



March Wellness Newsletter



March is National Nutrition Month

Sunday, March 13th

Special Points of Interest

- ♣ National Nutrition Month
- ♣ Chew on This
- ♣ Free Workshop
- ♣ Senior Fair
- ♣ Employees Healthy Recipes
- ♣ Herb of the Month



25 Heart-Healthy Cooking Tips

To lower your risk of heart disease, try these tips in preparing meals.

Limit Saturated and Trans Fat

- Select lean cuts of beef and pork, especially cuts with "loin" or "round" in their name.
- Cut back on processed meats high in saturated fat, such as hot dogs, salami and bacon.
- Bake, broil, roast, stew or stir-fry lean meats, fish or poultry.
- Drain the fat off of cooked, ground meat.
- When you make a stew or soup, refrigerate leftovers and skim off the fat with a spoon before reheating and serving.
- Eat fish regularly. Try different ways of cooking such as baking, broiling, grilling and poaching to add variety.
- Include plant foods as sources of protein, including soybeans, pinto beans, lentils and nuts.
- Replace higher-fat cheeses with lower-fat options such as reduced-fat feta and part-skim mozzarella.
- Thicken sauces with evaporated fat-free milk instead of whole milk.
- Move toward using lower-fat milk and yogurt. Start with 2-percent products, then move to 1-percent and finally to fat-free to adjust to the new taste.
- Use liquid vegetable oils and soft margarine instead of stick margarine or shortening.
- Limit trans fats often found in foods such as cakes, cookies, crackers, pastries, pies, muffins, doughnuts and French fries. Many food manufacturers have removed trans fats from their foods. Check the Nutrition Facts panel on food labels to see if trans fats are listed.

- Use a small amount of oils such as canola, olive and soybean in recipes and for sautéing.
- Make salad dressings with olive, walnut or pecan oil.

Eat Foods Containing Omega-3 Fatty Acids

- Select oils that provide omega-3 fatty acids, such as canola, flaxseed or soybean oil.
- Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressings, too.
- Eat two 4-ounce portions of fatty fish each week, such as salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- Some chickens are given feed that is high in omega-3s so their eggs will contain more as well. When buying eggs, check the package label.

Reduce Salt (Sodium)

- Prepare foods at home so you can control the amount of salt in your meals.
- Use as little salt in cooking as possible. You can cut at least half the salt from most recipes.
- Add no additional salt to food at the table.
- Select reduced-sodium or no-salt-added canned soups and vegetables.
- Check the Nutrition Facts panel for sodium and choose products with lower sodium content.
- Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.

Source: www.eatright.org

Chew on this...

You know how your mom told you not to snack between meals? Besides ruining your dinner, snacking on foods high in sugar can lead to cavities. That's because sugary snack foods are usually high in sucrose, a form of sugar that the bacteria in your mouth feast on, generating more bacteria and increasing acid levels. The acid eats away at the enamel of your teeth and eventually leads to cavities.

No more sugar?

While eliminating all sugars and starch from your diet would stop this process, it would be very difficult to achieve a diet void of these items on a continual basis. A better solution is to choose a sugar substitute that does not promote tooth decay, such as xylitol.

What is xylitol?

Xylitol is a naturally occurring sugar alcohol that is found in many fruits and vegetables and is often used as a sweetener in a variety of foods. Xylitol has demonstrated anti-decay capabilities due to competitive inhibition, which means that bacteria in your mouth can't feed off xylitol. Bacteria are starved, therefore limiting production of more bacteria and reducing the risk for cavities.

With so many sugary snacks such as soda pop available for easy consumption, it's important to take extra care of your teeth. You can help prevent cavities by selecting food items that contain xylitol, such as chewing gum. If you regularly chew gum, why not select a product that can help keep your mouth healthy and cavity-free?

A wide variety of commercial products are now available with xylitol —check your local health food store.



Beverage Choices Affect Oral Health

These three types of popular beverages can impact oral health.

Bottled Water: The American Dental Association is concerned about the decreased consumption of tap water because deprivation of fluoridated water may have a lifelong impact on children's dental health. More than 500 brands of bottled water are sold in the United States, but only about 20 have added fluoride. Be sure to check the fluoride content of your bottled water. Ask your dentist how much fluoride you and your family need for good dental health.

