

March 2016

# LIVE WELL @ WORK

## New This Issue

@ National Nutrition Month

@ Harvest of the Month

@ Swap Out—Swap In



## National Nutrition Month: Savor the Flavor of Eating Right

Sponsored by the Academy of Nutrition and Dietetics every March, National Nutrition Month is a nutrition education and information campaign designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Here are a few tips for eating right:

- Make half your plate fruits and vegetables.
- Make at least half of your grains whole grains.
- Switch to fat-free or low-fat milk, yogurt, and cheese.
- Vary your protein choices.
- Be physically active in a way that works for you.

To learn more about a healthy diet, check out [www.ChooseMyPlate.gov/](http://www.ChooseMyPlate.gov/)

For more information about National Nutrition Month visit

[www.EatRight.org](http://www.EatRight.org)

## Harvest of the Month: Mandarins and Cabbage



### FUN FACTS!

- One medium mandarin is an excellent source of vitamin C and a good source of vitamin A. Since our bodies don't make vitamin C, try to eat foods with vitamin C daily.
- A 1/2 cup of cooked cabbage is also an excellent source of vitamin C, as well as vitamin K. Both vitamins help wounds heal properly.
- Both cabbage and mandarins provide the body with fiber, which can help reduce the risk of heart disease, diabetes, and obesity.

## SWAP OUT: French Fries SWAP IN: Baked Sweet Potato Fries



Potatoes with their skin on contain valuable nutrients and fiber, but once the potatoes are peeled and deep-fried they lose most of their healthy benefits. If you love the salty crispiness of fries, baked sweet potato fries are a healthier option.

It is simple to make your own baked sweet potato fries at home! Here's how:

- Wash a large sweet potato and slice it into long wedges. Toss the wedges in a light coating of olive oil and sprinkle with a dash of salt.
- Cover a cooking sheet with parchment paper, place the wedges across evenly, and bake at 425 degrees for about 25-30 minutes, or until they begin to brown.
- Let them cool and enjoy!



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