

LIVING HEALTHIER



Carolinan HealthCare System



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

MARCH 2017

EAT SMART, STAY FIT! MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

2017 NATIONAL NUTRITION MONTH THEME

“Put Your Best Fork Forward” is the theme for National Nutrition Month 2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future. As nutrition experts, RDNs can help guide you toward healthier eating styles.

7 HEALTH TIPS FOR 2017

Dedicate yourself to a healthy lifestyle in 2017 with these food, nutrition, and physical activity tips.

1. Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, healthy fat, and vegetables/fruit. Try making a breakfast burrito with scrambled eggs, avocado, salsa and a whole wheat tortilla or a parfait with plain Greek yogurt (with a teaspoon of honey), fruit, nuts, and whole grain cereal.

2. Make Half Your Plate Vegetables and Fruit

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen, canned, and dried. Avoid added sugar in canned, frozen, and dried fruit.

3. Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for vegetables and fruits and the other half for grains and lean protein foods. To complete the meal, add a serving of milk or yogurt.

4. Be Active

Regular physical activity has so many health benefits. Start with an exercise you can do for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't always have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Fix Healthy Snacks

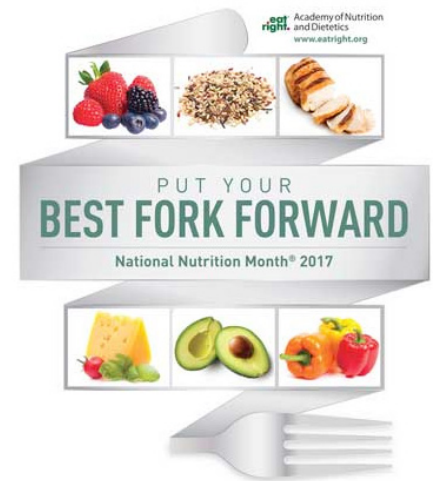
Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the food groups: grains, fruits, vegetables, dairy, and protein. Try pineapple with cottage cheese, a tablespoon of peanut butter with an apple or banana, or hummus with carrot sticks.

6. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

7. Consult an RDN

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.



Learn more about how to eat smart at: cannonymca.org

CRISPY ROASTED CHICKPEAS (GARBANZO BEANS) RECIPE

THE BOWL WILL BE EMPTY IN 10 MINUTES!

Servings: 2 (as snack) Prep Time: 5mins Cook Time: 30mins

Feel free to double this batch for a family snack. This is a one of the simplest snack recipes - four ingredients and it starts with a can of chickpeas pulled from your pantry. You can use any spice blend - Creole or Cajun seasoning is great, but don't limit yourself there! Use whatever spice combination you like.

Ingredients

- 1 15-ounce can garbanzo beans
- 1½ tbsp olive oil
- Salt
- Creole seasoning (or spice blend of your choice)

Directions

- Preheat oven to 400F.
- Drain the can of garbanzo beans in a strainer and rinse with water for a few seconds to clean off the beans. Shake and tap the strainer to rid of excess water. Lay paper towel on a baking sheet, and spread the beans over. Use another paper towel to gently press and absorb the water on the beans. Roll the beans around with the paper towel to also remove the thin skin from any of the beans. Discard the skins and the paper towels.
- Drizzle the olive oil over the beans and use your hands or a spatula to toss around and coat. Roast for 30-40 minutes until the beans are a deep golden brown and crunchy. Make sure that the beans do not burn.
- Season with salt and spice blend.



Taken from: www.steamykitchen.com



MARCH WELLNESS EVENTS

ALL EVENTS ARE HELD IN THE LOBBY OF EACH
CANNON Y BRANCH

Meet with the Nurse Erin Coggins

March 1, 2017 | 9-11am
Harrisburg Branch

March 13, 2017 | 9-11am
Kannapolis Branch

March 23, 2017 | 9-11am
West Cabarrus Branch

Meet with the Nutritionist Alicia Knetsche

March 7, 2017 | 9-11am
Kannapolis Branch

March 15, 2017 | 9-11am
West Cabarrus Branch

March 16, 20 | 9-11am
Harrisburg Branch

Cooking Class (must sign-up at 2nd floor courtesy counter)

March 8, 2017 | 10:00am
West Cabarrus Branch

Grocery Store Tour (must sign-up at 2nd floor courtesy counter)

March 29, 2017 | 10:00am
Publix - 5015 Weddington Rd NW, Concord NC