



Monthly Newsletter from the Wellness Committee

Monthly Health Zone

March is National Nutrition Month

National Nutrition Month was initiated in 1973 as National Nutrition Week and became a month long campaign in 1980. It is a time in which the Academy of Nutrition and Dietetics invites the public to focus on making informed decisions on food choices in addition to helping develop a lifestyle of healthful eating and physical activity habits.

This year's theme is "personalize Your Plate" - an approach to help individuals design and develop healthful eating habits without requiring drastic lifestyle changes. There is no one size fits all approach, for we are all unique with different bodies, goals backgrounds and tastes. Eating healthy does not mean you can't eat foods you enjoy. One should think of healthful eating as an opportunity to "Spice up their life" - a way to add new flavors and beneficial spices to spark up meals.

The importance of food is obvious and essential. Healthy foods help provide us with the nutrients and energy needed to grow, develop, and remain active and healthy both physically and mentally.

When planning healthy and nutritious meals, start with small changes and plan to:

- Fill half your plate with fruits and vegetables
- Make half of your grains whole grains like: oatmeal, popcorn, quinoa, millet, brown rice
- Vary your protein. Mix it up to include seafood, beans, unsalted nuts, lean meats, eggs
- Move to low-fat or fat-free dairy milk or yogurts
- Choose foods and beverages with less added sugars, saturated fats and sodium. Drink water instead of sugary drinks, choose vegetable oils instead of butter.



Eat Better

Healthy White Chicken Chili

INGREDIENTS:

- 3 medium boneless chicken breasts
- 1 small onion, diced
- 2 garlic cloves, minces
- 1 Tbsp oil
- 3 cups chicken broth
- 2 - 15 oz. can Northern Beans or Cannellini Beans
- 2 cups corn
- 4 oz. can diced green chiles
- 1 tsp. cumin
- 1/2 tsp. oregano
- 1/2 tsp. chili powder
- 1/8 tsp. cayenne pepper
- 1 tsp. salt
- Ground black pepper to taste
- small bunch of cilantro
- 1/2 cup plain or Greek yogurt
- 1 lime, juice of

INSTRUCTIONS (Slow Cooker):

1. Add all ingredients to slow cooker
2. Cook on High for 3-4 hours, or Low 5-6 hrs
3. Remove chicken when done and shred
4. Emulsify broth to make it thicker, leaving some beans whole.
5. Return chicken to slow cooker, along with lime juice, cilantro, and yogurt.
6. Enjoy with toppings.

Sweet 'N Salty Chocolate Bark

INGREDIENTS:

- 2- 12oz. bags of dark chocolate, melted
- 1/2 cup salted pretzels, roughly chopped
- 1/4 cup dried cherries, chopped
- 1/4 cup unsweetened coconut flakes
- 1/4 cup unsalted pistachios, roughly chopped
- Flaky sea salt

INSTRUCTIONS:

1. Line a baking sheet with parchment paper., Pour a third of the melted choco. onto prepared sheet. Use offset spatula to spread into even 1/8" thick
2. Sprinkle toppings evenly on it..
3. Pour remaining choco. over it. Sprinkle with toppings again
4. Garnish with flaky salt. Let cool until set

Avocados	A	L	M	N	D	R	S	A	V	O	C	A	D	O	S
Beans	T	X	V	G	P	M	N	O	I	T	L	C	V	K	T
Cereal	N	S	N	A	E	B	R	H	N	L	I	F	H	S	M
Dates	R	L	G	R	J	K	Y	X	E	M	L	N	O	E	Q
Eggs	L	J	Z	L	V	U	Q	Z	G	C	E	B	B	O	S
Flaxseed	E	R	A	I	S	I	N	S	A	Y	T	L	M	T	X
Garlic	B	C	M	C	N	P	T	D	R	L	T	Z	A	A	V
Hummus	I	E	D	M	K	S	L	C	Q	S	U	O	N	T	M
Ice	C	L	J	Y	U	F	G	I	X	V	C	Q	L	O	C
Jackfruit	E	T	R	M	Z	B	R	G	P	W	E	S	R	P	D
Kiwi	F	Q	M	N	C	D	K	U	M	C	L	M	Q	E	L
Lettuce	N	U	H	J	P	T	W	Z	I	R	T	U	A	F	Y
Milk	H	I	F	O	S	M	S	R	R	T	Z	L	X	O	O
Nuts	L	N	I	E	P	Q	D	W	H	J	P	B	G	F	L
Oats	K	O	T	L	R	L	M	Y	S	T	B	U	Z	R	I
Potatoes	M	A	C	Z	I	O	E	L	A	E	R	E	C	R	N
Quinoa	D	O	I	W	I	K	C	R	Q	T	N	M	S	I	
Raisins	L	X	M	N	R	B	L	K	P	S	F	G	N	N	H
Shrimp	J	L	A	U	T	Q	S	I	R	P	P	L	U	M	C
Turkey	K	B	T	R	F	C	D	P	M	E	N	N	T	I	C
Vinegar	A	I	D	C	G	F	A	Y	X	G	Z	R	S	L	U
Wild rice	M	O	Z	X	R	B	Q	D	L	G	M	N	P	R	Z
Yogurt	N	F	D	K	L	F	L	A	X	S	E	E	D	S	T
Zucchini															

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- If you have a healthy recipe that you would like to submit, please send it to: jkychak@thiel.edu

Weekly Activities to Help With Healthy Eating

Week 1 - Eat a variety of nutritious foods every day

- Include healthful foods from all food groups
- Hydrate healthfully
- Learn how to read Nutrition Facts Panel
- Avoid distractions while eating
- Take time to enjoy your food

Week 2 - Plan your meals each week

- Use a grocery list to shop for healthful foods
- Be menu-savvy when dining out
- Choose healthful recipes to make during the week
- Enjoy healthful eating at school & work
- Plan healthful eating while traveling

Week 3 - Learn skills to create tasty meals

- Keep healthful ingredients on hand
- Practice proper home food safety
- Share meals together as a family when possible
- Reduce food waste
- Try new flavors and foods

Week 4 - Consult a Registered Dietitian Nutritionist (RDN)

- Ask your doctor for a referral to an RDN
- Receive personalized nutrition advice to meet your goals
- Meet RDNs in a variety of settings throughout the community
- Thrive through the transformative power of food and nutrition