



March Wellness Facts

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Foods for Better Health

Maintaining good health can be difficult when there are so many obstacles/temptations in our way. The following choices can help us to improve our health on a daily basis.

- 1) TAKE A WALK – 30 minutes of physical activity each day will help prevent weight gain.
- 2) AN APPLE A DAY – Not just apples but 2-3 servings of fruit will help to decrease your risk of coronary heart disease and cancer.
- 3) AVOID TRANS-FAT – Trans-fats raise your “bad” (LDL) and lowers your “good” (HDL) cholesterol levels. Trans-fats are found in processed foods such



as baked goods, crackers, and many fried foods.

- 4) CHOOSE WHOLE GRAINS – They are rich in fiber and nutrients. Try whole-wheat bread, brown rice and popcorn.
- 5) DRINK WATER – Water is important for digestion and weight loss. Drink 8-10 8-ounce glasses of water each day. Fruits and vegetables also have a high water content.

Berries and Bagels

4 tablespoons cream cheese, whipped and low-fat
 6 large strawberries, fresh
 1 whole wheat bagel

Rinse strawberries. Using a sharp knife, remove tops and cut strawberries into small chunks.

Pour strawberries into bowl with cream cheese. Stir until well mixed. Cut bagel in half. Warm in toaster or toaster oven. Spread cream cheese and berry mix on top of bagel.

Makes 2 topped bagels.
 Nutrition Analysis: 122 calories, 6 g. Fat, 151 mg. Sodium, 14 g. Carbohydrates, 2 g. Dietary Fiber , 5 g. Protein.



Family Activity

Together with family members, prepare breakfast including a whole grain, fruit and milk. After breakfast, go for a walk around the neighborhood to see signs of spring.

Source: Sports Nutrition I: On Your Mark, Ohio State University Extension.

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