

NIGHTHAWK WELLNESS NEWSLETTER

Nutrition Awareness—National Nutrition Month

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The key to achieving optimal health is through commitment to healthy lifestyle behaviors, focused on maintainable and enjoyable eating practices and daily physical activity. As part of National Nutrition Month return to the basics of healthful eating and active living. Adopt a healthy lifestyle focused on making informed food choices, consuming fewer calories, and getting daily exercise.

Eating Right Isn't Complicated!!!

Simply begin to shift to healthier foods and beverages.

Recommendations:

Emphasize fruits, vegetables, whole grains and low fat or fat free dairy products. Include lean meats, poultry, fish, beans, eggs and nuts. Make sure your diet is low in saturated fats, trans fats, salt and added sugar.

Focus on a variety from all food groups to receive the best nutrients for your body.

Know your fats!! Look for foods low in saturated fats and trans fats. Most fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition panel for total fat and saturated fat.



SALSA CHICKEN

PREP TIME: 1 MIN

COOK TIME: 4 HOURS

TOTAL TIME: 4 HOURS 1 MIN

INGREDIENTS

- 4 boneless, skinless chicken breasts (about 2 lbs. total)*
- 2 cups favorite salsa
- salt and pepper
- (optional: fresh lime wedges for serving)

DIRECTIONS:

Place chicken breasts in a slow cooker and cover with salsa. Toss until the chicken is covered. Cover and cook on high for 4 hours (or low for 6-8 hours), or until the chicken shreds easily with a fork. Shred the chicken in the slow cooker and toss with the remaining salsa and juices until well-mixed. Serve immediately, or refrigerate in an airtight container for up to 5 days. (This chicken also freezes well.)
 *You can really use just about any cut of chicken for this recipe. For easy shredding though (so that you don't have to mess with bones), I recommend boneless chicken breasts or thighs. This should be about 2 lbs. of chicken total.

Exercise for the Month is Cardiovascular Health. Two times per week for 30 minutes. This week aim for 3 to 4 days.

Treadmill—Start with a comfortable walk. Increase your speed or incline to increase difficulty.

Modifications to treadmill—Recumbant Bike or Elliptical Machine.



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