



It's the middle of March so spring can't be too far away, can it? Spring makes me think of **green**! St. Patrick's Day of course (coming up next Tuesday!) and green grass and green veggies such as cabbage, sweet peas, spinach, zucchini, asparagus, avocado, brussel sprouts, broccoli. And how about some new and different **greens** such as kale, okra, mustard greens, turnip greens, collard greens and broccolini? (It's a cross between broccoli and kai-lan, Chinese broccoli). **Greens** are filled with many important nutrients such as vitamin K and phytochemicals such as lutein which boost our immune system. **Greens** can also improve eye health and protect against age-related macular degeneration. And studies show that lutein in these deep **green** veggies may actually reverse vision loss! Stretch yourself and try a **green** veggie that is not familiar to you—consider the kale recipe attached or find other ways to prepare **green** veggies here:

http://www.fruitsandveggiesmorematters.org/?page_id=10

For St. Patrick's Day recipes look here:

<http://allrecipes.com/Features/Holidays/StPatricksDay/home.aspx>

<http://www.recipezaar.com/siteneews/post.php?pid=1013>

Green can also mean eco-friendly and sustainable. Test your green eating IQ here and learn more about how your eating can impact the environment.

http://www.eatingwell.com/news_views/food_news/green_eating_quiz.html There is a Slow food mission rising in this country. Slow Food is an idea, a way of living and a way of eating. It is a global, grassroots movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment. See the attached description and read below how you can take some simple steps to become a "greener eater".

Ten points to better health

1. Know what you're eating. Find out where it comes from and what's in it. Think about what's in season now - what's ripe, not just fresh. A lot of these foods will turn out to be local.

2. Get cooking. And try making things from scratch. You'll save money and rediscover skills you forgot you had.



3. Plant something. It could be an herb pot on your kitchen counter or, if you have space at home, a small kitchen garden, or a communal plot in your neighborhood that you tend with family and friends. (The Victory Garden on Civic Center Plaza is a landscape of ideas, staffed by experts who can guide your hands to the soil.)

4. Pack a bag lunch.

5. Drink tap water for a washable cup or nalgene type bottle. It's healthier for you, and it's free. And bottles won't end up in a landfill!

6. Learn about and celebrate the food traditions your family still possesses. These are like seeds, long stored and just waiting to be planted.

7. Invite someone to share a meal. Strengthen the bonds of friendship and community by cooking and eating together.

8. Learn about endangered foods and how we can bring them back to our tables.

9. Conserve, compost and recycle.

10. Vote with your fork.

GET ACTIVE!!

Now that the weather is warming and the days are longer, it's time to get out and get active. Here are some tips that can assist with that:

- **Divide and conquer.** Try to get at least 30 minutes of activity every day. You can break it up into three 10-minute segments.
- **Make long-term and short-term goals.** Easy-to-achieve goals, like walking for 30 minutes four times a week, will help you stay on track for long-term goals like losing weight or lowering your cholesterol.
- **Pick an enjoyable activity** that easily fits into your schedule.
- **Have a backup plan.** If the weather is too hot or too cold, put on an exercise video at home or go walking at a nearby mall.
- **Start small and gradually increase your goals.** Commit to taking a 15-minute walk every afternoon for a week. The next week, increase the time until you reach 30 minutes a day.
- **Write your goals down** and share them with people who will support you. By recording your activity time you will be more likely to do it!

Upcoming Wellness Activities:

"Healthy Days in Convenient Ways," how ISU employees can live healthier all day long, March 25 (noon-1 p.m., 8 Curtiss). Register by contacting Sally Barclay, 4-9625, barclay@iastate.edu. You may bring your lunch.

"Healthy Eats at the MU," cooking demo with ISU dining chef Everett Phillips and dietician Sally Barclay, taste-testing and recipe-sharing, March 26 (two sessions: noon-12:30 p.m. and 12:30-1 p.m., MU Gold Room). No registration. See attached flyer.

Enjoy your weekend and watch for and take part in [spring green!](#)

Sally

Sally Barclay, MS RD LD
Nutrition Clinic for Employee Wellness
Iowa State University