Sports Drinks: These drinks can contribute to decay and mineral loss in tooth enamel because of the high sugar and acid content in some of them. Excessive consumption of these beverages and their prolonged contact with teeth can be particularly harmful. Some tips to help protect your teeth:

- Limit consumption of sports drinks
- Dilute sports drinks with water
- Chill your drinks (warmer temperatures speed erosion)
- Don't hold or swish drinks in your mouth; use a straw to reduce contact with teeth
- Rinse your mouth with water after drinking to minimize the strength of the drink's acidity
- Chew sugarless gum after a drink to stimulate saliva
- Ask your dentist to check for early signs of decay (white spots, stained fissures, and brown spots)

Soft Drinks: Like sports drinks, these drinks have a high sugar and acid content, and their consumption should be limited. Bacteria in the mouth feed on sugar and make an acid that dissolves tooth enamel and could eventually lead to cavities. Even sugar-free diet sodas are not entirely safe, because they are acidic by nature. The tips that protect your teeth from sports drinks also apply to soft drinks.



CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

190 E. Michigan Avenue, Ste. A100
Battle Creek, Michigan 49014

Phone: (269) 969-6370
Fax: (269) 966-1489



Free Workshop - Talking To Teens About Abstinence and Sexuality!



On Wednesday, March 9, 2016, the Calhoun County Public Health Department (CCPHD) will be hosting the nationally recognized **Talk Early & Talk Often** parent workshop at the Calhoun Area Career Center. The two-hour workshop, sponsored by the CCPHD's Teen Outreach Program® (TOP®), is **free of charge** and will help parents and caregivers of high and middle school youth recognize and use opportunities to open the door for conversation and to listen and respond with greater confidence and skill.

Parents are the prime educators of their children. Continued communication at home is vital in helping unprepared youth avoid serious consequences of pregnancy, HIV, and sexually transmitted diseases.

For nearly a decade, Talk Early & Talk Often has consistently received high praises from parents, educators, and community leaders. The workshop was developed with support from several state agencies working in the area of teen pregnancy prevention.

It's never too late to improve a relationship with a child or teenager. Don't underestimate the great need that children feel – at all ages – for close relationships with their parents AND for their parents' guidance, approval, and support.

The Talk Early & Talk Often workshop is supported in part by funding from the CCPHD and the Michigan Department of Health and Human Services' Taking Pride in Prevention Program, as well as the U.S. Department of Health and Human Services, Administration for Children and Families' Personal Responsibility Education Program.



Talk Early & Talk Often is a program of Parent Action for Healthy Kids, Inc. All Rights Reserved

For program information, the media may contact Barb Flis, Parent Action for Healthy Kids at 248-538-7786 or

teto@parentactionforhealthykids.org



Talk Early & Talk Often is a nationally recognized workshop aimed at helping parents of middle & high school youth talk with their children about abstinence and sexuality.

The workshop helps parents recognize and use opportunities to open the door for conversation, listen and respond with greater confidence and skill and to feel comfortable seeking outside sources of information.

Wednesday, March 9th, 2016
5:30–7:30 PM
Hosted by:
Calhoun County Public Health Department
Calhoun Area Career Center
475 Roosevelt Ave E, Battle Creek
Dinner will be provided.

Register to reserve a spot!
269-969-6482 or esomerlott@calhouncountymi.gov



Talk Early & Talk Often is a program of Parent Action for Healthy Kids, Inc. All Rights Reserved

“Keeping it in Balance”
**2016 CALHOUN
COUNTY SENIOR FAIR**

Thursday, April 7, 2016

From 10:00 am to 1:30 pm

Light lunch is provided from 11:30 am to 1:00 pm

Marshall Middle School Gymnasium

100 East Green Street, Marshall, MI 49068



This **FREE** event will showcase local businesses and public services of special interest to older adults, caregivers and families.

Presentations: 10:30am County Prosecutor Gilbert (fraud and abuse); 12:30pm Retired Judge Harter (probate issues); Oaklawn health demonstrations throughout the day.

Call (269) 781-0846 for more information about this Event or to become a Vendor.

This event is brought to you by Calhoun County Senior Millage:



Planning Partners: Advisor/Chronicle, City of Marshall, Forks Senior Center, Fountain Clinic, Maplewood of Marshall, MAEDA, Marshall Public Schools, Oaklawn, Senior Health Partners, and Senior Times.

Healthy Recipes

Good for a fit ticket validation

Submitted by Laura Mowry

Quinoa Apple Salad

¼ c. almonds
2 sticks celery, medium dice
¼ c. dried cranberries
1 clove garlic
½ small bunch Italian parsley, chopped
½ lemon
½ c quinoa
2 red apples, medium dice
8 oz. vegetable broth
3 Tbsp. extra virgin olive oil
½ tsp honey
1/8 tsp each, salt and pepper



In a small saucepan, combine quinoa and vegetable broth. Bring to a boil. Reduce heat to a simmer, cover and cook 15 minutes. Remove from heat and let stand, covered, for 5 minutes.

