



HEALTHY CHOICES FOR A HEALTHY CHANGE “HCHC”

MARCH IS NATIONAL NUTRITION MONTH

Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.

The month of March, National Nutrition Month, is a perfect time to think about, then put into practice, the dietary guidelines from the U.S. National Cancer Institute.

Most people tend to eat the same fruits or vegetables every day. Strive to have something from each color group daily, and then vary the choices you make within each group every day. Eating a variety of colorful fruits and vegetables adds much along the lines of nutrients and phytochemicals (naturally occurring plant compounds) without adding a lot of calories.

DID YOU KNOW: Adding fiber to your diet can make you feel fuller longer and help you lose weight? Soluble fiber swells when mixed with water to form a gel-like substance that aids and expedites digestion. It has many benefits, including moderating blood sugar levels and lowering cholesterol. Good sources of soluble fiber include; oatmeal, peas, beans, fruit and vegetables (esp. carrots, apples and oranges)

Insoluble fiber is plant fiber that does not absorb water and passes through the digestive tract in close to its original form. Most insoluble fiber comes from the bran of cereal.

ARE YOU GETTING ENOUGH WATER?

Want to lose weight without really trying? Just replace some of the high calorie foods you eat with fruits, vegetables and other water dense foods that keep you just as full. Sound too good to be true? New research conducted at Pennsylvania State University suggests it is possible to lose weight by making small changes in your diet. The rationale behind eating water dense foods is that whatever you eat can go out of the digestive system very fast.



RELAXATION IS ESSENTIAL

People are busier than ever in today's fast and furious lifestyle. This constant stress can have a negative impact on your health, contributing to ailments like insomnia, emotional overeating and high blood pressure. Unless you're lucky enough to be able to escape to a tropical island at the drop of a hat, learning how to deal with stress in a positive way is more important than ever.

When you're stressed, it's common to try to get through it by drinking alcohol, eating sweets, or smoking, but these are only temporary measures that do more harm than good. Instead of reaching for chocolate the next time you feel your shoulders creeping up to your ears with tension, try the following relaxation technique:

Deep breathing, is an easy and convenient way to relax, it is the core of many other relaxation techniques. You can practice deep breathing anywhere. Clear your mind and simply take ten deep breaths, lifting your chest to fill your lungs completely and then exhaling all the way. Each breath will relax your body a little bit more and you will feel the tension seep out of your muscles.

Practice leaving your work stress at the workplace. Plan a meditation break each day to unwind.

Why water is necessary

1. Our bodies contain over 70 percent water.
2. You can go longer without food than water.
3. Our bodies need a lot of water to function efficiently.
4. Water helps flush out harmful toxins and thus makes the body ready for fat loss.

HEALTHY RECIPE

CORNER

EGG SALAD

- 6 hard boiled eggs
- 2 - 3 TBSPS of mayo or Miracle Whip
- 1—2 tsps of mustard
- 2—3 TBSPS of relish
- Small amount of celery, chopped fine (optional)
(1/4 of a rib of celery)
- Small amount of onion chopped fine (optional)
(1/4 of a small onion)
- Salt and pepper to taste

Chop the eggs finely. Mix in one tablespoon of mayo or Miracle Whip at a time. Gently mix in mustard, relish, onion and celery (if using) salt and pepper.

Chill before serving for best taste. Serve on whole wheat bread, toasted if you prefer.