Eat Smart Every Day!

Make the most of every meal and snack by focusing on foods rich in fiber, vitamins and mineral, and low in cholesterol, saturated fat, trans fat, salt and sugar. Make at least half your grains whole grains, and try to eat a “rainbow” of fruits and vegetables each week so you get the nutrients needed to look and feel great!
Steer Clear Of ALL Juice

Nothing replaces the nutritional power of fresh or frozen fruit. But if your family wants juice, choose 100% fruit juices. Go for kinds that are naturally lower in sugar -- such as grapefruit or pomegranate. Keep drinks labeled "fruit juice drink" out of your cart -- they're usually full of sugar and empty calories. At home, drink just one 4- to 6-ounce glass a day, because even 100% juice can add up in calories.

Buy Everything In Bulk

Mega-packages of food can be a great deal -- unless they're big boxes of junk food. That's just a big load of unhealthy temptations for your family. If you're going to buy in bulk, stock up on healthy pantry staples or frozen items that you use a lot. And to keep it a bargain, make sure you'll be able to finish items before they spoil.

Leave The Kid's At Home

The store can be a great place to get kids interested in healthy food. They're more likely to eat what they helped choose. At home, ask them to help you plan meals. At the market, teach them how to read labels -- what to look for (fiber) and what to avoid or limit (saturated and trans fats). Let them choose healthy lunches and snacks. To fend off pleas for candy or cookies, give everyone a small snack before you head to the store.

Fresh Produce Is Best

Frozen fruits and vegetables are just as healthy as their fresh versions. They're frozen at peak ripeness, which preserves their nutrients. If you buy canned fruit and veggies, rinse them before you eat them to cut back on added sugar and up to half the salt.

Dairy Is Fattening

Dairy products do have fat, cholesterol, and calories, but they also provide calcium, protein, and vitamin D. To get the benefits without the downsides, choose low-fat and fat-free milk, yogurt, and cheese like string cheese and part-skim mozzarella. (Note that children under 2 need whole-fat milk to help their brains develop.) When you shop, compare yogurt labels and choose brands with less sugar per serving.

Stick To The Stores Outer Aisles

Many healthy foods -- produce, dairy, and poultry -- sit on the perimeter of a grocery store. But don't skip the middle aisles -- otherwise you'll miss healthy pantry staples like canned tuna, beans, olive oil, and tomato sauces. Also buy vinegar, mustards, and spices to add healthy flavor to meals. But leave the mayonnaises, creamy sauces, and cheesy dips on the shelves.

Bagged Salad Is Too Costly

Bagged lettuce and spinach cost more per ounce than the loose kinds, but if the convenience makes your family eat more, you'll waste less -- and save money. Add romaine to sandwiches and spinach to soups or omelets. Choose based on the latest "buy by" date. To keep greens fresh longer, keep your fridge at 40 F or colder.

Frozen Meals Lack Nutrition

They've come a long way from the TV dinners of old. They can be healthy time savers for you and your family if you choose wisely. Buy frozen entrees that include a lean protein, a vegetable, and a whole-grain item. Meals that are baked, grilled, steamed, or sautéed are healthier. Avoid fried frozen food and creamy casseroles. Read labels to help you keep fat and sodium in check.

Skip The Pasta Section

Low-carb diets made pasta the enemy, but cutting carbs for growing bodies isn't wise. Instead, buy whole-wheat pasta to boost fiber. Try adding low-fat cheese and low-fat milk to whole-wheat macaroni or bowties for healthier mac and cheese. Or put tomato-based sauce and vegetables, like mushrooms, broccoli, or zucchini, in your cart for another option.

Avoid Red Meat

Lean meat has healthy nutrients like protein, iron, and zinc. The key is to eat the right amount:

- 2 ounces a day for 2- to 3-year-olds
- 5 ounces a day for 9- to 12-year-olds
- 6 ounces a day for adults

To get the right portions without the waste, you may need to buy smaller amounts or freeze extra. Use meat as a side dish in your family dinners, making veggies and whole grains the centerpiece of the meal.
HEALTHCARE CONSUMER SMARTS

Healthy living is one area of your life you can control. By exercising regularly, eating a healthy diet, being tobacco free, and getting adequate rest, you may help to ward off preventable chronic conditions such as diabetes, cancer, and cardiovascular disease.

