

FOOD FOR THOUGHT: CONSCIOUS CONNECTION

There are so many ways to take control of your health. Here is a recipe and a health tip to help inspire you!

Lemon Thyme Snapper

2 (6 oz) filets of snapper (or other local white fish)	1 Tblsp extra virgin olive oil
¼ cup capers	Sea salt
Grated zest from 1 lemon	4 cups Swiss chard, washed & roughly chopped
2 sprigs fresh thyme	

Heat oven to 425° F. Place fish, lemon zest, capers & thyme in a baking dish. Drizzle olive oil on top and season with sea salt & pepper. Cover dish with foil & bake for 15 minutes. Remove from oven. Heat a sauté pan & add 1 Tblsp olive oil. When hot, add Swiss chard; cover & let steam for 2 minutes. On a pretty dish, layer fish on top of Swiss chard & spoon juices & capers over the fish. Garnish with a sprig of fresh thyme. Enjoy!



MAKE A HABIT OF READING FOOD LABELS!

The first step in taking control of your nutrition is understanding what you are eating!

The main purpose for the information you see on the front of food packages/containers is to **sell you the product** rather than to inform you of exactly **what you will be eating**. The latter, very valuable and relevant, information is located on the back of the package in the Nutrition Facts box and Ingredients list. Many times, you may even notice that what you read and see on the front may conflict with what you read on the back! Getting into the habit of turning packages over and reading these labels will help ensure you are choosing foods that contain healthy ingredients, without too much added sugar, sodium or saturated fats. Serving size, total calories, dietary fiber, protein and vitamin/mineral % are also very valuable sections to consider when choosing foods.

