



# LIVE WELL @WORK

## Newsletter

UC San Diego  
SCHOOL OF MEDICINE

Center for  
Community Health

MARCH 2018

### FEATURE

## National Nutrition Month

March is National Nutrition Month. This year's theme is "Go Further with Food." The focus is on the importance of eating a variety of healthful foods to maintain energy throughout the day and cutting back on food waste. Eating many different fruits, vegetables, protein, whole grains, and low-fat dairy can help fuel the body with the right nutrients to power through the day. Planning meals and snacks ahead of time is a great way to ensure a healthy eating style, plan leftover meals, and support cutting back on food waste. Remember to take an inventory of the food in your refrigerator and pantry before going to the grocery store to reduce food waste and eliminate unnecessary purchases.

### HARVEST OF THE MONTH

## Cooked Greens & Strawberries

Cooked greens are high in a variety of vitamins, including vitamin K, which is important for bone health.

Strawberries are a great source of antioxidants, which may help protect against heart disease and some cancers.



### SWAP OUT → SWAP IN

## Unplanned Meals → Planned Meals

Have you ever heard the phrase "I'm so hungry I could eat a horse?" It is just an expression, but it means that you would be willing to eat anything. This is exactly what happens in your brain when you are hungry. Many times, hunger leads to eating high-calorie, low nutrient-dense foods. This is the reason it is important to plan meals and snacks.

By preparing food in advance, you are less likely to eat the first thing you can get your hands on or stop at the drive-through on your way home from work or school. Here are some tips for taking the steps towards food prepping:

- Think in advance about the meals you want to prepare and head to the grocery store with a planned list.
- Find a free day and cook many entrees at once. You can store meals in the freezer and then later put them in the oven or microwave to heat.
- Try [www.EatFresh.org](http://www.EatFresh.org) for free and budget-friendly recipes that are created by dietitians and nutritionists.