

## Dear Reader,

Thank you for joining us for this special edition of the Nutrition Byte! This article highlights simple lifestyle changes to keep you and your family feeling healthy and strong all 2021. You will find 5 healthy living tips, an overview of household food safety, and 3 simple and easy recipes that are flexible enough to incorporate your favorite flavor combinations. There is no time like today to decide to live a more healthful life, and the goal of the Nutrition Byte is to provide you with the inspiration and knowledge to do just that.

I hope you enjoy!

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The idea of making healthy lifestyle changes can often make people think of words like “diet” or “restrict.” Often, people think that healthy living means suffering at the gym and eating only lettuce for dinner. I’m here to tell you that doesn’t have to be the case. The key to making change stick is making the change something you enjoy.

Here are 5 healthy living tips to get you started on the path to a happier, healthier life.

### 1) Eat More Fruits and Vegetables

Fruits and vegetables are loaded with nutrients like vitamins, minerals, and fiber. These nutrients help maintain the health of your body. Some benefits from eating more fruits and vegetables include healthy blood pressure control, lower blood cholesterol levels, protection against infections, and a reduction in heart disease risk.

*Tip! - Aim for 5 servings of fruits and vegetables a day. Some examples of one serving include a medium piece of fruit (about the size of your fist), half of a large bell pepper, one medium carrot, and 1 cup raw or 1/2 cup cooked leafy greens.*

Find more information on fruits [here](#), and on vegetables [here](#)

### 2) Focus on Whole Grains

Whole grains like oats, brown rice, and whole wheat, contain more nutrients and fiber than refined grains like white rice and enriched wheat. Fiber plays a large role in keeping your gut healthy, and can help you feel fuller for longer. Try and add one serving of whole grains to every meal.

Find more information on fiber [here](#)

### 3) Swap Out Your Soda

Drinking water instead of sugar sweetened beverages like sodas and sweet tea helps keep you hydrated and reduces the amount of added sugar in your diet.

*Tip! - Add fruits and herbs to your sparkling or still water to make it more flavorful and interesting!*

Find more information on sugar-sweetened beverages [here](#)

### 4) Slow Your Roll

Eating slower and reducing distractions during meal times can help you notice when you are full, and can help prevent overeating. At your next meal, try and notice the flavors, textures, and scents of each bite.

Find more information on mindful eating [here](#)

### 5) Move!

It is important to stay active to improve your long term health. While the CDC recommends at least 150 minutes of moderately intense activity per week, aiming to move more and sit less is an excellent start. Whatever gets your heart beating faster than normal counts! Yard work, dancing with your kids, going for a walk with friends, or practicing your downward facing dog can all contribute to your goal.

Find more information on recommended physical activity levels [here](#)

Change takes time and can often be difficult, so don’t be discouraged when a new habit doesn’t stick as quickly as you would like. Think of it like brushing your teeth - as a kid, you probably had to be reminded every night and morning to brush your teeth (and chances are you didn’t like it) but now the two minutes you spend at the bathroom sink every morning have become second nature.

I encourage you to pick one simple change and try to stick with it this week. It could be as simple as turning off the TV while you eat, making berry-mint infused water to sip on at work, or using brown rice at dinner instead of white rice.

Lifestyle change happens one step at a time, so why not take your first step today?

## FOOD SAFETY

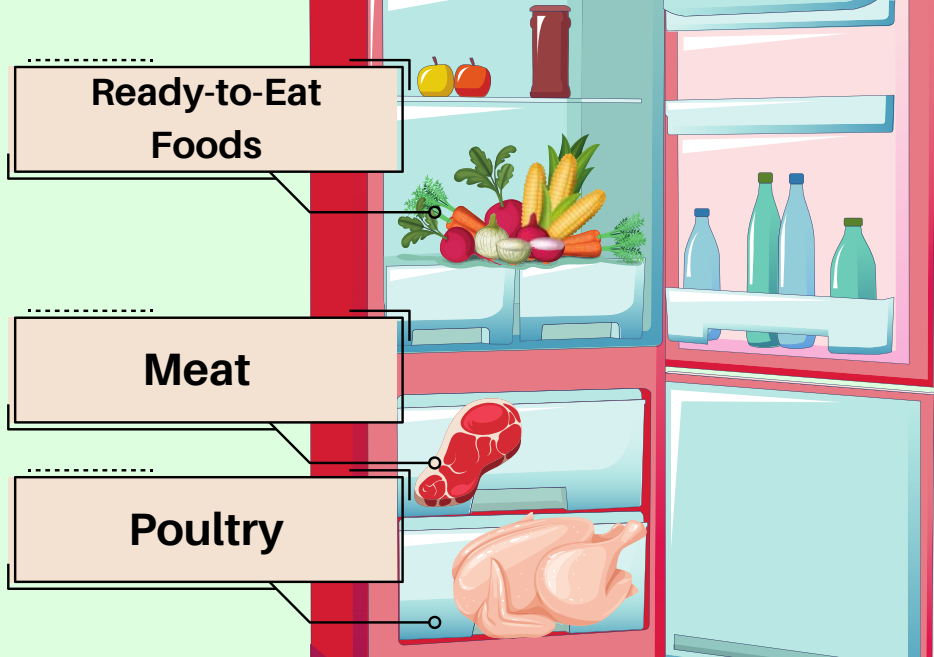
### DID YOU KNOW?

