

MARCH

NATIONAL NUTRITION MONTH

This March let's focus on nourishing our bodies with the right foods to fuel our health and well-being. National Nutrition Month is the perfect time to explore simple ways to make healthier food choices, improve eating habits, and incorporate balanced nutrition into your daily routine.

- Eating a balanced diet can improve energy levels, boost your immune system, and reduce the risk of chronic diseases.
- Hydration plays a key role in digestion, metabolism, and brain function. Aim to drink at least 8 cups of water a day!
- Including a variety of fruits, vegetables, whole grains, and lean proteins in your meals helps provide the nutrients your body needs to thrive.

Shop Smart!

Plan Ahead: Start by planning your meals, including lunches and healthy snacks. Make a shopping list and stick to it. Avoid shopping when hungry to prevent impulse buys of unhealthy foods like sweets and packaged snacks.

Location: Shop the perimeter of the store for fresh produce, lean meats, and low-fat dairy. Choose whole-grain cereals and low-sodium products from the middle aisles. Finish by picking up frozen fruits and veggies without adding sugars or sauces, and fish without antibiotics.

Check Ingredient Labels: Choose products with short ingredient lists. A longer list often means more processing and added sugars or fats. Pay attention to the first few ingredients, as they make up the bulk of the product.

Remember! EMR employees have access to the HUSK Wellness, which includes HUSK Nutrition—a service offering virtual health and nutrition programs designed to meet individual needs.*

Through HUSK Nutrition, you will work one-on-one with a Registered Dietician who will create a personalized nutrition plan tailored to your goals, health needs, and lifestyle. Whether you are looking to improve your eating habits or get expert advice on specific nutrition questions, HUSK provides evidence-based solutions to help you thrive. Visit marketplace.huskwellness.com/nutrition for more information.

NOTE: *Your cost share per session will vary depending on your insurance (through EMR or another plan). You also have the option to pay via direct bill at \$49.99 per session.

Try this Healthy Banana Bread Recipe!

Ingredients:

- 2 cups flour
- 1 tsp baking soda
- 3/4 tsp baking powder
- 3/4 tsp salt
- Optional: 1/2 tsp cinnamon & 1/2 cup mini chocolate chips
- 1 1/2 cups mashed ripe banana (about 360g)
- 1/2 cup yogurt or additional banana
- 1/2 cup pure maple syrup, honey, or agave
- 1/3 cup oil or milk of choice
- 2 tsp pure vanilla extract

Instructions:

- Preheat the oven to 350°F and grease or line a 9x5 loaf pan.
- In one bowl, whisk dry ingredients. In another, whisk wet ingredients.
- Combine wet and dry ingredients to form a batter. Then pour batter into the pan and top with dark chocolate chips if desired.
- Bake for 40 minutes. Then, turn off the oven and let the bread sit in the closed oven for 10 more minutes.
- If undercooked, cover with foil, turn the oven back on, and bake in 5-minute intervals until a toothpick comes out clean.
- Cool completely, then refrigerate overnight. Flavor improves the next day.
- Slice and freeze leftovers for up to a month!

Sources

- <https://healthylearn.com/connerstrong/lh/to-market%2c-to-market%2c-shop-smart.html>
- <https://healthylearn.com/connerstrong/lh/healthy-eating-basics.html>
- <https://healthylearn.com/connerstrong/lh/an-in-depth-look-at-food-labels.html>



**METAL
RECYCLING
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