

NEWSLETTER

A GUIDE TO A HEALTHIER YOU



MARCH: NUTRITION MONTH

6 TIPS FOR HEALTHY EATING ON A BUDGET

Maintaining a healthy diet on a budget doesn't require compromising on nutrition. Follow these tips to make smart food choices while keeping your expenses in check.

RECIPE: SLOW COOKER "CORNERED BEEF" & CABBAGE

STRETCH: LATERAL NECK FLEXION

HEALTHY EATING ON THE RUN

Simple tips to replace unhealthy options with healthier choices. By making these easy substitutions, you can savor a healthier meal when eating out.

6 TIPS TO EATING HEALTHY ON A BUDGET

Eating on a budget does not mean you have to sacrifice making healthy nutrition choices. Use these tips to stay on track with your food choices without breaking the bank:

PLAN YOUR MEALS

Determine each meal you plan to eat for the week, write out ingredients needed for each recipe, check your supply at home and make a grocery list accordingly. Meal planning makes it less likely that you will resort to pricey take out food and it may help reduce food waste.

STICK TO YOUR LIST

Make a commitment to yourself that you will not pick up extra products as you move through the store. Do not go to the store on an empty stomach, you might be tempted to pick up more than you need.



6 TIPS TO EATING HEALTHY ON A BUDGET

BUY IN BULK

Bulk supermarkets can help you save a significant amount on grocery costs. Focus your bulk-buying on foods you can store easily, such as grains, canned goods, and spices. Consider freezing extra produce, meat, or poultry so it lasts longer.

INVEST IN LEFTOVERS

Double a recipe to have the next day for lunch or dinner. If you make extra of a base ingredient, you can turn it into something new the next day.



LEARN TO LOVE STORE BRAND

Store-brand items are generally just as safe and nutritious as their brand-name counterparts. They often include the exact same ingredients and typically cost less.

EMBRACE FROZEN FRUITS AND VEGETABLES

Research shows that the overall vitamin content of frozen produce is often the same, and sometimes even higher, as that of their fresh produce counterpart. Freeze any fresh produce you do not think you will consume in time.

CLICK [HERE](#) FOR A WEEKLY MEAL PLAN TEMPLATE.



HEALTHY EATING ON THE RUN

TIPS FOR FAST FOOD SUCCESS

THE BIG BURGER CHAINS

- | | |
|--|--|
| <input checked="" type="checkbox"/> Double-patty hamburger with cheese, mayo, special sauce, and bacon | <input checked="" type="checkbox"/> Regular, single-patty hamburger without mayo or cheese |
| <input checked="" type="checkbox"/> Fried chicken sandwich | <input checked="" type="checkbox"/> Grilled chicken sandwich |
| <input checked="" type="checkbox"/> Fried fish sandwich | <input checked="" type="checkbox"/> Veggie burger |
| <input checked="" type="checkbox"/> Salad with toppings such as bacon, cheese and dressing | <input checked="" type="checkbox"/> Garden salad with grilled chicken and low-fat dressing |
| <input checked="" type="checkbox"/> Breakfast burrito with steak | <input checked="" type="checkbox"/> Egg on a muffin |
| <input checked="" type="checkbox"/> French fries | <input checked="" type="checkbox"/> Baked potato or a side salad |
| <input checked="" type="checkbox"/> Milkshake | <input checked="" type="checkbox"/> Yogurt parfait |
| <input checked="" type="checkbox"/> Chicken “nuggets” or tenders | <input checked="" type="checkbox"/> Grilled chicken strips |



RECIPE OF THE MONTH

SLOW-COOKER “CORNED BEEF” & CABBAGE

INGREDIENTS

- 2.5 lbs boneless beef chunk roast, trimmed and cut into 1-inch cubes
- 2 tbsp ground pickling spice
- 1 tsp salt
- 2 tbsp extra-virgin olive oil
- 1 medium onion, chopped
- 4 cups low-sodium chicken broth
- 4 large carrots, cut into 1-inch pieces (1 lb)
- 1 lb baby potatoes, halved or quartered
- 1/2 small head green cabbage (1 lb), cored and cut into 1-inch pieces
- 2-3 tsp malt vinegar
- 8 tbsp chopped fresh parsley, divided
- 8 tsp whole-grain mustard, divided

PREPARATIONS

Toss beef with pickling spice and salt in a medium bowl until well coated. Heat oil in a large skillet over medium-high heat. Add the beef and onion; cook, stirring occasionally, until the meat is browned on all sides, 6 to 10 minutes. Add broth and bring to a simmer, stirring and scraping up any browned bits from the bottom of the pan, 4 to 5 minutes. Transfer to a 5-quart (or larger) slow cooker.

Stir carrots and potatoes into the beef. Cook on High for 3 hours or Low for 6 hours.

Nestle cabbage among the beef and vegetables, cover and cook until the beef and vegetables are tender, about 1 hour on High or 2 hours on Low. Stir in vinegar to taste. Garnish each serving with 1 tablespoon parsley and 1 teaspoon mustard.

Source: www.eatingwell.com

Nutrition Facts

Serving Size: 1 & 1/4 cup

Total Calories:	445
Total Fat:	15g
Protein:	54g
Carbohydrates:	19g
Sodium:	559 mg
Sugar:	6g



STRETCH OF THE MONTH

LATERAL NECK FLEXION

Sit or stand in an upright position with your spine straight.

Slowly tilt your head towards one shoulder, bringing your ear closer to the shoulder without lifting or rotating the shoulder, until you feel a gentle stretch along the side of your neck. Be sure your opposite shoulder remains relaxed and not lifted during the stretch. Hold the stretch for 15–30 seconds.

Slowly return your neck to a neutral position and repeat on the opposite side.



Source: <https://www.spine-health.com/wellness/exercise/4-easy-stretches-stiff-neck>

TRIVIA

1. True or False: Brown sugar is better for you and your blood glucose levels than white sugar.
2. What nutrient is important for bone health and is found in milk?
 - A. Iron
 - B. Fiber
 - C. Calcium
 - D. Vitamin C
3. Which vitamin is essential for the absorption of calcium in the body?
 - A. Vitamin C
 - B. Vitamin D
 - C. Vitamin A
 - D. Vitamin K
4. True or False: Consuming a variety of colorful fruits and vegetables is a good way to ensure you get a broad range of essential nutrients.

Answers: 1-F; 2-C; 3-B; 4-T