Cancer Control Month

April is cancer control month, let’s focus on what we can do to reduce our risk of cancer. It’s time to educate ourselves to prevent cancer and its treatment complications. In the United States, men have nearly a 1 in 2 lifetime risk of developing cancer; for women, the risk is closer to 1 in 3. Lifestyle changes, along with early detection, can help prevent nearly half of the most common cancers, according to the American Institute for Cancer Research. Did you know that your diet is one of the most important factors under your control to prevent cancer risk? Nutrition guidelines for cancer prevention are similar to those for preventing heart disease and diabetes.

Here is some general information from the Academy of Nutrition and Dietetics Association to help you focus on lowering your risk of cancer.

- **Keep a healthy weight.** Limit foods with added sugars and fats that provide a lot of calories but few nutrients.
- **Eat vegetables, fruits, whole grains and legumes.** Fill half your plate with fruits and vegetables and make at least half your grains whole grains.
- **Limit your meat portions.** Choose a variety of protein foods, including seafood, poultry, lean meat, legumes, eggs and nuts.
- **Limit alcohol.** If consumed at all, limit alcoholic drinks to no more than one drink daily for women and two for men.
- **Consume less salt (sodium).** Read food labels to learn exactly how much sodium is in a product.
Your Body On GREENS

Meet & Eat the Greens
- Lettuce
- Spinach
- Kale
- Collards
- Arugula
- Cabbage

HOW THEY WORK

1. Leafy greens contain: Nitrate
2. Body converts to: Nitric Oxide (NO)
3. More oxygen & blood delivered to muscles.

Feel ENERGIZED
Increase Power & Strength
Recover Faster
Go Harder, Longer

References:

Leafy Greens also contain:
- B-Vitamins for energy production and muscle growth
- Antioxidants to reduce inflammation and muscle soreness

www.DawnJacksonBlatner.com
Try this breakfast smoothie to jump start your day!

Ingredients
- 1 cup water
- 1 cup (packed) kale
- 1/4 cup (not packed) fresh parsley
- 1 banana
- 1/2 green apple, cored and chopped (Note: Rub lemon juice on other 1/2 and enjoy as snack later)
- 1 teaspoon fresh grated ginger or a pinch of ground ginger
- 1 teaspoon fresh lemon juice
- 1 teaspoon raw honey

Directions: Combine all ingredients in a blender and mix until smooth

Nutrition Facts: Serving size 16oz, Number of Servings 1
Calories 220 calories, Calories from fat 9
Total fat 1g, Sat fat 0g, Trans fat 0g, Cholesterol 0g
Sodium 50mg
Carbohydrates 54g, Dietary fiber 7g, Sugars 30g
Protein 4g
Earth Day is coming up this month and the best way to celebrate the earth is to do our best to protect it! Here are some ideas to incorporate daily to help protect our plant:

- Walk or bike to school, take the bus, or carpool. Transportation is the biggest producer of greenhouse gases, which contributes to the warming of our atmosphere and changes in climate.

- Make an effort to conserve energy. Making small changes such as unplugging your appliances when you aren’t using them and dressing for the weather instead of turning on your AC can add up to a big impact. Saving energy doesn’t just save you money, but it also means that we don’t have to produce as much energy from polluting non-renewable sources.

- Pack a zero-waste lunch. By making Earth-conscious choices such as bringing a whole apple instead of apple slices in a disposable plastic bag for a snack, you can help our planet by preventing unnecessary waste being sent to a landfill.

- Eat fewer animal products. Did you know it takes 616 gallons of water to produce the patty on a burger? Because some foods use more resources to produce than others, the food you choose to eat every day can have a big impact on the Earth.

The power of being positive can change your life by leading you to success and happiness. It helps you cope with daily life and stress that can negatively effect your health. Having a positive attitude brings optimism into your life and helps you avoid worries and negative thinking.

Make way for positivity:

**Set intentions, Not Goals.** Finite goals like, “lose 15 pounds” can lead towards feelings of failure and body guilt, whereas “sweat every day” can lead towards body-positive practices and general feelings of I-Love-Myself. You may still also lose 15 pounds in the end!

**Get Real Fuel.** Most Americans get WAY too much caffeine and then are surprised when they feel stressed and annoyed at work all day, or like their head could pop off in rush hour traffic. Start refueling your body with healthy food choices rather than only refilling your coffee cup during the day.

**Rest Yourself.** Even though a good stroll down Facebook and Instagram can delight and amaze our feelings of possibilities, it’s just not calming to our stress hormones. The light from our phones emulate the sun so that our bodies think it is day time, so they adjust and we stay awake. Suggestion, buy an alarm clock and leave electronic devices in the other room, this can do wonders for you sleep quality.

**Be Intentional about what you Consume.** If your goal for 2017 is to feel the best you’ve ever felt, then ask yourself: What daily habits are directly sabotaging my intentions? What news channels make me anxious? Who do you follow on social media that consistently trigger feelings of, “I’m not good enough”? Why make your self feel bad? Be intentional about what you are allowing into your life, relationships and beliefs.

These tips can help you rethink your attitude and bring more positivity into your life. You will feel better and have a better outlook on your life and in turn be a healthier you!
CILANTRO LIME PASTA SALAD

INGREDIENTS

- 4 ounces dried whole wheat rotini pasta
- 1/4 cup lime juice
- 1/4 cup fresh cilantro leaves
- 2 tablespoons olive oil
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- Nonstick cooking spray
- 1 pound skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups grape tomatoes, halved
- 1 cup finely chopped red onion (1 large)
- 1 medium mango, seeded, peeled, and cut into 1/2-inch pieces
- 1 medium avocado, seeded, peeled, and cut into 1/2-inch pieces
- 3/4 cup chopped yellow sweet pepper (1 medium)
- 3/4 cup chopped red sweet pepper (1 medium)
- 1 fresh jalapeno chile pepper, seeded and finely chopped*
- Lime wedges (optional)

DIRECTIONS

1. Cook pasta according to package directions; drain.
2. Meanwhile, for dressing, in a blender combine lime juice, cilantro, oil, sugar, 1/2 teaspoon salt, garlic powder, cumin, and cayenne pepper. Cover and blend about 30 seconds or until well mixed. Set aside.
3. Lightly coat the rack of an indoor electric grill with cooking spray. Preheat grill. Sprinkle chicken with 1/2 teaspoon salt and black pepper. Place chicken on grill rack. If using a grill with a cover, close lid. Grill until chicken is no longer pink (170 degrees F). (For a covered grill, allow about 6 minutes. For an uncovered grill, allow 12 to 15 minutes, turning once halfway through grilling.) Cut chicken into bite-size pieces.
4. In a large bowl combine pasta, chicken, tomatoes, red onion, mango, avocado, sweet peppers, and jalapeno pepper. Pour dressing over pasta mixture; toss gently to coat. If desired, serve with lime wedges.

Makes 5 servings, 2 cups each; 357 calories per serving, 13g fat, 37 g carb, 24g protein