



# LIVE WELL @ WORK Newsletter

UC San Diego | Center for  
SCHOOL OF MEDICINE | Community Health

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## FEATURE

### National Nutrition Month

National Nutrition Month is an annual nutrition education campaign created by the Academy of Nutrition and Dietetics. This campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Here are a few ways to incorporate National Nutrition Month into your workplace:

- Conduct a series of healthy weight and fitness sessions at your workplace.
- Host a taste-test of new healthier versions of recipes that are being considered in employee cafeteria.
- Organize a learning workshop on composting.

## HARVEST OF THE MONTH

### Cucumber & Grapefruit

Cucumbers are 96% water, which can help you hydrate. Try a crisp cucumber and hummus or vinegar for a healthy snack.

California grown grapefruit are in peak season from winter through spring. You can toss this citrus fruit into your salad or add to a blended zesty dressing.



## SWAP OUT → SWAP IN

### Store-bought Dressing → Homemade Dressing

Salad dressings are very easy to make at home, and can save you a lot of money. Also, homemade versions tend to be healthier because you can control the ingredients and avoid any artificial colors, flavors, and added sugars. It can also be fun to create your own version!

To make your own salad dressing, you can use either a jar with a lid or a blender. Then you simply toss in all of the ingredients and shake or blend until a desired consistency.

#### Greek Dressing Recipe:

Juice of half a lemon	1 tablespoon of dried dill
1 tablespoon red wine vinegar	2 teaspoons of honey
1/4 cup of olive oil	2 teaspoons of minced garlic

Combine all ingredients in a blender or jar with lid. Add salt and pepper to taste. Enjoy!