



Your Health is Worth It

Eating Healthy Happens One Day at a time!

*March is here! Spring is right around the corner. Hopefully, you were able to get a physical during the winter months and now know where your health stands. If not, I encourage you to schedule your annual check-up. Make goals based on **your HEALTH!***

National Nutrition Month – “Get Your Plate in Shape”

National Nutrition Month happens once a year. Every year there is a theme that relays the healthy eating message. Healthy eating a lot of times happens once in awhile for most people. Maybe it's a “New Year's Resolution” or a wedding up and coming, or maybe a reunion, whatever the reason, people will briefly change their life usually for a short-term weight loss goal.

Healthy Eating is more than that. It is about making healthy choices most days of the week. Allowing food to nourish and fuel the body instead of just fill it up or allow it to briefly take away pain, sorrow, depression, loneliness or any other feeling.

What small healthy eating goals can you set for the month? Choose goals that you will likely be able to stick with throughout the year.

Healthy Eating Goals may include:

- Choosing to eat a balanced breakfast EVERY morning. It is best to eat within one hour of waking up.
- Including one high fiber food at each meal. (For example; whole-wheat bread/foods, fruit, vegetables, beans, lentils, etc.)
- Choose one day a week and go meatless. Avoid any “meat” for the day or for a meal. Eating too much meat can raise cholesterol levels and put you at greater risk of heart disease.
- Choose only lean protein. Choose meats with less than 7% fat, trim the fat before cooking the meat, and avoid processed meats.
- Eat three fruits per day. Fruit is high in fiber and antioxidants. Most people naturally crave sweets because the body needs fruits. Give in to your cookie craving and grab a piece of fruit instead.
- Drink at least 64oz of water per day. Plain water.
- ½ of your lunch and dinner plate should include vegetables. A variety of vegetables are best, this will help ensure your body gets the vitamins and minerals it needs.
- Drink/eat low-fat or fat free dairy. Choose low-fat cheese, milk and yogurt. The low-fat variety has calcium and vitamin D the same as whole milk dairy.
- Avoid all processed/packaged foods.
- Avoid late night snacking.
- Eat as a family, at the table.
- Pre plan your meals when you are on the go. Planning your meals will help keep your meals healthy and “clean”. Eating out will add excess calories, fat and sodium.
- Choose monounsaturated fats in moderation. You need fat in your diet. Fat helps with the production of hormones, it will also give your healthier hair, skin and nails. Choose Olive oil, canola oil, nuts, avocado, fish and several other “healthy” fats.

Stay Motivated! Get Up and Train

Wake up and train, train mid-day or finish your evening with a training session.... The key is motivation to find the time to train.

Get a workout buddy: Sometimes having a buddy to workout can keep you accountable and keep you on track. Compete with each other during the workout; keep you completion fun amongst each other.

Walk together

Go to the gym together

Take a class with your partner

Design a high-energy workout at home or plug in the DVD player and enjoy a workout session together.

Try Circuit training: I was guilty of it... running on the treadmill each day and it did get rather boring. Switch up the routine by adding walk/run sprints and add strength training into the mix.

Buy a new set of weights: Try a heavier set of weights. Using the same weights over and over will keep you from progressing your strength training routine. Try kettle balls, weighted balls, free weight and elastic bands to vary your workout routine.

Write an exercise journal: Write down your plan of actions and write down what workout you did. Improve on your goals and your times. Seeing yourself reach your goals will give your momentum to workout.

Set Goals: December of last year my life changed. I had emergency appendix surgery and when I was talking with the anesthesiologist he asked me why my heart rate was "low". I told him that I loved to run, he said "why?" I explained that I just loved to do it. He said, "You need to make new goals and expand your fitness". He talked to me about sprint triathlons. I set a goal that when I was better I would train for something new. My goal paid off and I finished and placed in four sprint triathlons. Setting a goal has put me ahead and shown me that I can push myself to the next level. What will be your next goal to keep you motivated?

Push Yourself: Try one minute longer or one more rep of weight training. Always push yourself and show yourself how strong and amazing you are. Worst case is your fail, but a least you tried.

Buy New Workout Clothes: Wearing attractive clothes to workout may push you to the next level. When you feel good and confident you may workout harder and have more confidence to do more during your workout. Trash your old workout clothes and buy fun and colorful, well fitting new clothes.

Make the Most Out of a Few Extra Minutes: Have a few extra minutes in the day, everyone does!!! Do 10-15 push-up or crunches, grab the jump rope and jump your way to good health, march in place or do squats while waiting for water to boil, any thing extra is burning a few more calories.



