

A monthly wellness newsletter from Better You

## Discover the power of nutrition

March is National Nutrition Month,<sup>®</sup> making it a great time to think about how the food you eat helps you stay healthy and strong. Eating a healthy diet can help you manage your weight, boost your energy, and support your mental health. It's also important for growth and development, especially during childhood and adolescence. A healthy diet may even help prevent diseases like heart disease, diabetes, and some types of cancer.

### Tips for a healthy diet

- **Eat a variety of whole foods, like:**
  - Fruits: apples, bananas, berries
  - Vegetables: broccoli, carrots, leafy greens
  - Whole grains: brown rice, quinoa, whole wheat bread
  - Lean proteins: fish, eggs, chicken, beans
  - Healthy fats: nuts, seeds, avocado, olive oil
- **Stay hydrated:** Drink plenty of water throughout the day.
- **Limit processed foods:** Try to avoid processed and packaged foods with a high amount of added sugar or sodium and saturated fats.



- **Don't try fad diets:** Choose healthy foods from all food groups. Avoid diets that are too restrictive.
- **Consult a health care professional:** If you have specific dietary needs or concerns, talk to a registered dietitian or health care professional.

### Eating healthy on a limited budget

- Shop for produce when it's in season
- Check sales and coupons
- Find local farmer's markets
- Buy private label store brands

- Plan meals that use affordable ingredients

### Food safety tips

- **Wash:** Hands, dishes, utensils, countertops, and sinks
- **Separate:** Raw and ready-to-eat foods and tools
- **Chill:** Perishable foods, like milk, meats and eggs
- **Cook:** Check recommended temperatures to prevent foodborne illness

Have questions? [Register](#) for our Ask the Dietitian webinar on March 4th at 1:00 p.m. ET and learn how to harness the power of nutrition to supercharge your well-being.

Resources: [Eatright.org](https://www.eatright.org); [CDC.gov](https://www.cdc.gov)

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# The busy person's guide to getting strong

Staying healthy and active can be tough when life gets busy. However, incorporating strength training is a key part of a balanced fitness routine. The good news is—it only takes a few minutes a day. The Centers for Disease Control and Prevention (CDC) recommends that adults strength train at least two days a week.

Strength training helps you build muscle, boost your metabolism, burn more calories, and even improve your mental health. It can also help you manage stress and sleep better.

## Tips to fit strength training into your schedule:

- **Start small:** Begin with short, 10-minute workouts and

gradually increase the time.

- **Make it a habit:** Treat strength training as a non-negotiable part of your daily routine, just like brushing your teeth.
- **Use what you have:** You don't need a gym membership or special equipment. Pushups, squats, lunges, and planks can be done at home.
- **Try HIIT:** High-Intensity Interval Training involves short bursts of intense exercise followed by brief rest periods. It's quick and effective.

## Quick strength training workouts to do at home:

- **Morning boost:** Do 10 pushups, 10 squats, and 10



lunges before school or work.

- **Lunch break:** Make time for a 10-minute walk and do a few sets of squats and lunges.
- **Evening wind-down:** End your day with 10 minutes of stretching and strength training exercises like planks and leg raises.

Every bit counts and even a few minutes of strength training a day may make a big difference in your overall health and well-being. Find a time that works for you and get started today!

**Resources:** [CDC.gov](https://www.cdc.gov); [WebMD.com](https://www.webmd.com)

## Pineapple & Avocado Salad (Serves 8)

### Ingredients:

- ¼ cup thinly sliced red onion, separated into rings
- Ice water
- 2 firm, ripe avocados
- 1 medium fresh pineapple
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lime juice
- ½ teaspoon kosher salt
- Freshly ground pepper to taste (optional)

### Directions:

Soak onion in a small bowl of ice water for 15 minutes to mellow the bite. Meanwhile, halve avocados and cut each half into slices. Peel pineapple, halve lengthwise into quarters, remove the core and cut each quarter crosswise into slices. Whisk oil and lime juice in a small bowl. Drain the onion and pat dry. Arrange half the avocado,



pineapple and onion on a serving plate, sprinkle with ¼ teaspoon salt and drizzle with half the dressing; repeat the layers. Garnish with pepper, if desired.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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