



March is National Nutrition Month



What better time than now to experiment with all the delicious fruits and vegetables we love to eat. Here are some tips to get you started:

- Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
- Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
- Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.
- Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
- Keep cut up vegetables handy for mid-afternoon or evening snacks, side dishes or lunch box additions. Ready-to-eat favorites: green, yellow or red peppers, carrots, broccoli or cauliflower florets, celery sticks, cucumbers, snap peas, or whole radishes.

Health in the Headlines “Don’t Skip Your Vacation”

Getting rest is important for our health. Sure, most of us don’t get enough sleep, but we also skimp on “down time”. A growing trend among American workers is to forego summer vacations in an effort to keep up with the demands of work. Most of us do it because we’re afraid if we do take time off, it will make us look like we’re not hard workers. But now, more than ever, we need to remember the importance of getting a break. Whether it’s for a few weekends sprinkled in wherever they fit, or a longer stretch all at once, make it a point to get something scheduled on the calendar to make sure you get a vacation.

This summer, toss your guilt about leaving the office behind for a little while. Spend time with your family, pursue personal interests, or simply take pleasure in some private down-time.

5 reasons to start planning your summer vacation now:

1. **De-Stress.** Every day stress takes a huge toll on our overall health. It can cause blood pressure to rise, increasing risk factors for many diseases, and can even cause us to bald faster. A vacation is a key ingredient in a healthy life.
2. **Build Quality Time.** Whether you’re cultivating family bonds or getting closer to a dear friend, a vacation is an opportunity to unwind, relax, and learn something new about someone important in your life.
3. **Un-Plug from work.** There is a common assumption that we’re indispensable at work. That, in our absence, everything will fall apart at the office. It won’t. This mindset is unhealthy — both for the company’s growth and for office morale. By taking time off, you provide team members with the opportunity to develop their skills to manage projects while you’re away.
4. **Boost productivity.** Have you ever stopped to consider that taking time to go away may help you be *more* productive at work and at home? A vacation not only helps us to re-energize and re-focus but also boosts creativity which can help you be more productive in whatever you want to accomplish.
5. **Invest in you.** Every day you focus on your job, your family and your home. A vacation gives you time to focus on you, and to spend time developing your interests and hobbies, or just slow down and reflect on life.

Tech Corner

Do you talk in your sleep? Well the smart phone app “**Sleep Talk Recorder**” can give you the answer! It may also help you discover other habits you are not aware of such as sleep apnea. Plus, it acts as an alarm clock! Available for both Android and iOS devices.

Feature Food Collard Greens



Health tip: ***Use collard greens to lower your cholesterol!***

If you've never tried collard greens, now is the time to give them a go! They're packed with nutrients: calcium, iron, manganese, folate, vitamin C, vitamin A and vitamin K, just to name a few. They also have properties which support our detox system and fight inflammation in the body – lowering your risk for cancer and heart disease. And on top of all that, they can help you lower your cholesterol!

To cook them:

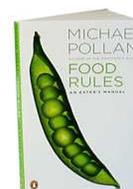
1. Trim the stems and cut leaves into ½ inch slices.
2. Steam for 5 minutes and enjoy with your meal.

You can eat collards fresh but cooking helps your body absorb all of the nutrients and improves the cholesterol-lowering effect. One word of caution: cooking collard greens too long can bring out an unpleasant sulfur smell, so be careful not to overcook.

Another easy way to prepare collards is by sautéing with some garlic and onions, and serve as a side dish to your favorite meal. We hope you enjoy some collard greens this month!

Featured Book: “Food Rules”

Author: Michael Pollan



Have you ever found nutrition to be a bit confusing, and even frustrating? It doesn't have to be! If you want to pick up a fantastic little book that is both amusing and helpful, we recommend reading Michael Pollan's “*Food Rules*”. You will like how simple and back-to-basics this book reads.

Rule #1: Eat Food

Sure, we eat food. But, is what we are eating real food, or rather a food-like product? This is what the author is pointing out to his readers. Here are some quotes from his book:

- Don't eat anything your great grandmother wouldn't recognize as food. "When you pick up that box of portable yogurt tubes, or eat something with 15 ingredients you can't pronounce, ask yourself, "What are those things doing there?" Pollan says.
- Don't eat anything with more than five ingredients, or ingredients you can't pronounce.
- Stay out of the middle of the supermarket; shop on the perimeter of the store. Real food tends to be on the outer edge of the store near the loading docks, where it can be replaced with fresh foods when it goes bad.
- Don't eat anything that won't eventually rot. "There are exceptions -- honey -- but as a rule, things like Twinkies that never go bad aren't food," according to Pollan.
- It is not just what you eat but how you eat. "Always leave the table a little hungry," Pollan says. "Many cultures have rules that you stop eating before you are full. In Japan, they say eat until you are four-fifths full. Islamic culture has a similar rule, and in German culture they say, "Tie off the sack before it's full."
- Families traditionally ate together around a table and not a TV, at regular meal times. It's a good tradition. Enjoy meals with the people you love. "Remember when eating between meals felt wrong?" Pollan asks.
- Don't buy food where you buy your gasoline. In the U.S., 20% of food is eaten in the car.