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METABOLIC AND WEIGHT LOSS CENTER

HAPPY NUTRITION MONTH!

2014 National Nutrition Month Theme: "Enjoy the Taste of Eating Right"

Capital Health's Metabolic and Weight Loss Center is celebrating Nutrition Month by having a month-long party to eat delicious food that won't add pounds and is good for us. This month's newsletter encourages you to dedicate March to making informed food choices that are delicious and developing sound eating and physical activity habits.

What's Happening this Month:

- Capital Health Metabolic & Weight Loss Center is now on Facebook! "Like" us to keep up-to-date and follow our blog.
- Facebook National Nutrition Month Contest: Answer the Daily Nutrition Question on Facebook and get your first month's supply of vitamins and minerals FREE! Check our Facebook page or your e-mail for details.
- INFORMATION SESSIONS: For those interested in learning more about weight loss surgery, sign up for our information sessions on March 5 or March 19.

MARCH 12 IS RDN DAY! SEE HOW DIETITIANS "ENJOY THE TASTE OF EATING RIGHT."

"I watch the cooking channel and just looking at beautiful food and fresh ingredients gives me inspiration for my own healthy recipes. I rarely follow a recipe, and as long as I'm using healthy ingredients, I know I can't really go wrong. I especially love creating new healthy meals with friends and with my Italian family. My family will even choose one healthy ingredient and do an "Iron Chef"-like competition when we get together. We compete to see who can make a better recipe! Who says healthy eating has to be boring?" [Alicia Fanelli, RDN—Clinical Dietitian at John's Hopkins Medical Center in Baltimore, MD](#)

"Find healthy food that you LOVE! If you don't like something but try to eat it just because it's healthy, you won't look forward to eating it. However, if you find

nutrient-dense foods that you love, you are going to be excited to eat healthy. So don't buy quinoa if you don't like the taste of it! Find another whole grain you enjoy. You'll be happier and healthier!!" [Aliz Holzmam, RDN, CDE—Dietitian for The College of New Jersey in Trenton, NJ and Drexel University in Philadelphia, PA](#)

"Dinner just tastes better when I walk to get it! I love walking to and from the grocery store with a friend and only bringing one reusable bag so I don't pick up unnecessary items. I also love walking around local farmer's markets on the weekends and coming up with creative ideas for meals based on what is in season." [Laura Kashtan, RDN—Clinical Dietitian at Capital Health Regional Medical Center in Trenton, NJ](#)

Spring Cleaning For Your Health!

The spring season is full of transformations. The temperature rises to a more bearable degree and fresh fruits and vegetables begin to abound. Your New Year's resolution for a "new you" might not be going well if the long winter has led to poor eating habits and skipping your morning walk because of ice and snow. Make spring a time to restart your transformation and do some spring cleaning for your diet by following [these tips](#):

- **ADIEU, ADDED SUGARS**

Clean your diet by scouring your kitchen for items with added sugars. Studies from the *American Journal of Public Health* show that calorie sugar intake increases during the winter season and so does waist measurements. Sugar delivers empty calories and encourages overeating. Natural sugars in dairy, veggies, and fruit don't count as added sugar. Get rid of candy, cakes and ice cream and find alternative options like sugar-free pudding, 25-calorie hot chocolate or fat-free yogurt with fruit and Splenda to fight a sweet craving after dinner. Also replace sugary cereals and "fruit on the bottom" or flavored yogurts with steel-cut oats and plain, non-fat yogurt.

- **COLOR YOUR PLATE AND REFRIGERATOR**

Winter is dull, so brighten up your meals with spring's colorful fruit and vegetables! Eating an array of colors in your diet is a great way to fill up on fiber, vitamins, and minerals that can help fight disease. Try to include two to three colors in your meals and one to two in your snacks. Add spinach and tomatoes to your eggs in the morning, brighten up sandwiches with shredded carrots and arugula and aim to make half of your plate vegetables at dinner. Try a new vegetable or recipe with vegetables each week.

- **WATER YOUR PLANTS AND BODY**

Drinking cold water in the winter isn't always appealing. Not getting enough fluid can impact your metabolism and leave you tired. Often, dehydration can mask itself as hunger. Replace high sugar lattes, sodas, and juice with water or green tea, herbal tea, or unsweetened iced tea.

- **NEW SEASON, NEW RECIPES**

Eating at restaurants and ordering take out is expensive and costly for your waistline. Studies show that you take in approximately 250 extra calories and an additional 16 grams of fat on days you eat out. When you make your own meals, it is easier to control portion sizes, avoid hidden calories and add more nutrient-dense foods to your diet. Plan your meals out for the week. If you don't like to cook, find healthy recipes with little prep and cook time or enroll in a cooking class with a friend.

- **SPRING UP OFF THE COUCH AND WALK**

Even a slight increase in temperature makes it less dreadful to go outside. When it is time to run errands, try to walk to a local store instead of driving. Maybe park your car further from work or even another block away from your house so you're forced to take a morning and evening walk before and after work. Try walking outside on your lunch breaks or walk with a friend or with family at a park every Saturday so you can watch nature transform as well as your waistline.

FEATURED RECIPE OF THE MONTH

EASIEST CROCK POT CHICKEN SALSA VERDE

From www.skinnytaste.com

Servings: 6 ■ Size: 1/2 cup ■ Old Points: 3 ■ Weight Watcher Points+: 3 pt
Calories: 145 ■ Fat: 2 g ■ Carb: 5 g ■ Fiber: 0 g ■ Protein: 26 g
Sugar: 0 g ■ Sodium: 415 mg (without the salt) ■ Cholest: 0 mg



INGREDIENTS

1 1/2 lbs raw skinless chicken tenders
1/4 tsp garlic powder
1/8 tsp oregano
1/8 tsp ground cumin
salt, to taste
16 oz roasted salsa verde
(Try Archer Farms)

DIRECTIONS

Season chicken with garlic powder, oregano, cumin and salt and place in the bottom of the slow cooker.

Cover with salsa verde, cover and cook HIGH two hours.

Remove chicken, shred with two forks. **Remove** 2/3 cup of liquid from the slow cooker, and discard (unless you want it over rice). **Place** shredded chicken back into the crock pot with remaining salsa, adjust seasoning to taste if needed and keep warm. **Serve** over rice or in one whole wheat tortilla. (I used Trader Joe's low-carb whole wheat tortillas— See our Featured Product of the Month.)

Makes about three cups.

+ Motivation Corner

“Enjoying the healthy foods we eat and the physical activities we engage in is key to developing a healthy lifestyle we can maintain for years to come.”

—Dr. Glenna McCollum,
President of the Academy of
Nutrition and Dietetics

“ Don't start a DIET that has an expiration date... Focus on a lifestyle that will last forever.”

—unknown

FEATURED PRODUCT OF THE MONTH

Trader Joe's Reduced Carb Tortillas

These are only 45 calories per tortilla! Use them for breakfast with eggs, for a turkey wrap or try the recipe on the left.

