

SPRING 2019

Healthy Lifestyles Newsletter

National Nutrition Month: Healthy Eating

Did you know that March is National Nutrition Month? Every March since 1980 nationwide efforts are put on educating individuals on making informed food choices and developing sound eating and physical activity habits.

Nutrition and Exercise Guidelines

Focus on Fruits and Veggies

Fruits and vegetables are part of a healthy eating lifestyle, yet some of us still struggle to get enough. According to the USDA Dietary Guidelines, half of our plate should be filled with fruits and vegetables. All varieties can count toward your daily intake; whether fresh, frozen, canned or dried. Focus on all colors of the rainbow to get the biggest health benefit. Try eating a large salad before your meal so you do not fill up on extra rice, bread or pasta. Adding veggies to your soups, stews, casseroles will allow you to "sneak" more vegetables into your day.

Moderation

We've all heard friends and family members tell us that we shouldn't eat certain foods, whether it be fast foods, or foods high in salt or sugar. A healthy diet can potentially contain all foods as long as they are eaten in moderation. So next time you have a craving for chocolate ice cream, or some potato chips, don't feel guilty. You are allowed to indulge on occasion. Just don't do it every day. Be aware of your eating habits as this will help you in balancing your food choices. It is most important to eat a mix of foods within each food group.

Exercise

Physical activity can improve your sleep and mood, reduce your stress and sharpen your focus. Even starting with 5-10 minutes a day will help you reach your exercise goal. You can add up your exercise time over the course of the day and week to reach a larger target goal. Whatever gets you moving can count; like raking leaves, walking the dog, vacuuming, running



errands or taking the stairs. Be a healthy role model by playing with your children outdoors; go on a family walk or a scavenger hunt. Over time, physical activity can help you lead a healthier life. It can lower your blood pressure, help you reach a healthy weight and lower your risk of certain diseases.

Make a Plan

There are many ways to reach your health goals. To make lifelong changes, it is important to find what works best for you and your personal tastes. Making small, easy to follow changes in your exercise and eating habits will insure more lasting success. Keep in mind the basic MyPlate principles of making half your grain choices, whole grain; choosing low fat/non-fat dairy; making half your plate fruits and vegetables; and choosing lean protein for ease of making healthy changes you can build on. For reaching your exercise goals, choose activities you enjoy and do them more often. Writing down your goals and a weekly food and activity plan can help you stay on the right track.

My Plate

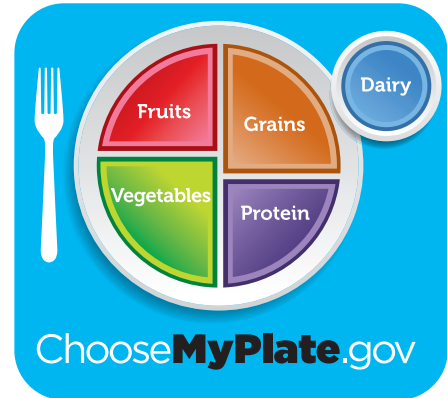
My Plate is a useful visual model of how much of a certain food group we should be eating at each meal. The amounts differ by age group.

Ages 4-8

Fruit: 1 ½ cups
Vegetable: 2 cups
Grain: 5 ounces
Protein: 5 ounces
Dairy: 2 ½ cups

Ages 9 and older

Fruit: 2 cups
Vegetables: 2 ½ cups
Grains: 6 ounces
Protein: 5 ½ ounces
Dairy: 3 cups



Recipe Corner

Strawberry Spinach Salad Recipe

Serves 4

Ingredients

- 4 cups baby spinach
- 1½ cups quartered fresh strawberries, in season
- ½ cup slivered almonds
- ½ cup crumbled cheese
- 4Tbsp chopped red onion
- 4 Tbsp extra virgin olive oil
- 2 Tbsp balsamic vinegar
- 2 Tbsp orange zest

Directions

Mix spinach, strawberries, almonds, crumbled cheese, and onion in a large salad bowl. In a smaller bowl; mix olive oil, balsamic, vinegar, and orange zest. Pour over salad & toss lightly to coat.

