



*Fields to Families is committed to providing nutritious food to those in need in our community. As an integral part of this effort, our health & nutrition newsletter is intended to help everyone involved in Fields to Families — volunteers, donors, and recipients — become informed about how to live a healthy lifestyle.*

## From Breakfast to Dinner: Navigating the Grocery Aisles in the Most Nutritious Way

Now that spring has begun, it is important to revisit your resolutions for the New Year, reflect on your successes, and examine the areas that are giving you some trouble.

Have you been asking yourself: How can I make slight adjustments to better meet my goals? Do my goals need to be readjusted to fit into my life a little easier?

If so, the following tips will help you better navigate the grocery store aisles; there is a lot of food out there, and these tips will help you find the answers to your questions, starting with the first meal of the day.

### *Build a better breakfast!*

If you, like many of us, start your morning off with a bowl of cereal and mix in some fresh berries & low-fat milk, you are giving your body the energy boost it needs to start the day right! Here are some guidelines for choosing your morning bowl.

For your cereal, look for:

- 6 grams of sugar or less per serving
- At least 3 grams of fiber per serving
- Whole grain as the first item on the list of ingredients

Avoid:

- High fructose corn syrup & artificial colors

Be aware:

- “Less sugar” may just mean that the cereal contains artificial sweetener, but is still a sweet cereal.
- Serving sizes vary between cereals. If you like to have a bigger bowl in the morning, look for the cereal with the biggest serving size in relation to calories.

### *An economic way to start the day includes... OATMEAL!*

Oatmeal is full of soluble fiber which helps our bodies cleanse our systems and gets rid of cholesterol. It is also chock-full of antioxidants and minerals. Buy oatmeal the “old fashioned” way and it will only take 5 minutes on the stove top. Buying rolled oats or old fashioned oats cuts down on packaging. Another bonus is that it allows you to add what you want without all of the added sugar.

### *Don't overlook a nutritious and filling lunch!*

Many of us are on the go during the middle of the day and it is easier to skip lunch, grab a protein bar, or pull up to the local drive-through and eat on the run. Some days these options are unavoidable; allow yourself some slip-ups and you will find much more success in meeting your goals. Remember we are all only human, just try your best.

Planning ahead will help you to avoid these pitfalls. Pick a day before you head back



to work and decide on lunch options that you would like to have available. Make a list and head to the store. Here are some tips to make your sandwiches guilt-free and enjoyable:

When choosing the bread for your sandwich, keep this in mind: A large roll can weigh 5 ounces, the weight of 5 slices of bread. Pay attention to the weight of your bread per serving and limit your sandwich to 2 ounces only! Another alternative is a wrap or pita pocket; it doesn't have fewer calories than regular bread, but you can fill it with more veggies, making a more satisfying midday meal!

Get creative with your sandwiches and salads, otherwise you will get stuck in a rut and be more inclined to run out to the local fast food place or order take out (both will affect your wallet and your waistline if

► *continued on page 2*

## Get In Some Exercise – All You Need Is 10 Minutes!

► continued from page 1

done too often!). Some ideas include: fresh spinach, roasted red peppers, hummus, and vinaigrettes instead of mayonnaise. Try different cheeses you like...also recreate sandwiches at home that you enjoy at the local delis; chances are they will be just as good and better for you!

### *Don't lose steam when it's time for dinner!*

You have done such a great job all day, eating well and being mindful of your decisions. Dinner time is no exception. Sit down one day a week (maybe the same day you decide what to have for lunch) and make a list of dinners you would enjoy. Consolidate your list and check out your own pantry so you don't get extra or forget a key ingredient.

Once you get home from the store, make up one or even two of the dinners that you had planned to allow enough for leftovers. No one wants to cook dinner every night, right?!

Here are some great make-ahead meals: Soup — make it vegetarian and then your family can add pulled rotisserie chicken when they reheat it if they want. Baked pasta or lasagna — add spinach, mushrooms, and squash between the layers for added nutrients. Serve with a salad on the side.

Try Mexican night: beans, rice, salsa, lettuce, sour cream, and all your favorite toppings create an easy and family-friendly meal. It also makes a great salad for work the next day!

Remember to enjoy the process of filling your body with satisfying and healthy food! Make it a part of your everyday routine and it will no longer be a chore, but something you can get creative with.



**A**fter a great day of healthy eating, head outside to enjoy the extra hour of sunshine and daylight to get your family moving!

Make time in your day for three 10-minute exercises, and you will feel stronger, leaner, and happier.

If you have more time to exercise then take full advantage, but no more excuses if all you need is 10 minutes.

Exercises you can do in 10 minutes:

- Walk around the block, increase the pace as you go and then slow down for your last 2 minutes.
- Increase your pace even more and alternate every 2 minutes between moderate and fast walking. Allow time to cool down (about 1 – 2 minutes).
- Alternate between jumping jacks, crunches, and pushups. Do as many jumping jacks as you can until you have to stop then cool down by marching in place for 30 seconds – 1 minute, then move on to crunches, cool down, then push ups until the 10 minutes has expired.
- Find some stairs to work into your walking routine or a hill you can climb to challenge your body.
- Do lunges while walking or use your driveway when you return from your walk. Aim to do two sets of 10 for each leg after your 10 minute walk and then stretch while your muscles are still warm.

Each day brings new challenges and a fresh start. Make the most out of each day by planning your week ahead and setting goals for your week. If you look at the week ahead, you will be able to prioritize the things you want or need to get done and re-prioritize the things that can wait.

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*This nutrition newsletter is brought to you by Fields to Families, a nonprofit organization with a mission of increasing nutrition to the area hungry by coordinating distribution of fresh produce obtained by local gardens and farms. For more information, visit [www.fieldstofamilies.org](http://www.fieldstofamilies.org). Writing and editing for Health Matters generously donated by Alice Robinson, unless otherwise noted. Graphic design and layout by Lindsey Salmony.*