Place chopped apples, celery and parsley in a large bowl. Add almonds and cranberries.

For the dressing, in a small bowl, whisk together the peeled and minced garlic, lemon juice, olive oil, honey, salt and pepper.

Uncover quinoa, fluff with a fork and add to large bowl with your apple mixture. Pour dressing over salad and toss.

Submitted by Deb Metzgar

Greek Pita Pizza

Makes 4, (Weight Watchers 5 Smart Points each)

Fresh Baby Spinach leaves
8 Tbsp. shredded part-skim Mozzarella cheese
4 Tbsp. crumbled fat-free Feta cheese
1 tsp crushed garlic
4 Whole Wheat pitas
Canned crushed tomatoes (or chunk tomatoes blended in a food processor)
Red onion, sliced thinly, rings separated and halved
Black olives, sliced
Whole Roma tomatoes, sliced thinly (3-4 per pita)
Dried Oregano

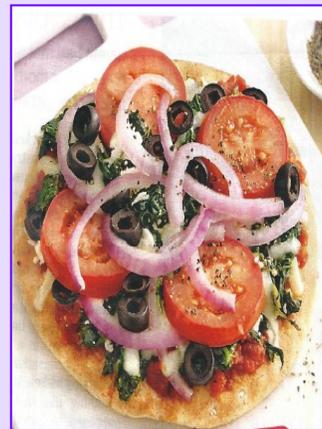
Preheat oven to 400°F.

Spray large frying pan with cooking spray, heat to medium high. Fill pan with spinach leaves and stir until wilted. Remove from heat. In bowl, mix feta cheese & garlic; add wilted spinach and mix to combine.

Spray cookie sheet with cooking spray, or use parchment paper. Lay pitas on cookie sheet. Spread each pita with crushed tomatoes, leaving ½" border. Top each with ¼ of spinach mixture and 2 Tbsp of mozzarella. Layer each with onion, 1 Tbsp olives, and sliced tomato. Sprinkle with Oregano.

Bake 15 minutes or until hot and lightly browned.

Variations: For more protein, add grilled chicken to the Greek pizza. Start with the pita and tomatoes as the base and add whatever toppings you prefer, easy way to satisfy all tastes.



Healthy Recipes Continued

Submitted by Kimberly Hinkley

Spinach & Potato Frittata

2 tsps. salted butter
6 baby red potatoes, thinly sliced
1/2 cup finely chopped red onion
5 ounces baby spinach leaves, torn
2 tsps. fresh thyme leaves
3 large eggs
6 large egg whites
1/2 tsp. salt
1/2 tsp. black pepper, divided
2 tbsps. Crumbled goat cheese

Preheat oven to 350°F.

Melt butter over medium heat. Add potatoes and onions; cook, covered, 10 minutes, stirring occasionally, until potatoes are tender. Add spinach and thyme; cook, covered, 2-3 minutes or until spinach wilts (use tongs to occasionally stir spinach).

Whisk together eggs, salt and 1/4 teaspoon pepper.

Pour egg mixture over spinach and potato mixture. Fold gently with a rubber spatula to combine. Cook over medium heat 3 minutes or until edges begin to set. Place in oven.

Bake 10 to 12 minutes, or until frittata is completely cooked. Remove from oven; sprinkle with goat cheese and remaining 1/4 teaspoon pepper. Cut into 6 wedges. Serve immediately.

Nutrition Information

Serves: 6 Serving Size: 1/6 of frittata

Per Serving: *Calories: 228; Total Fat: 5g; Saturated Fat: 3g; Monounsaturated Fat: 2g; Cholesterol: 100mg; Sodium: 346mg; Carbohydrate: 32 g; Dietary Fiber: 3g; Sugar: 2g; Protein: 12g*

Nutrition Bonus: *Potassium: 970mg; Iron: 14%; Vitamin A: 37%; Vitamin C: 64%; Calcium: 8%*



Submitted by Brandie Aldrich

Asian Salmon in Foil

1/4 cup honey
3 cloves garlic, minced
2 tablespoons reduced sodium soy sauce
1 tablespoon seasoned rice vinegar
1 tablespoon sesame oil
1 tablespoon freshly grated ginger
1 teaspoon Sriracha, optional
Freshly ground black pepper, to taste
2 pounds salmon
2 green onions, thinly sliced
1/2 teaspoon sesame seeds

Preheat oven to 375 degrees F. Line a baking sheet with foil.

