

Employee Benefits Newsletter

MARCH 2009

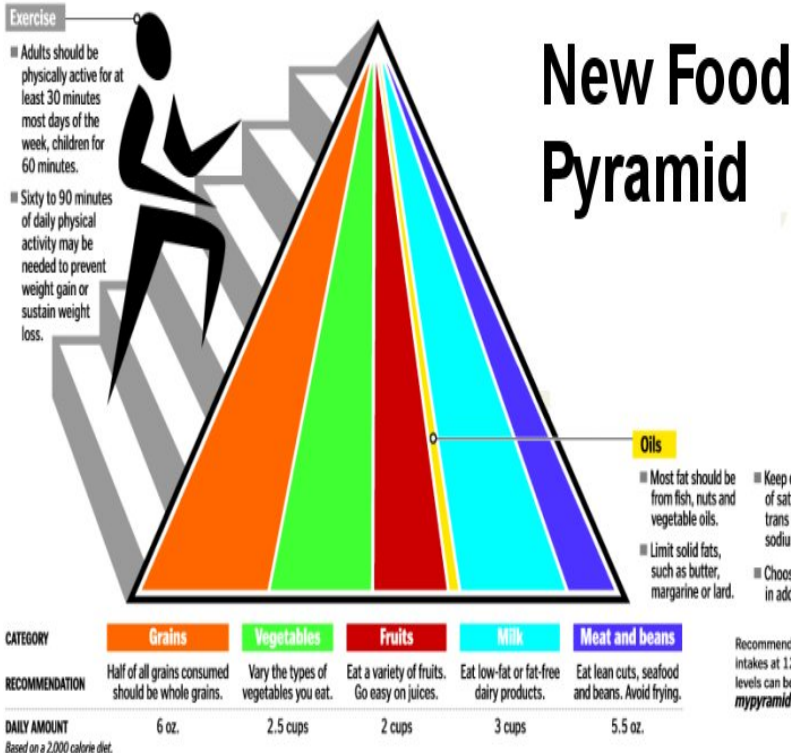
March is Nutrition Awareness Month

The food and physical activities decisions you make today, affect your health and how you feel in the future. Eating right and being physically active are the key to a healthy lifestyle.



Make smart choices from every food group - Give your body a balanced nutrition that it needs by eating a variety of nutrient packed foods everyday and staying within your daily calorie needs. Emphasize on fruits, vegetables, whole grains and fat-free or low-fat milk and milk product. A healthy eating plan also includes lean meats, poultry, fish, beans, eggs and nuts. It's also low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Get the most nutrition out of your calories - Choose the most nutritionally rich foods you can from each food group. Those packed with vitamins, minerals, fiber and other nutrients but low in calories. Eat a variety of fruits whether fresh, frozen, canned or dried. You'll need to eat 2 cups of fruit for a 2,000 calorie diet. Eat more orange and dark green vegetables, such as sweet potatoes, carrots and broccoli. Include beans and peas such as pinto beans, kidney beans and lentils. Have 3 cups of low fat or fat free milk everyday. You may substitute the milk for yogurt or cheese. Eat at least 3 ounces of whole grain cereals, breads, rice or pasta everyday. Choose lean meat or poultry, you can bake it, broil it or grill it. Vary your protein with more fish, beans, peas or seeds. Limit yourself on fats, salt and sugars. Consume foods low in saturated fats and trans fats. Drink beverages with little salt and little added sugars.



Balance between food and physical activity

- Including regular physical activity in your lifestyle is important for your health. It helps control body weight, and reduces the risk of chronic illness. Be physically active for at least 60 minutes a day for greater health benefits and to help control body weight.

Be safe with food

- To keep yourself and family safe prepare, handle and store food properly. To avoid spreading bacteria clean hands, food contact surfaces, fruits and vegetables. Keep raw foods separate from ready to eat foods at all times. Cook meat, poultry and fish properly to kill microorganisms. Perishable foods must be chilled promptly and thaw food properly.