

Bears Be Well

TAKE CHARGE OF YOUR HEALTH



The wellness topic for the month of January is **Nutrition**. If you look nutrition up in the dictionary, you will find the following:

Nutrition (noun)

- The process of providing or obtaining the food necessary for health and growth
- Food or nourishment
- The branch of science that deals with nutrient and nutrition, particularly in humans

Seems simple enough. After all we have all been partaking of nutrition since before we were born. But it can be a very complex, and often confusing subject. Depending on what your objectives are, you are inundated with a wide range of diets, programs, and opinions about what is and isn't good for you; what will and will not make you gain/lose weight (or inches, or strength, etc.)

This month's topic is to get you to start thinking about what your goals are and how your nutrition can help, or even derail, those goals. Bust through the myths that food that is good for you either is very expensive, doesn't taste good, or isn't available to normal people.

Happy 2021!

NUTRITION

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JANUARY CLINIC EVENTS:

Low Cost Blood Profile

(\$25 for CBC, TSH, Lipid Panel-HgA1c addtl. \$5)

When: January 29, 2021

Location: SSU Clinic 8am-10am

Appointments Only: To schedule an appointment click [HERE](#) or visit www.shawnee.edu/health

5 Tips to **Boost Your Health**

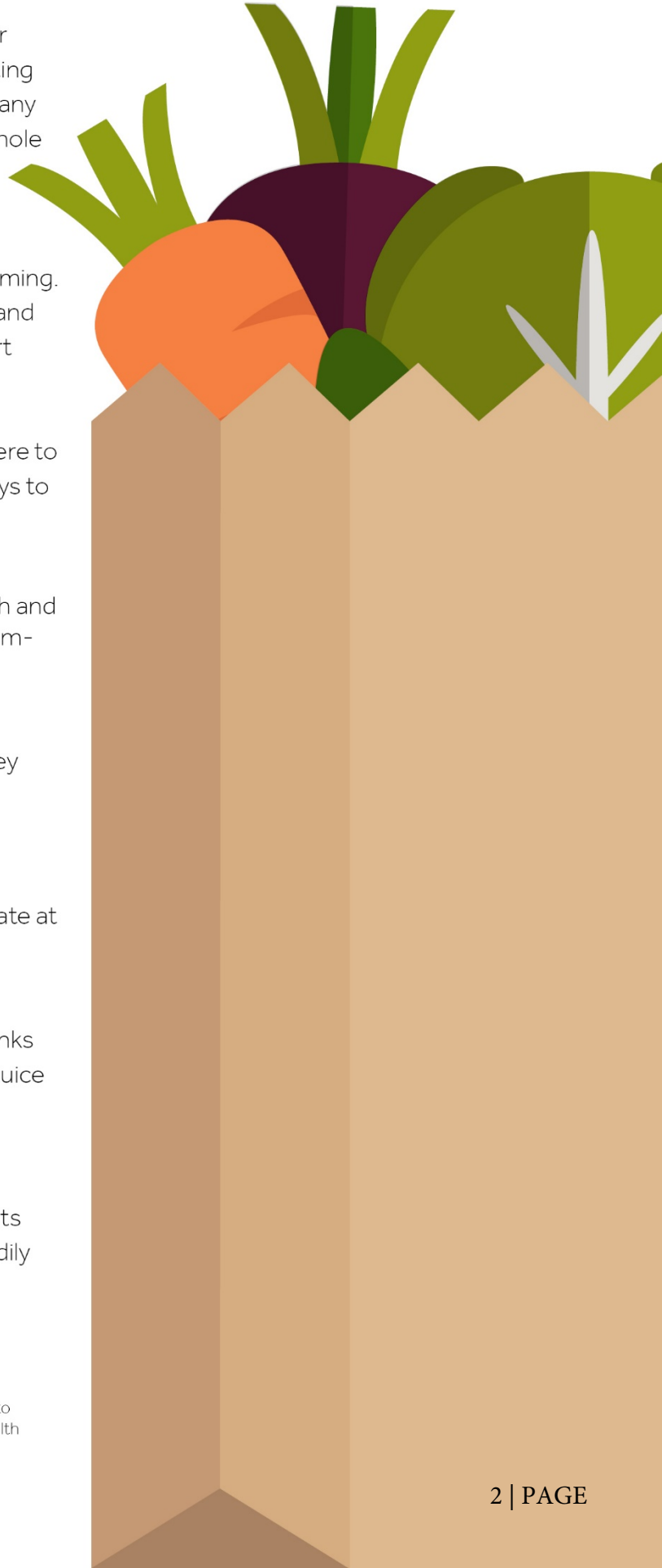
It's no secret that the average American diet isn't super healthy, by industry expert standards. In addition to eating too many calories from fat, sugar and refined grains, many Americans do not eat enough fruits, vegetables and whole grains.

When you consider how important a healthy diet is for overall health and disease prevention, this is pretty alarming. In fact, improving your diet could extend your life span and reduce the chances of costly chronic diseases like heart disease, stroke and diabetes.

If you want to improve your diet, but are wondering where to start, look no further. Listed below are some simple ways to get started on your healthy eating journey.

- 1. Eat breakfast every day.** Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration and better problem-solving abilities.
- 2. Plan as many home-cooked meals as you can.** They usually have fewer calories and cost less than typical meals eaten at restaurants.
- 3. Eat plenty of fruits and vegetables.** Half of your plate at each meal should be vegetables or fruits.
- 4. Beware of sweetened drinks.** Sodas and sports drinks are high in calories. Keep in mind that the calories in juice can also quickly add up.
- 5. Choose food sensibly when eating out.** Restaurants are often required to make nutrition information readily available. If you do not see brochures sitting out, or nutrition information listed on the menu, ask.

