

Food for Thought



Health Promotion Newsletter

March 2018

GO FURTHER
with **FOOD**
NATIONAL NUTRITION MONTH® 2018

What Does a Healthy Eating Plan Actually Look Like?

A successful meal plan is a guide that supports you in making healthy food choices and in reaching your wellness goals. [These tips](#) will help you take the first steps to creating a meal plan that works for you:

Say goodbye to refined sugars and processed foods. If you know you do not tolerate gluten or dairy well, steer clear from those common irritants also.

Fall in love with healthy fats, which are essential for a healthy body and mind. Foods like fresh avocado, sustainable fish, nuts, coconut and good quality oils will help you to feel satisfied, while boosting your metabolism, brain health and digestion.

Focus on healthy proteins. They are an important component for every cell in the body and are essential for a well-functioning system. Try to diversify and include fish, legumes, nuts, seeds, leafy greens, chia seeds, and quinoa.

Focus on Quality over Quantity and ensure your meals include natural ingredients, focus on wholefoods, and try to choose organic where possible.

Stay Hydrated throughout the day with water.

Prepare for snack attacks by having healthy options on hand. Nuts and seeds, fresh fruit and vegetables, hummus and avocado are great options.

Be realistic, life happens - stay flexible and learn how to make the best choice in any given situation that may arise.

Swap this for that so you can enjoy plenty of your favorite foods in a healthier way.

Think ahead by setting aside a couple of hours each week to shop and prep some basic meal components to make your week a little easier.

Have fun. Staying committed requires you to enjoy the journey. Eating well isn't a diet, it's a lifestyle, and soon your meal plan will become second nature.

National Nutrition Month

- ◆ What Does a Healthy Eating Plan Actually Look Like?
- ◆ Spotlight on Dietitians
- ◆ Strategies for More Mindful Eating
- ◆ Recipe of the Month
- ◆ Superfoods to the Rescue



**REGISTERED
DIETITIAN
DAY**

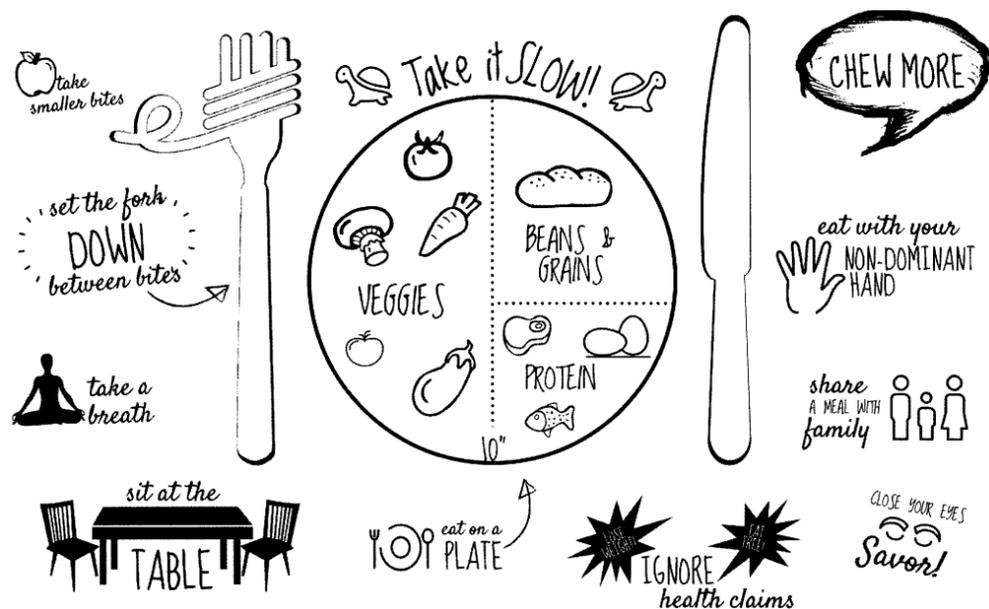
March 14, 2018

Commemorating the dedication of RDs as advocates for advancing the nutritional status of Americans and people around the world.

www.eatright.org

Strategies to Eat More Mindfully

In our food-abundant culture, eating is often mindless and guilt-inducing. [Mindful eating](#) is a technique that helps you gain control over your eating habits. It has been shown to cause weight loss, reduce binge eating and help you feel better. Here are tips to help you practice mindful eating:



Recipe of the Month



Baked Sweet Potatoes with Crispy Kale and Feta

Ingredients

- 4 large sweet potatoes
- 1 small bunch kale, center ribs removed and cut into bite size pieces
- 1 tbsp. olive oil
- 1 tsp. sea salt
- 1/2 tsp. black pepper
- 1/2 cup walnut pieces
- 3/4 cup crumbled feta

Method

For the Sweet Potatoes

1. Preheat oven to 400 F.
2. Scrub potatoes, wipe dry and place on baking sheet. Bake 45-55 minutes, or until potatoes are tender when pierced with a for.
3. While potatoes are baking, in a medium skillet, toss the chopped kale in olive oil, salt, and pepper. Over medium heat, sauté kale until slightly wilted, about five minutes.

To Assemble:

1. Slice sweet potatoes lengthwise. Use a fork to loosen potato and add kale, feta, and walnuts. Return to oven for 10 - 12 minutes to melt feta and crisp kale.
2. Enjoy!

Superfoods to the Rescue

Hatidza Atalov, Georgia Gwinnett College

Superfoods are a special category of foods found in nature. They are low in calories, but packed with essential nutrients and a great source of anti-oxidants – making them quite super! Here are the [five important categories](#) of superfoods you can include in your diet:

Green Superfoods contain proteins, protective photo-chemicals and healthy bacteria, which help you build cleaner muscles and tissues, aid your digestive system, and protect you against disease and illness. *Ex: Wheat grass, Barley grass, Spirulina, Green leafy vegetables*

Fruit & Nut Superfoods are high in anti-oxidants, which fight free radicals in the body, improving the immune system. *Ex: Goji Berries, Rae Cacao, Maca, Acai, Coconut*

Bee Superfoods are the most complete food found in nature, have five times more protein than beef, and help fight allergies like hay fever and sinusitis. *Ex: Ground Bee Pollen*

Seaweed Superfoods are the most nutritionally dense plants on the planet. They can contain up to ten times more calcium than milk and eight times as much as beef. The greatest benefit is regulating and purifying our blood system. *Ex: Nori, Kelp*

Herb Superfoods, acting as medicine, are essentially body balancers that work with the body functions so that it can heal and regulate itself. *Ex: Aloe Vera, Ginseng, Nettle*



Questions? Contact Me.

ext. 218/mackenzie.crisp@gnrhealth.com