

MARCH 2022

Healthy Living

March is National Nutrition Month



Five Ways to Eat Healthier

National Nutrition Month was created by the Academy of Nutrition and Dietetics and aims to celebrate the importance of making mindful nutrition choices and developing a wholesome eating plan. Here are **five realistic ways to eat healthier** this month.

- 1. Drink more water!** We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits that drinking six or more glasses of water a day would.
- 2. Choose food over supplements.** Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.
- 3. Opt for color.** When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they'll give you a healthy boost.

- 4. Pack your lunch.** Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch.
- 5. Shop the perimeter.** Shopping a supermarket's outside aisles ensures that you're getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.

Did you know that March 18th is World Sleep Day?

A good night's sleep is critical to your overall health. Here are a few tips to help you get the most out of your rest.

- 1.** Put your devices away an hour before bed
- 2.** No caffeine for 6 hours before bed
- 3.** Limit liquids before bed to minimize the chance of waking up to use the bathroom
- 4.** Create a healthy sleep environment by investing in a good mattress and regularly washing your bedding
- 5.** Take a warm bath or shower before bed, to prepare your body's core temperature for rest





FEATURED RECIPE

Stir Fry Teriyaki Shrimp & Zucchini Noodles



Ingredients

- 1 pound (450g) medium shrimp, peeled and deveined (keep the tail on if you want)
- 1 pound (3 medium-sized) zucchini, julienned or spiralized
- 1 medium onion, minced
- 3 cloves garlic, minced
- 1 tablespoon low sodium soy sauce
- 1 tablespoon toasted sesame seeds
- 2 tablespoons low sodium teriyaki sauce
- 2 tablespoons vegetable oil
- Kosher salt and freshly ground black pepper, to taste

Directions

1. In a large bowl, combine garlic, soy sauce, sesame seeds, teriyaki sauce and oil. Marinate shrimp in this mixture for 10 minutes. This gives you enough time to prepare the other ingredients.
2. Heat the oil in a skillet over medium-high heat. Drain the shrimp from the marinade and cook for 2 minutes in the skillet, flip, and cook for 1 more minute before putting aside in a plate.
3. In the same skillet, add minced onion and zucchini noodles and cook until just cooked but still crunchy, about 2 minutes. Season with salt and pepper and add the remaining marinade. Cook for one minute more then add shrimp back to the skillet. Toss everything to combine and remove from heat. Serve the shrimp and zucchini noodles immediately, sprinkled with additional sesame seeds.