In a small bowl, whisk together honey, garlic, soy sauce, rice vinegar, sesame oil, ginger, Sriracha and pepper, to taste.

Place salmon onto the prepared baking sheet and

fold up all 4 sides of the foil. Spoon the honey mixture over the salmon. Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.

Place into oven and bake until cooked through, about 15-20 minutes.* Open the packet and broil for 2-3 minutes, or until caramelized and slightly charred.

Serve immediately, garnished with green onions and sesame seeds, if desired.



Herb of the Month: Lemongrass



Lemongrass is an amazing super-herb that has been used for hundreds of years for both culinary and medicinal purposes.

Lemongrass is a green and white, grass like plant with razor-like blades and it is grown across the planet in warm tropical

climates.

It is native to the southern part of India but also found in abundance in other Southeast Asian countries such as Thailand, Vietnam, Malaysia, Cambodia and Indonesia.

You can get fresh lemongrass stalks at various grocery stores, as well as other forms such as a dried herb or grounded lemongrass powder.

Lemongrass herb should be kept in an air tight container and placed in a dark, cool and dry place where it will keep for up to 2 years

Lemongrass imparts a distinct lemon flavor when cut or crushed due to a release of an essential oil called citral. The dried herb also releases this same flavor when steeped as a tea.

Lemongrass may smell like lemon, but it is more mild and sweet in flavor. It is not sour to taste.

General uses of Lemongrass

- Cough, cold & sore throats
- Anxiety
- High cholesterol
- Type 2 diabetes
- Colitis
- Digestion
- Rough, dry, scaly skin
- Kidney detoxification
- Insomnia
- Relaxation



Healing Properties and Benefits of Lemongrass

Lemongrass has many health benefits and healing properties containing many compounds, oils, minerals and vitamins that are known to have anti-oxidant and disease preventing properties.

The primary chemical component in lemongrass is citral which has strong anti-microbial and anti-fungal properties.

Lemongrass therefore inhibits microbial and bacterial growth in the body, both internally and externally, helping to prevent and cure bacterial infections in the colon, stomach, urinary tract and respiratory system.

Its leaves and stems are high in folic acid and essential vitamins such as pantothenic acid (vitamin B5), pyridoxine (vitamin B-6) and thiamin (vitamin B-1).

Lemongrass also contains many anti-oxidant minerals and vitamins such as vitamin C, vitamin A, potassium, zinc, calcium, iron, manganese, copper, and magnesium.

Lemongrass oil when used in aromatherapy restores and revitalizes the whole body, helping to relieve the symptoms of headaches, body-aches, nervous exhaustion and stress-related conditions.

Lemongrass tea can act as a diuretic and is highly effective in flushing toxins and waste out of the body; improving the function of many different organs including the liver, spleen and kidneys.

It can help you lose weight by shedding unnecessary water along with the impurities. This allows you to have more energy and process fat more effectively.

Many people use lemongrass as a calmativ agent; to help them deal with anxiety and nervousness People who suffer from Insomnia report its ability to help them rest and sleep deeply.

Lemongrass Chicken

Ingredients:

- 2 tablespoons fish sauce
- 3 garlic cloves, crushed
- 1 tablespoon curry powder
- 1/2 teaspoon salt
- 2 tablespoons plus 1 1/2 teaspoons sugar
- 1 1/2 pounds boneless, skinless chicken breast/thigh, cut into 1 1/2-inch pieces
- 3 tablespoons water
- 3 tablespoons cooking oil
- 2 fresh lemongrass stalks, tender inner white bulbs only, minced
- 1 large shallot, thinly sliced
- 3 chilies, seeded and minced
- 1 scallion for garnishing



Instructions:

In a bowl, combine the fish sauce, garlic, curry powder, salt, and 1 1/2 teaspoons of the sugar. Add the chicken to coat.

In a small skillet, mix the remaining 2 tablespoons of sugar with 1 tablespoon of the water and cook over high heat, stirring until the sugar is dissolved. Cook without stirring until a deep amber caramel forms. Remove from the heat and stir in the remaining 2 tablespoons of water. Transfer to a bowl.

Heat a wok over high heat. Add the oil and heat until shimmering. Add the lemongrass, shallot, and chilies and stir-fry until fragrant. Add the chicken and caramel and stir-fry until the chicken is cooked through and the sauce is slightly thickened. Transfer to a bowl and top with the scallion. Serve with rice or rice noodles.