Food Smarts

Packaged foods often contain lots of sugar, sodium and unhealthy types of fat. Large amounts of sugar lead to weight gain. Too much sodium can raise blood pressure. Trans fat and saturated fat, the types usually found in processed foods, clog arteries and lead to heart disease. Also, many foods that appear to be a single serving are actually two or more.

Safety Smarts

All train tracks are private property. Never walk on tracks; it’s illegal to trespass & highly dangerous. By the time a locomotive engineer sees a trespasser or vehicle on the tracks it’s too late. It takes the average freight train traveling at 55 mph more than a mile—the length of 18 football fields—to stop. Trains cannot stop quickly enough to avoid a collision.

Foods From A to Z – “T” Foods

**Tofu** – is a high protein food made from coagulated soybean milk. This bean curd is often substituted for meat. The plant based, high protein product can help lower cholesterol and alleviate the risk for diabetes and heart disease.

**Tomatoes** – available in red and yellow varieties, tomatoes are native to South America. They are full of potassium, Vitamins A, C and E and especially lycopene, a powerful antioxidant that helps fight against aging and cancers.

**Turnips** – originated in northern Europe. They deliver a double punch; you can eat both the greens – with all the health benefits of spinach – as well as the bulbous root, a good source of vitamins and antioxidants.
RECIPE OF THE MONTH

Southwestern Tofu Scramble

3 tsp oil  
14 oz firm tofu, crumbled  
1 ½ tsp chili powder  
1 tsp cumin, ground  
4 scallions, sliced  
½ c Monterey Jack cheese, shredded  
¼ c fresh cilantro, chopped

½ tsp salt  
1 zucchini  
¾ c frozen corn thawed  
½ c prepared salsa

Heat 1 ½ tsp oil in a nonstick skillet over medium heat. Add tofu, chili powder, cumin & ¼ tsp salt and cook, stirring, until the tofu begins to brown, 4 to 6 minutes. Transfer to a bowl. Add the remaining 1 ½ tsp oil to the pan. Add zucchini, corn, scallions and the remaining ¼ tsp salt. Cook, stirring, until the vegetables are just tender, about 3 minutes. Return the tofu to the pan and cook, stirring, until heated through, about 2 minutes more. Remove from the heat and stir in cheese until just melted. Top each serving with 2 tablespoons salsa and 1 tablespoon cilantro.

March Birthdays

March 8 – Denise Lee-Martinez  
March 11 – Terry Echeveste  
March 11 – Maria Rodarte  
March 20 – Kimberly Wiser-Daggs  
March 23 – Lori Castillo

Happy Birthday

Kimberly Wiser-Daggs, RD  
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March

National Nutrition Month  
www.eatright.org/nnm

Workplace Eye Wellness Month  
aao.org/eyesmart

Trisomy Awareness Month  
www.trisomy.org

Bleeding Disorders Awareness Month  
www.hemophilia.org

Registered Dietitian Day – March 8  
http://www.eatright.org/

Run/Walk Events

Blossom Trail 10k  
Mar 4 ~ Sanger, CA  
https://runsignup.com/Race/CA/Sanger/SangerBlossomTrail10kRun

Mud Factor – Fresno  
Mar 5 ~ Sanger CA  
www.mudfactor.com

California Classic Half Marathon  
April 2 ~ Chuckchansi Park  
www.halfmarathons.net

Milerton Lake Triathlon  
April 8 ~ Milerton Lake  
www.sierracascades.com

Color Me Rad  
April 23 ~ Woodward Park  
http://www.colormerad.com/location/fresno

Shinzen Run/Walk  
April 30 ~ Woodward Park  
www.runsignup.com/Race/Events/CA/Fresno//ShinzenRunWalk

Fresno Urban Run  
May 7 ~ Chuckchansi Park  
https://runsignup.com/Race/CA/Fresco\n
Mud N Blood Zombie Run  
May 21 ~ Hobb’s Grove  
www.mudnbloodzombierun.com