Healthier St. Patty Day Favorite Recipes

Baked Potato Soup

4 large baking potatoes	1/3-cup trans fat free margarine	1/3-cup all-purpose flour
1/3 cup whole-wheat flour	8 cups fat free milk	1 garlic clove, minced
1-cup fat free sour cream	6 green onions, chopped	1/2 cup reduced fat cheese

Heat oven to 350 degrees. Bake potatoes for 35-40 minutes or until potatoes are baked throughout. Melt butter in a saucepan and slow add flour and whisk. Cook the roux until slightly golden. Flavor with garlic and continue whisking. Cut potatoes in half and scoop out interior and set aside. Chop and use only half of the potato peels, the others can be tossed. When milk mixture is hot, mix in potato, followed by green onions and 1/2 of the potato peel. Then, whisk and add sour cream, slowly add cheese and whisk until melted.

Chicken and Vegetable Stew

12 ounces boneless, skinless chicken breast		1 medium zucchini, cubed
1-cup garbanzo beans, drained	2 carrots, chopped	1 cup green peas
1 cup diced tomato	1 jalapeno, seed removed and chopped	1 large onion, chopped
1 garlic clove, crushed	2 Tbsp. olive oil	1 Tbsp. paprika
1/2 tsp. salt	1 tsp. cumin	1 tsp. sage

Heat olive oil in crock-pot. Add all ingredients and cook according to crock-pot setting. Enjoy!!!

Lentil and Brown Rice Soup

5 cups reduced sodium vegetable broth		1 1/2 cups lentils, rinsed
1 cup brown rice	1 can (2lb) tomatoes, chopped	3 carrots, cut into pieces
1 onion, chopped	1 stalk celery, chopped	2 cloves garlic, minced
1/2 tsp. dried basil	1/2 tsp. oregano	1/4 tsp. dried thyme
1 bay leaf	2 Tbsp. cider vinegar	

Combine broth, 3 cups water, lentils, rice, tomatoes (with juice), carrots, celery, onions and herbs, except parsley. Bring to a boil. Simmer, covered, stirring occasionally for 40 minutes or until rice and lentils are tender. Stir in parsley and vinegar. Enjoy warm soup....

Rice Pudding

1/2 cup white rice and 1/2 brown rice (uncooked)		2 cups fat free milk
3/4 cup sugar and 3/4 cup Splenda	3 Tbsp. vanilla extract	3 eggs or 6 whites (beaten)
Dash salt	cinnamon (garnish)	

Mix rice together and cook according to package directions. Place cooked rice and all ingredients together, except cinnamon in a stovetop pan and bring to boil. Stir frequently. Let boil for 3 minutes, while continuing to stir. Remove from heat and let cool for at least 10 minutes. Garnish with cinnamon. Serve warm or cold.

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Foods High in Vitamin C

The flu season has officially hit. People all around are getting sick. It is important to the necessary step to prevent the flu from hitting your home.

Most importantly, drinking plenty of water, washing your hands, eating healthy foods and daily exercise.

When a cold hits a lot of people turn to vitamin C. Vitamin C foods are the best way to get this immunity vitamin.

Enjoy healthy Vitamin C foods daily!

Red and Green Hot Chili Peppers are the highest in vitamin C. add them to stir-fry and your favorite chili recipe.

Bell Peppers are delicious and full of vitamin C. Add them to salads, pizza, egg dishes or your favorite Mexican dish. Also, eat raw as a mid afternoon snack.

Fresh Herbs (Thyme and Parsley) are great to add to your foods for flavor. Add to soups and stews for flavor without adding salt.

Dark Leafy Greens (Kale and Mustard Greens) a unique flavor and lots of nutrition. Kale is great if you wash it, dry it and pat it with olive or canola oil and bake into crispy chips.

Broccoli, Cauliflower, and Brussels Sprouts are a great way to get vitamin C and fill your lunch and dinner plate. Eat steamed vegetables with your favorite grilled chicken or fish meals.

Kiwi is a delicious fruit full of nutrition. Add to your favorite fruit salad or enjoy the whole fruit!

Papayas have a unique flavor to bring to your table.

Oranges are delicious and sweet. Slice an orange and eat with your favorite high Iron meal. High vitamin C foods can help increase Iron absorption if you are Iron deficient. Oranges make a great afternoon snack.

Strawberries are sweet delicious and can be added in your meals in several ways. Fresh strawberries are great in plain or vanilla yogurt, add to a spinach salad with an oil-based dressing, or eat strawberries for an after lunch or after dinner treat.



Newsletter edited by Jade Morgan

PLEASE NOTE: Always consult a physician before starting a fitness program or changing your diet. Information found in this newsletter is meant to support and not replace the relationship with your physician. Not all exercises or activities are suitable for everyone. If you feel discomfort or pain, stop. The instructions and advice presented are in no way intended as a substitute for medical or psychological counseling.