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GROCERY STORE BEST BUYS FOR COST & NUTRITION



These tips can help you choose nutritious foods on a limited budget:

Bread and grains:

- Look for bargains on day-old bread and bakery products.
- Buy regular rice, oatmeal and grits instead of the instant and flavored varieties.

Vegetables and salads:

- Look for large bags of vegetables; these are often a bargain and keep well.
- Avoid foods at salad bars—they usually cost less in the produce section.

Fruits:

- Buy fresh fruits in season, when they generally cost less.

Milk:

- Buy fresh milk in gallon or $\frac{1}{2}$ gallon containers. This is cheaper than buying quarts.
- Buy fat-free or low-fat milk to cut the amount of fat in your family's diet. (Note that children under 2 years of age should only be given whole milk.)

Meat and poultry:

- Buy chuck or bottom round roast instead of sirloin; they have less fat and cost less.
- Buy whole chickens and cut them into serving size pieces yourself.

Dry beans and peas:

- Use these sometimes instead of meat, poultry or fish. They cost less and are lower in fat and high in fiber.

Provided by: **HORAN**

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Ten ways to eat healthy on a budget

Eating well and saving more can be easier when you know when to shop and where to look.



Looking for ways to get more from your food budget? Eating healthy doesn't have to break the bank. These tips can help you shop smarter to get the most nutritious foods at a better price.

- **Stick to your list** — Taking inventory of the items you need before you shop and not deviating from your list can keep you from overbuying and overspending. Many grocery stores now offer online shopping which can be a great way to avoid impulse buying as you wander the aisles.
- **Clip coupons** — Search for savings on your favorite healthy products by entering "(Product Name) Coupons" online or by checking published weekly specials at your local market. Many brands also offer coupons if you sign up for their email list.
- **Look high and low** — Many stores stock pricier items at eye level. It pays to look for items on upper and lower shelves to find better deals, especially on store brands.
- **Shop locally grown** — Buying produce from your local farmers market can help you get the freshest, in-season items for less. Stock up during peak seasons and freeze your foods.
- **Buy in bulk** — Beans, cereals, grains, dried fruits, seeds, nuts in bulk can provide more servings at a lower cost. Check local discount warehouses or online markets for bulk deals.
- **Choose frozen vegetables** — Because they're harvested and frozen at their peak freshness, their nutrients are similar to fresh and they last longer.
- **Go meatless** — Replace meat a few times each week with lower cost, high nutrition proteins like eggs, lentils, black beans, kidney beans or quinoa.
- **Save on seafood** — Instead of fresh fish, buy canned tuna, salmon or sardines that are just as healthy and less expensive.
- **Can the cola** — Drink more water instead. Sodas, sports drinks and juices are high-cost, high-calorie items. A pitcher that filters tap water can cut down on beverage costs and provide gallons of drinking water with zero calories.
- **Plan meals** — Spend some time at the beginning of each week to meal plan. This can help you avoid takeout and also help you build a grocery list. Remember to include plans for lunch!

What can you eat for a dollar these days?

How about some of the tastiest, most nutrient-rich foods that can help you stay healthy. We're talking about bananas, eggs, oranges, cabbage, beans, tuna, rice — all for less than \$1 per serving.



References:

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"Healthy, Cheap Shopping Tips: How to Pay Less for Good Food." Huffingtong Post, 03 April 2012. Web. 22 December 2017. http://www.huffingtongpost.com/2012/04/03/healthy-cheap-shopping-tips_n_1397292.html

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Egg, tomato and avocado sandwich

Using creamy avocado instead of mayo packs a higher nutritional punch.



Simple swaps for healthier eating

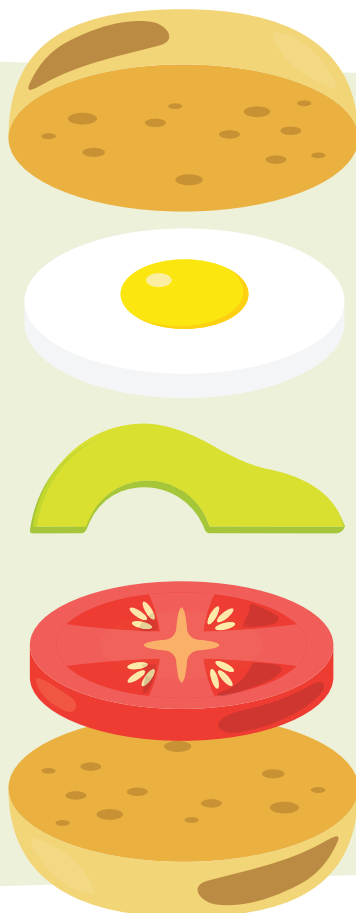
You need:

☒ 1 whole-grain english muffin

☒ 1 boiled egg

☒ ¼ avocado

☒ 1 tomato slice



What's the swap? Instead of mayonnaise, go for avocado to add creaminess to this easy sandwich. Avocado is considered “nature’s butter,” giving you a boost of healthy monosaturated fat. This fruit is also rich in B-vitamins, potassium, copper, and vitamins E, K and C.¹

Chew on this: You’ll also get a quick dose of vitamin C, biotin, and vitamin K – hiding in the tomato slice.² Yum!



Time-saving tip: Boil eggs on Sunday nights so you have them ready anytime of the week.

Anthem 

¹ Medical News Today: *Everything you need to know about avocado* (accessed July 2018) medicalnewstoday.com.

² Healthline: *Tomatoes 101: Nutrition Facts and Health Benefits* (accessed July 2018) healthline.com

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