

# HealthNews

## Balanced Nutrition



Good nutrition is an important part of a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

According to the CDD, unhealthy eating habits have contributed to the obesity epidemic in the U.S.: about 33.8% of U.S. adults are obese and approximately 17% (or 12.5 million) of children and adolescents aged 2-19 years are obese. Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer. By making smart food choices, you can help protect yourself from these health issues.



### HIGHLIGHTS

5 Easy Tips to Start Eating a More Balanced Diet



### RECIPES

Easy Balsamic Veggie Pasta



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## 5 Easy Tips to Start Eating a More Balanced Diet

- 1. Eat a variety of colors every day** - Bright colors in fruits and vegetables usually signify concentrated nutrients (vitamins, minerals, antioxidants, etc.), which are very good for you. The more different colors you eat, the more diverse the range of nutrients you're getting.
- 2. Substitute unhealthy ingredients for healthy ones** - for example, use yogurt to replace sour cream, use avocado mayo rather than regular mayo, eat zoodles (zucchini noodles) rather than spaghetti noodles.
- 3. Sprinkle seeds on dishes** - Chia seeds are packed with fiber, fatty acids, protein, and minerals. Amongst many others, pumpkin seeds, flax seeds and quinoa are also great seeds to consume.
- 4. Make 1/2 your plate be fruits and/or vegetables for every meal** - Making fruits and vegetables the focal point of your meal will help you meet your daily recommended servings without having to measure each time.
- 5. Bring your own lunch to work/ eat out less** - Anything you make yourself is likely to be healthier than what you'd buy instead. Plan ahead and make meal plans for the week on Sundays.

### Easy Balsamic Veggie Pasta



#### Ingredients

- 12 ounces uncooked pasta (Preferably whole wheat)
- 3 Tbls. olive oil, divided
- 1 small red onion, peeled and thinly-sliced
- 1 pound asparagus, cut into bite-sized pieces
- 1 small head of broccoli florets, cut into bite-sized pieces
- 1 red bell pepper, cored and thinly-sliced
- Kosher salt and freshly-cracked black pepper
- 5 cloves garlic, peeled and minced
- 3-4 tablespoons balsamic vinegar
- Freshly-grated Parmesan cheese

#### Preparation

1. Cook pasta in boiling water then drain pasta, and set aside.
2. Meanwhile, heat 2 Tbls. oil in a saute pan over medium-high heat. Add red onion and sauté, stirring occasionally, for 4 minutes. Add asparagus, broccoli, and red bell pepper, and season the mixture with salt and pepper. Continue sautéing for 4-5 more minutes, stirring occasionally. Stir in the garlic and continue sautéing for 1-2 more minutes, stirring occasionally, until the garlic is fragrant. Remove from heat.
3. Once the veggies and pasta have all finished cooking, return the stockpot to the stove over medium-high heat. Add the remaining 1 Tbls. of oil, cooked pasta, veggie mixture, balsamic vinegar, lots of freshly-cracked black pepper, and toss to combine. Sauté for 1-2 minutes, stirring occasionally, so that the pasta is very lightly toasted.
4. Remove from heat and serve warm, garnished with Parmesan cheese.

Level: Easy

Yields: 6-8 servings

Source:  
Gimme Some Oven

[Recipe Link](#)



## Tell Us Your Story!

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By sharing your story, you enter to win a free Fitbit Flex 2.

A new winner will be chosen and awarded a prize every quarter in 2018.



## Dietary Guidelines

In 2016, the U.S. Departments of Health and Human Services and Agriculture released the 2015-2020 Dietary Guidelines for Americans. It focuses primarily on healthy eating patterns:



- 1. Follow healthy eating patterns across the lifespan – MyPlate** is a great tool for making healthy food and beverage choices from all five food groups including:
  - **Vegetables** - Eat a variety including leafy vegetables, multiple colors, starchy and non-starchy.
  - **Fruits** - Consume a variety including citrus, berry, melons, tropical, and many others such as apples, kiwis and pears.
  - **Whole Grains** - Eat more whole grains over refined grains. Whole grains have more vitamins, minerals and fiber. Examples include whole wheat flour, whole oats, brown rice, whole cornmeal, whole oats, barley and corn.
  - **Dairy** - Choose low fat options of cheese, yogurt, and milk.
  - **Protein** - Vary your protein with seafood, eggs, lean meats, poultry, beans, nuts, seeds and soy products.
- 2. Focus on variety, nutrient-dense foods, and amount.**
  - Eat a variety of fruits and vegetables to cover your vitamin and mineral needs, strive to eat the colors of the rainbow in fruits and vegetables.
  - Eat nutrient dense foods such as spinach, berries, Brussels sprouts, sweet potatoes and nuts and seeds.
- 3. Limit calories from added sugars and saturated fats and reduce sodium intake.**
  - Cut back on sweetened beverages.
  - Cut back on processed meats as they are high in saturated fats.
  - Season foods with herbs, spices, garlic, onions, pepper and lemon or lime juice instead of salt to add flavor.
- 4. Shift to healthier food and beverage choices.**
  - Eat foods with omega-3 fatty acids: canola oil, walnuts, omega-3 eggs or fatty fishes such as salmon, trout or tuna.
  - Consume 2½ cups of vegetables and 2 cups of fruits each day.
  - Focus on eating whole grains instead of refined grains.
  - When selecting beverages, flavored water, tea and low-fat milk are great healthy options over sweetened beverages.

Log on to your PHD to take the [Road To Wellness Diet & Nutrition](#) module today!