



Wellness Works

NUTRITION

January 2012

12 Healthy Staples to Start 2012

If you want to make over your health, refrigerator, and pantry, then make a note of these 12 staples that will get you eating right in the New Year.

1. Assorted Whole Grains—Cereals, pasta, rice, pita bread, and other whole grains contain more fiber which may reduce constipation, help with weight management, reduce cholesterol levels and lower risks for heart disease, obesity, and type 2 diabetes.

2. Lean Meats—Choose lean meats like ground round, sirloin, salmon, tilapia, trout, tuna, Canadian bacon, pork loin, tuna in water, turkey pepperoni, and poultry without skin.

3. Low Fat or Fat Free Plain Yogurt—Plain yogurt contains less sugar than flavored yogurt. Yogurt consumption has been linked to reducing issues associated with allergies, inflammatory bowel disease, irritable bowel syndrome, hypertension, high blood pressure, high cholesterol, ulcers, diarrhea, and some bacterial infections.

4. Frozen Fruits and Vegetables—Frozen produce is usually cheaper and lasts longer. After produce is picked, it begins to lose nutrition. Frozen produce is typically flash frozen right after it is picked, which preserves the nutrients until you are ready to eat it. Be sure to choose frozen produce with no sauce, cheese, salt, or syrups added.

5. Reduced Fat Cheese—Cheese can be high in fat and calories. Instead of giving it up completely, buy reduced fat cheese. Look for cheese that has 4g of fat or less per ounce/serving.

6. Eggs—Eggs are a versatile and inexpensive quality protein source loaded with vitamins, minerals, and antioxidants. Limit egg yolks to one a day. Use just the egg whites if you want to reduce calories.

7. Spinach—Spinach is a low calorie food that is high in vitamins, minerals and antioxidants. Include spinach in sauces, salads, sandwiches, pizzas, etc. If you don't like spinach, choose any other deep green leafy item like kale, collards, Swiss chard, mustard greens, etc.

8. Nuts—Nuts pack a nutrient punch in a tiny package. They contain fiber, omega-3 fatty acids, unsaturated fats, plant sterols, vitamin E, L-arginine, potassium, and magnesium. Aim to eat one ounce daily.

9. Beans—Beans have been linked to improving blood sugar levels in people with diabetes, reducing the risk of heart disease and hypertension and assisting in weight management.

10. Marinara Sauce—Contains various vitamins, minerals, fiber, and antioxidants which can reduce your risk for cardiovascular disease and help protect your skin from sun exposure. Look for the lowest sodium content, aim for 400mg or less.

11. Healthy Snacks—Eating 3 regular meals and 2 snacks throughout the day may help with weight management. Snacks should be small and healthy. Consider combinations such as a low-fat part-skim milk mozzarella cheese stick with a small piece of fruit or a small parfait made with fruit, and a few nuts.

12. Herbs and Spices—Add loads of flavor which will prevent you from piling on the salt or butter,

Nutri-Facts:

Fruits and veggies are naturally low in calories.

Fish is good for your brain. The mineral zinc, found in fish, helps thought process and memory recall.

Upcoming Activities: (McGowen Gym)

Fitness

M Week and A Week

Days: M, W

Mods: 6-8

Step Aerobics

M Week and A Week

Days: W

Mods: 12-14

Yoga

M Week and A Week

Days: Tu, Th

Mods: 11-13

Guest Speaker

January 17th

Nutrition Consultant—

Velocity Sports

If you would like to participate in any of these events, ask Coach Nicki, Coach Garza, or Coach Morris).

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<http://www.fitday.com/fitness-articles/nutrition/12-healthy-staples-to-start-2012.html>



THE WELLNESS COMMITTEE