Put Your Best Fork Forward!

March is National Nutrition Month®, and the theme this year is “Put Your Best Fork Forward.” When it comes to your health every bite counts—the power to nourish your body is literally in your own hands. The 2015 American Dietary Guidelines list ten nutrients that are commonly under-consumed in the American diet. These include potassium, fiber, magnesium, calcium, and vitamins A, D, E, and C, among others. Increasing consumption of vegetables, fruits, whole grains, and low-fat dairy foods will increase your intake of these key nutrients, and benefit your overall health.

Making small healthy changes adds up over time. Whether it’s replacing a sugary drink with water, eating fruit rather than sweets, or eliminating high-calorie coffee beverages with an energy-boosting snack, every choice makes a difference. Maybe you’d like to eat more fruits and vegetables, or replace refined grains with whole grains. Whatever your goals are to nourish your body, you can make the healthier choices with each meal or snack. How can you begin to put your best fork forward?

We’re excited to share a few of our favorite healthy recipes with you. Hope you enjoy!

Smart Snacking

Choosing smart snacks will help stabilize blood sugar levels, prevent cravings, and maintain or even increase energy levels. A smart snack includes a complex carbohydrate, protein, healthy fat, and fiber. Here are two of our favorites:

Blueberry Parfait (1 serving)
6 oz. nonfat, plain Greek yogurt
1 tsp. honey
Dash of vanilla extract
Dash of cinnamon
½ cup blueberries
½ oz. walnuts (7 halves), chopped

Mix the honey into the yogurt. Add in cinnamon and vanilla extract for desired sweetness. Stir in the blueberries and sprinkle with chopped walnuts.

Nutrition Facts: 250 calories, 12 grams protein, 10 grams fat (1 gram saturated fat), 30 grams carbohydrate, 3 grams fiber

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Apple with Almonds (1 serving)
1 oz. raw or dry roasted almonds (20)
1 medium apple, with skin

This is an easy, grab-and-go snack. For variety, slice the apple, sprinkle with cinnamon, and shake in a bag or container.

**Nutrition Facts:** 260 calories, 6 grams protein, 15 grams fat (1 gram saturated fat), 30 grams carbohydrate, 7 grams fiber

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**Power Up Your Day with Breakfast**

Your mom may have told you breakfast was the most important meal of the day. While all meals are equally important, a good breakfast starts the day off with your tank filled up with premium fuel. Skipping breakfast, loading up on coffee full of cream and sugar, or eating all carbs at breakfast sets you up for low-energy and increased appetite through the day. A premium grade breakfast includes high protein (20–30g), fruits and/or vegetables, and other slow carbohydrates like unprocessed whole grains.

**Spanish Breakfast Bowl (1 serving)**

½ cup cooked quinoa
1 egg, plus 1 egg white
2 tbsp. black beans from can (rinsed)
¼ small avocado, sliced
1 small tomato, chopped
1 tbsp. chopped cilantro (optional)
Dash of salt and pepper (optional)

1. Add warm, cooked quinoa to bowl.
2. Spray a nonstick pan with olive oil and cook the egg and egg white. Cook eggs the way you like them (scrambled or fried*).
3. Top the warm quinoa with the eggs, and then top with remaining ingredients.

*For safety, be sure to cook yolk until firm. If you prefer a slightly runny yolk, look for pasteurized eggs at your store to reduce risk of food poisoning.

**Nutrition Facts:** 300 calories, 17 grams protein, 11 grams fat (2 grams saturated fat), 33 grams carbohydrate, 8 grams fiber

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**Interested in working with a registered nurse and/or registered dietitian?**

Learn more at PacificSource.com/member/condition-support-program, or email us at yoursupport@pacificsource.com.

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Make Your Veggies Leafy

Here’s a delicious way to eat more vegetables. This powerhouse salad is loaded with nourishment in every bite. Boost your immunity with more than a day’s worth of vitamins C and A, and select a tofu that is prepared with calcium to get nearly a third of your daily calcium needs. This salad will help your cells sparkle.

Blueberry Beet Salad (2 servings)

Salad
4 cups spring green salad mix
1 bell pepper
½ cucumber
1 cup blueberries
½ cup grated beets
2 roma tomatoes
6 oz. firm tofu
½ tsp. turmeric
Spray olive oil for tofu stir-frying

Dressing
1 tbsp. extra virgin olive oil
1 tsp. white wine vinegar
½ tsp. mustard

1. In a large bowl, add chopped bell pepper, cucumber, and tomatoes to the spring green mix. Add blueberries and grated beets.
2. Make dressing: Combine olive oil, mustard, and white wine vinegar in a small jar. Shake and pour over salad. Lightly toss.
3. Chop tofu into small cubes, place in pan with a little olive oil spray for stir frying, add turmeric, and turn continuously for about 8–10 minutes on low heat. Take off stove and allow to cool.
4. Add to salad mix.
5. Serve and enjoy!

Nutrition Facts: 250 calories, 12 grams protein, 14 grams fat (2 grams saturated fat), 27 grams carbohydrate, 8 grams fiber

Brighten Your Dinner with Latin Flavors

A perfect blend of protein, whole grains, and colorful vegetables—this delicious dish is loaded with B vitamins, magnesium, iron, and vitamins C and A. Save some for breakfast or lunch the next day. This recipe is adapted from Bell Pepper, Bok Choy, and Pork Stir-Fry from EatingWell magazine, http://www.eatingwell.com/recipe/251321/bell-pepper-bok-choy-pork-stir-fry.

Citrus Pork Stir-Fry (4 servings)

3 tbsp. canola oil
1 lb. pork tenderloin, fat removed, and cut into 1-inch strips
3 cups 1-inch strips red bell pepper (about 2 large peppers)
1 bunch scallions, in 1-inch pieces
3 cloves garlic, minced
4 cups chopped bok choy
2 cups cooked brown rice

Sauce
¼ cup fresh lime juice
¼ cup fresh orange juice
2 tbsp. chopped cilantro (optional)
1 tbsp. extra-virgin olive oil
2 tbsp. cornstarch
¾ tsp. salt
½ tsp. ground cumin
½ tsp. oregano
½ tsp. ground pepper

1. Cook the brown rice according to package directions.
2. While rice is cooking, combine all the sauce ingredients in a bowl and chop and prepare all ingredients.
3. Heat a 14-inch wok over high heat. Add 1 tbsp. of oil and swirl to coat pan. Add pork and stir-fry until just cooked (2–4 minutes); transfer to a plate.
4. Swirl in another 1 tbsp. oil and add bell pepper and scallions. Stir-fry 2 minutes or until the vegetables are tender. Transfer to plate.
5. Add 1 tbsp. of oil and add garlic and bok choy. Cook until tender.
6. Return the pork, peppers, and scallions to the wok. Add the sauce ingredients from bowl and cook, stirring gently until all ingredients are well coated.
7. Serve over ½ cup cooked brown rice.

Nutrition Facts: 420 calories, 29 grams protein, 17 grams fat (2.5 grams saturated fat), 36 grams carbohydrate, 5 grams fiber
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#### Blueberry Parfait
1 serving

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- 1 tsp. honey
- Dash of vanilla extract
- Dash of cinnamon
- ½ cup blueberries
- ½ oz. walnuts (7 halves), chopped

Mix the honey into the yogurt. Add in cinnamon and vanilla extract for desired sweetness. Stir in the blueberries and sprinkle with chopped walnuts.

**Nutrition Facts:**
- 250 calories
- 12 grams protein
- 10 grams fat (1 gram saturated fat)
- 30 grams carbohydrate
- 3 grams fiber

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