National Nutrition Month is a nutrition and education campaign created by the Academy of Nutrition and Dietetics. It focuses on the importance of making healthy food and lifestyle choices for better health.

This year the theme is “Savor the Flavor of Eating Right.” Encouraging everyone to take time to enjoy food traditions, appreciate the pleasures, great flavors and social experiences that food brings to our lives.

It is important to not only be mindful of what we eat but how, when, why and where we eat. As a Native American community, food is the basis of our social gatherings. Let’s take time to promote healthy food choices and habits with our families.

This month develop an eating pattern that includes nutritious and flavorful foods for you and your family to enjoy!

HEALTH AND WELLNESS FAIR 2016

The Wassaja Memorial Health Center, Healthy Futures Program will be holding the annual health and wellness fair. Come join us March 23, from 11am to 2pm at the recreation center. There will be over 45 vendors providing health education and information. Raffle prizes, health screenings, free T shirts and lunch will be provided.
Anyone can call themselves a nutritionist, but a Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN) has completed multiple layers of education and training established by the Academy of Nutrition and Dietetics (AND). Many RDs have certifications in specific health areas such as diabetes, sports nutrition, kidney disease and pediatrics.

They serve as important messengers to individuals and communities on how to live healthy lives through food and nutrition.

RDs provide the highest level of medical nutrition therapy, nutrition counseling and personalized nutrition education and advice. They can help you weed through the misinformation that is advertised on TV and in the news to know what is true and accurate.

So if you want to slim down, lower your cholesterol or simply eat better, an RD is your food and nutrition expert. Our community has 2 RDs at Wassaja Memorial Health Center. Schedule your appointment today!
Eating healthy for diabetes is similar to eating healthy in general. Just like for heart disease, cancer prevention and weight management. To successfully manage diabetes it takes understanding how food and nutrition effect your body. Balancing carbohydrate, fat and protein will help your blood sugar levels stay stable.

The keys to eating healthy for diabetes are: eating meals and snacks at planned times, trying to eat the same amount of food at each meal and snack, choosing foods that support a healthy heart and weight. Controlling your blood sugars is important and it takes time. Work with your Registered Dietitian or Diabetes Educator to make a plan that is individualized to your food preferences and lifestyle. Plan your healthy meals by choosing a variety of foods that contain the right amounts of carbohydrate, fat and protein. The right amount of these nutrients depends on the total amount of calories you need for the day. Schedule an appointment with the dietitian to develop a healthy eating plan that is right for you.
Simple ways to eating right

Eating healthy doesn’t have to be complicated. Start by simply switching to healthier foods and beverages. Emphasize whole grains, fruit, vegetables and low fat dairy products to build a healthy plate. Here are some tips from the Academy of Nutrition and Dietetics to dedicate yourself to a healthy lifestyle.

1. Eat breakfast or small snack in the morning
2. Make half your plate fruit and vegetables
3. Watch portion sizes
4. Be active
5. Fix healthy snacks for on the go
6. Get to know food labels
7. Consult a Registered Dietitian
8. Follow food safety guidelines
9. Get cooking at home
10. Dine out without ditching your goals
11. Plan family meal time
12. Pack your lunch
13. Drink more water
14. Explore new foods and flavors
15. Seafood twice a week
16. Cut back on added sugars

Work with your Registered Dietitian to help develop and healthy eating plan that is right for you and your family!

Remember!
There is no one diet for everyone, so it's important to follow a healthy eating plan full of foods from all the food groups in a variety of colors.
Many times we think that eating healthy is too expensive. Farmers markets are a great place to find fresh, locally grown produce and often times this may be cheaper than going to the grocery store. Here are some ideas and suggestions for bringing the farm back to your table.

- Don't be shy, talk to the farmers and vendors
- Bring cash and reusable bags
- Be flexible, accept that the produce may not look perfect
- Learn what is in season
- Challenge yourself to try something new
- Plan ahead by bringing a list of what you want

For locations and information about where your local farmers markets are go to www.localharvest.org
www.borderlandfoodbank.org
www.arizonafarmersmarket.com

Here are some tips for buying produce at a farmers market
- Buy vegetables with firm skin that isn’t shriveled
- Avoid asparagus with woody ends, dry split ends are signs of aging
- Avoid severely bruised fruits and veggies
- If you want your pick of the best looking produce go early
- Look for fragrant and heavy fruits

“When it’s picked ripe that’s when it’s at peak freshness, peak flavor and peak nutrients.”
Joan Salge Blake, MS, RD
Here’s a short list of the fruits and vegetables that are in season.

Apricots, Asparagus, Broccoli, Cactus, Honeydew, Limes, Mango, Oranges, Pineapple, Spinach, Strawberries

This doesn’t mean you cannot get these foods at any other time of the year, it just means they taste the best when they are in season.

Preparing asparagus to cook: rinse the spears in cold water, snap off the woody base of the spear it should break easily.

They are ready to cook as you wish

**Penne with Asparagus, Spinach, and Bacon**

Here is a quick and easy way to enjoy asparagus in the spring time.

**Ingredients**

- 8 ounces uncooked penne pasta
- 2 bacon slices
- 1/2 cup chopped sweet onion
- 2 1/2 cups (1-inch) slices asparagus (about 1 pound)
- 1 1/2 cups fat-free, less-sodium chicken broth
- 4 cups bagged baby spinach leaves
- 1/2 cup (2 ounces) preshredded Parmesan cheese, divided
- 1/4 teaspoon black pepper

**Preparation:**

Cook pasta according to the package directions, omitting salt and fat. Drain; keep warm

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble.

Add onion to drippings in pan; sauté 1 minute.

Add asparagus and broth to pan; bring to a boil. Reduce heat, and simmer 5 minutes or until asparagus is crisp-tender.

Add pasta, spinach, 1/4 cup cheese, and pepper to pan; toss well.

Sprinkle with remaining 1/4 cup cheese and bacon.

Recipe serves 4 servings (serving size: about 1 1/2 cups pasta mixture and 1 tablespoon cheese)