. Reduce heat; cover and simmer until barley is tender, 10-12 minutes.
- 2.Stir in the onion, basil, salt and pepper. Remove from heat; cover and let stand for 5 minutes.

