



March is leaving us—we are all ready for spring in a big way this year! But just because National Nutrition Month is slipping away, don't let healthy eating habits slip away with it. There are too many health benefits! I often tell individuals that healthy eating combined with activity can prevent chronic diseases and give you both longevity and quality of life. Read here about the remarkable results of a few women who lowered blood pressure, slashed cholesterol and turned around diabetes not with medications but with simple yet powerful changes in their eating habits...and you can do it as well!

http://www.prevention.com/cda/article/heal-yourself-with-food/c9c5087566f18110VgnVCM10000013281eac_/nutrition.recipes/nutrition.basics/foods.for.specific.conditions20/0/0/1

Here are some of the things they did to get started:

1. Eat plenty of fruits and vegetables—the more the better! Choose all the colors of the rainbow to get the many different health benefits that these high nutrient, low calorie power foods can offer. But limit juice to 4 to 6 ounces daily; it doesn't have fiber and won't fill you up as much.
2. Add fish and veggie proteins (such as various beans and lentils and soy products) to your eating. You can replace them for meat in many soups, stews, casseroles, pasta dishes and salads. They are lower in saturated fat and calories and still provide the protein your body needs. Reduce your intake of meat to one small serving of animal protein daily--about the size of the palm of your hand. The less animal protein you eat, the more your cholesterol will drop and you'll see a savings on your food bill as well!
3. Get plenty of exercise: An hour a day is optimal for preventing or reversing insulin resistance. Start with whatever you can do and add a few minutes each day. The workout doesn't have to be strenuous--brisk walking is fine. Try to get some of it done during your work day by delivering things on foot or walking on your breaks (check out the Wednesday Walks opportunity below!)
4. Have an ounce of almonds or other nuts (about a handful or ¼ cup) as a daily snack.
5. Instead of using iceberg lettuce for a salad, use 2 cups or a darker lettuce such as romaine (or switch to spinach--it's higher in potassium and calcium). Try an olive oil based salad dressing and use it sparingly.
6. If you live on takeout and packaged foods, make a commitment to cook at least one meal a week. That's the only sure way to control fat, salt, and sugar. Salmon delivers

lean protein, healthy omega-3 fats and potassium; pair it with a whole grain such as brown rice, quinoa or barley and add some veggies (a frozen blend is fine).

7. Use canola or olive oil in cooking--but sparingly, to keep fat levels low. Switch out butter; use yogurt, fresh herbs, or unsalted spice blends instead.

8. Use fresh herbs or individual spices or unsalted spice blends (such as Mrs. Dash) and freshly ground pepper in place of the salt shaker. They add way more flavor and beneficial compounds and that will help to reduce your sodium intake.

April Lunch-and-learn opportunity: “What Can You Do to Prevent Cancer?” featuring Kristi Hepner, Registered Dietitian working with Lance Armstrong and American Cancer Society grants and also kinesiology students. Wednesday April 9 from noon to 1 PM in Curtiss Room 9. Limited seating so reserve a spot if interested: barclay@iastate.edu or 4-9625.

Wednesday Walks led by students during the month of April. Meet each Wednesday at 12:15 PM at the base of steps in front of Catt Hall. Routes will vary and walks will last about 30 minutes. Enjoy our beautiful campus while getting in your steps to benefit your health!

Blood Pressure screenings: Friday April 4th 11:30 - 1:00 Carver Hall Lobby Area Faculty Blood Pressure Screening, Friday April 11th 11:30 - 1:00 Location TBA

Today’s “Come Look and We Will Cook” **quick and healthy recipes are attached**—they were fun to watch and very tasty!

Check out these ideas as well:

http://ebm.cheetahmail.com/c/tag/BH688RBASRaEBKsX1jBdwRy04I/doc.html?RAF_TRACK=&email=barclay@iastate.edu

<http://www.cookinglight.com/cooking/fd/features/slideshow/0,14401,1725167,00.html?iid=email-weekly-20080327-web&PromKey=XET>

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