Recipe adapted from: *Taste of Home*

Total recipe cost: \$9.35 Cost per serving: \$2.34



Nutrition Facts

4 servings per container
Serving size (176g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 24g 31%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 240mg 10%

Total Carbohydrate 13g 5%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 174mg 15%

Iron 3mg 15%

Potassium 199mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

In the Spotlight

Fresh Truck Mobile Market Comes to Long Island

This past July, the FRESH Truck Mobile Farmers Market provided an innovative way to tackle the accessibility to locally grown fruits and vegetables on four wheels. The mobile market used a retrofitted mini bus donated by Suffolk Transportation to deliver fresh, locally grown, affordable produce to designated Northwell Healthcare sites; as well as, Adelante of Suffolk County. Family Residences and Essential Enterprise Inc. (FREE) in collaboration with Northwell Health's DSRIP, and Cornell Cooperative Extension of Suffolk County served these sites in Suffolk County. The market served 350 families with over 100 repeat patrons.

The Mobile Market ran 3 days per week and was stocked with local, fresh fruits and vegetables and offered in neighborhoods that had limited access to these healthy food choices. Families received \$15 worth of fruits and vegetables for \$5. The Fresh Truck Mobile Market accepted EBT, WIC/Senior FMNP vouchers, Fresh Connect coupons, major credit cards and cash.

Our ESNY Nutrition Educators, Seema Uppal, Melanie Levy, Amy Bly and Anthony Garcia taught participants how easy it was to prepare fresh fruits and vegetables using budget friendly, easy to prepare, nutritious recipes while providing education on the importance of eating fruits and vegetables and how healthy eating leads to better health. Many enjoyed tasting the recipes made



with the fresh produce. Additionally, participants received a reusable ESNY bag, recipe book and weekly nutrition tips.

This summer the Mobil Market will be increasing its' out-reach to additional locations and running 4 days per week. Their goal is to impact 1000 families. Plans are in place to add a second Mobil Market truck in 2019 to increase the number of families reached throughout Nassau and Suffolk Counties.

At the end of the this year, we hope that participants will continue to use their SNAP benefits to purchase fruits and vegetables at local farmers markets and continue to visit the Mobile Farmers Market. The health benefits from this behavior change will last a lifetime.



Home Gardening

Spring is here and what better way to eat healthy and exercise in your own backyard than by starting your own vegetable garden? Gardening can be a rewarding experience and also minimize or eliminate trips to the grocery store for vegetables you grow. Below is a table of different vegetable varieties and when is best to plant them.

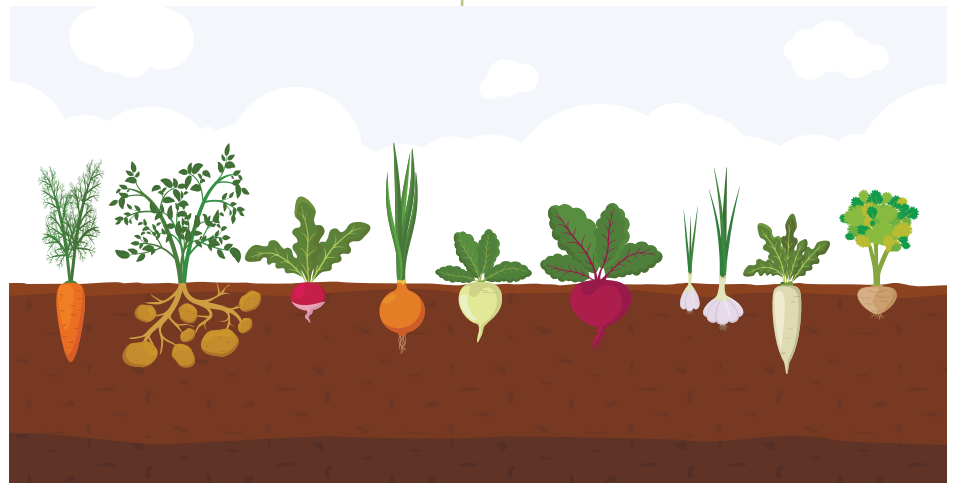
Seeding & Transplanting Dates for Vegetables on Long Island

* Indicates variety is transplanted

(x) Indicates variety may be transplanted or seeded. If transplanted, should be planted later.

(t) Indicates variety may be transplants, sets or seed.

The earliest a spring garden can be started (about April 23rd)	After the date of the last average frost (about May 7th)	After the soil has become warm in spring (about May 21st)
Beets Broccoli (x) Brussels Sprouts (x) Cabbage (x) Carrots Cauliflower (x) Celery (x) Endive Kale Kohlrabi Leeks Lettuce Mustard Onions (t) Parsley Peas Radish Swiss Chard Spinach Turnips Rutabagas	Beans Eggplant* Pepper* Popcorn Potatoes Sweet Corn Tomatoes*	Basil Cucumber Muskmelon* Okra* Pumpkins* Squashes, Summer Squashes, Winter* Watermelon*



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