

Thanks a Billion!

WELL AWARE



Good nutrition is one of the most important factors for good health. You can dramatically improve your health by doing simple adjustments to your eating habits.

You'll notice a big difference in your energy levels if you regularly eat foods that have a lot of vitamins and minerals in them, such as fruits, vegetables, whole grains and low- or non-fat dairy.

There is no doubt that eating well can maximize our life experience.

Eating Well - ANYTIME!!

Making healthful food choices is much easier than you thought possible. There's no need to follow a complicated diet, to count every calorie or to avoid your favorite foods. Even better, it's easy to eat healthfully ANYTIME of day – ANYWHERE you decide to eat.

With a few simple guidelines, you can enjoy power foods from morning 'til night. Look for tasty choices everywhere – at home, in restaurants and at the supermarket.

- ✂ Eat early: Start every day with a protein, a whole grain and a piece of fruit.
- ✂ Snack regularly: Include a protein for maximum satisfaction and lasting energy.
- ✂ Select bright colors: Pick colorful fruits and vegetables to fill half your plate.
- ✂ Go for lean: Choose lean meats and skinless poultry to minimize your saturated fat.
- ✂ Choose crunchy: Go for grains, nuts, seeds and vegetables to pump up your fiber.

What you eat all day doesn't just impact your health and weight; it affects your productivity, too.

Luckily, there are plenty of quick, easy, and inexpensive healthy snack options.

- ✂ Almonds
- ✂ Hot Air Popcorn
- ✂ Fresh Fruit
- ✂ Dried Fruit
- ✂ Dry Cereal
- ✂ Pretzels
- ✂ Wasabi Peas
- ✂ Hard-boiled Egg
- ✂ Tomato Juice
- ✂ Yogurt
- ✂ Pumpkin Seeds
- ✂ Chocolate milk
- ✂ Vegetables and Hummus
- ✂ Mini Flavored Rice Cakes
- ✂ Apples and Peanut Butter
- ✂ Frozen Banana – instead of ice cream
- ✂ Cottage cheese topped with superfruits
- ✂ Protein Bar: Be careful with these! Some protein bars are packed with calories. Check the ingredients and make sure the one you pick has fruit, nuts, no sugar and unpronounceable ingredients and fewer than 200 calories



Easy quick and fun

Mini Black-Bean Mash Taco

Heat 1/2 cup of black beans in the microwave with 1 tbsp of salsa. Mash and fold it inside a small flour tortilla. Store in a small Tupperware container for easy transport.

Shake It Up

The "Protein Creamsicle:" 1 scoop vanilla whey protein powder, 1 cup orange juice, and 1 cup ice blended until smooth.

The "Star-buffs Shake:" 1 cup iced coffee (with ice) and 1 scoop chocolate whey protein, blended.

Tip - Hide your weakness

If you see it, you'll eat it. If you don't see it, you'll still eat it just not as much. That's what "Project M&M" at Google's New York office found. Managers placed the chocolate candies in opaque containers as opposed to glass ones, and put healthier snacks like nuts and figs more prominent, and curbed M&M intake by 3.1 million calories in seven weeks. A similar study in the Journal of Marketing found that people are more likely to overeat small treats from transparent packages than from opaque ones.

Out of sight, out of mind, out of mouth.

The Benefits of Breakfast

The right breakfast foods can help you concentrate, give you strength, and maintain a healthy weight. No matter how busy you are, it's important to fuel your body so that you can have energy throughout the day. Eating a good breakfast sets the tone for the rest of the day. So don't overlook this important meal. Select healthy options that fit your taste and lifestyle.

Blueberry Flax Microwave Muffins

Making muffins from scratch each morning is easier than you might think. Mix ¼ cup quick-cooking oats, ¼ cup fresh or frozen blueberries, 1 tsp baking powder, 2 tbsp ground flax, 2 tsp cinnamon, 1 tsp olive oil, 2 egg whites, and a sprinkle of sugar or other natural sweetener in a microwave-safe container. Cook on high for 50 to 60 seconds. Let it cool, throw a top on it, and enjoy whenever the hunger pangs hit.

Chunky Monkey Shake

Blend 1 medium banana, 1 tbsp peanut butter, and 1 cup of chocolate milk with 1 cup of ice for a protein-packed pick-me-up.



Easy Oatmeal Raisin Cookies

In a microwave-safe bowl, mix ¼ cup oats, 1 tsp brown sugar, 1 tbsp flour, 1 egg white, ¼ tsp vanilla, ¼ tsp baking powder, 1 tsp cinnamon, and 1 tbsp raisins. Flatten mixture into bottom of bowl and microwave on high for 45 seconds. Cool, pop it out of the bowl, and enjoy!

Cinnamazing Pancakes

Mix 4 egg whites, ½ cup rolled oats, ½ cup low-fat cottage cheese, ⅛ teaspoon baking powder, and ½ teaspoon pure vanilla extract, ½ tsp cinnamon, ½ scoop vanilla protein powder. Cook on a griddle. Top with fresh berries or sliced banana.



Ever wonder where the saying "Cool as a Cucumber" comes from? The inside of a cucumber is 20 degrees F cooler than the outside.

Ten Tips to eat more Vegies

1. Discover fast ways to cook - Steam fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal.
2. Be ahead of the game - Cut up bell peppers, carrots, or broccoli. Pre-package them for handy use in a salad, steam, to dip or in a wrap.
3. Choose vegetables rich in color - Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes or collard greens. Healthy and delicious!
4. Check the freezer aisle - Frozen vegetables are quick and easy to use and are just as nutritious as fresh. Try adding frozen beans, spinach or sugar snap peas to your favorite recipe or as a side dish.
5. Stock up on vegetables - Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms and beets. Select those labeled as "reduced or no salt added".
6. Make your garden salad glow with color - Brighten your salad by using colorful vegetables like red bell peppers, shredded radish, red cabbage, kale.
7. Sip on vegetable soup - Heat it and eat it. Try tomato, butternut squash, and garden vegetable – reduced or no sodium.
8. While you're out - Order an extra side of vegies or side salad instead of fries or mashed.
9. Savor the flavor of seasonal vegetables - Buy vegetables that are in season for maximum flavor at a lower cost.
10. Try something new – You never know what you may like. Choose a new vegetable by adding it to your recipe or check out how to use it on-line.

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