Every year, about 1 in 6 Americans get sick from a foodborne illness. You can help keep you and your household safe and healthy by following these 4 steps in your home kitchen: clean, separate, cook, and chill.

Click [here](#) for more information

#### Clean:

- Wash your hands for at least 20 seconds before and after preparing food
- Rinse fruits and vegetables under cool, running water
- Clean all kitchen surfaces and utensils with warm, soapy water after use



#### Separate

- Store raw meat, poultry, and seafood separate from other items in the fridge
  - (try and keep these raw meats at the bottom of the fridge to prevent their juices from dripping onto other foods)
- At the grocery store, and on the way home, keep raw meat, poultry, and seafood away from other items in the basket
- Use different cutting boards and plates for any raw meat, poultry, or seafood

#### Cook

- Make sure the food you cook is getting hot enough to kill all germs and bacteria

**165°F** -- all poultry  
(ex: chicken breast, ground chicken and turkey)

**165°F** -- leftovers and casseroles

**160°F** -- ground meats  
(ex: beef and pork)

**145°F** -- whole cuts of beef, pork, veal, and lamb

**145°F** -- fish (cook until opaque)

#### Chill

- Keep food OUT of the temperature danger zone (40°F - 140°F) by properly heating and cooling
- Refrigerate food within 2 hours of cooking or preparing
- Only thaw foods in the fridge, microwave, or under cold running water
  - letting food thaw on the countertop can cause a rapid spread of bacteria



## RECIPES

### HOW TO BUILD A TASTY SALAD

1/2 vegetables + 1/4 whole grains + 1/4 protein

4 Servings

Serving Size: ~1 1/2 cups

#### ingredients:

- 1 cup chopped greens (kale, cabbage, spinach, mixed greens, romaine, etc.)
- 1 1/2 cups protein (beans, canned tuna, rotisserie chicken, salmon, tofu, etc.)
- 1 1/2 cups cooked grains (brown rice, quinoa, bulgur, etc.)
- 1/4 cup healthy fats (nuts, seeds, or sliced avocado)
- 2 cups fresh or cooked vegetables
- 1/4 cup fruit (strawberries, rasins, mandarin oranges, etc.)

#### steps:

1. chop greens into equal sized pieces
2. combine all ingredients into large bowl
3. toss with your favorite salad dressing



### HOW TO CREATE INFUSED WATER

12 cups

#### ingredients:

- 2 cups fruit or vegetables (fresh or frozen)
  - ex: mixed berries, citrus, cucumber
- 1/2 bunch herbs, torn
  - ex: mint, basil, thyme etc.
- 8 cups water
- 4 cups ice (optional)

#### tip:

- Use a ratio of 1 cup of fruit to 4 cups of water for best results

#### steps:

1. Place berries, herbs, and ice in large pitcher
2. Add water to pitcher
3. Refrigerate for at least 1 hour before serving for best flavor

### HOW TO MAKE TEX-MEX QUINOA

4 Servings

Serving Size: ~1/2 cup

#### ingredients:

- 2 tsp canola oil
- 1 can (15oz) beans, drained and rinsed
- 1 bell pepper, diced
- 2 cups low sodium broth, or water
- 1/2 white onion, diced
- 2 garlic cloves, minced
- 1 cup quinoa, rinsed
- 1/2 cup cheddar cheese, shredded
- 2 tsp Tajin, low sodium
- 1 tsp oregano

#### steps:

1. Heat oil in a stockpot over medium heat until hot and shimmering
2. Add onions, peppers, and garlic and cook until onions are soft (~2-3 minutes)
3. Add quinoa, tajin, oregano, beans, and broth and bring to a boil
4. Reduce heat to low and cook, covered, for 15 minutes
5. Remove from heat and let stand for an additional 5 minutes before removing lid
6. Remove lid and stir in cheese



Click [here](#) for more recipes courtesy of the Nourish Kitchen