

March is National Nutrition Month

“Enjoy the Taste of Eating Right”

Research shows that the number one reason one food is chosen over the other are due to *TASTE* rather than nutrition. The prime focus of this month will be finding ways to combine nutrition with taste to create healthy meals which people actually enjoy. The aim is for these meals to also follow the dietary guideline recommendations.

The following is a list of five different healthy foods and the different ways they can be combined with other foods to make them taste good as well as keeping them good for us:

Greek Yogurt → Use it on tacos instead of sour cream. Cumin and Cayenne pepper can be added for extra flavor.

Canned Tuna → Tuna salad can be made with Greek yogurt instead of mayo. Serve in lettuce leaves.

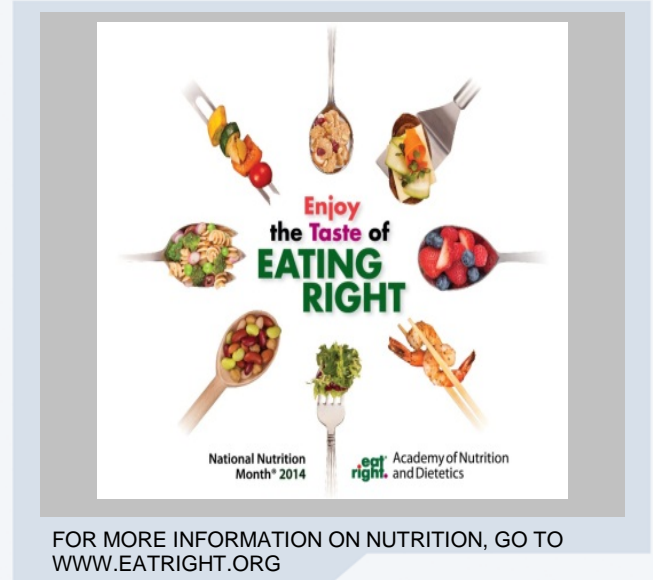
Whole-Grain Cereal → Can be eaten with low-fat/fat-free milk, and fresh fruit can be added to the mix.

Bananas → Make a banana and peanut butter sandwich with whole wheat bread.

Sweet Potatoes → Can be baked and topped with chives and Greek yogurt.

****In order to reduce sodium while still adding flavor, consider using herbs and spices on food instead.**

- 1 Tbsp. fresh herbs = 1 tsp. dried herbs = ¼ to ½ tsp. ground dried herbs



Kick E-Butts Day March 19th, 2014

Kick Butts Day is a national day of activism that empowers youth to speak up and seize control against Big Tobacco at more than 1,000 events from coast to coast. Area students will be educating their peers about how e-cigarette companies are using the same slick tactics long used to market regular cigarettes to youth. Don't be fooled by flavors, celebrities and advertising claims and the need to have a statewide law for age restrictions on e-cigarettes. Several cities in ND have proposed updating their local ordinance to include age restrictions on e-cigarettes. For more information on e-cigarettes go to www.breathend.com

WELLNESS TIP: KNOW ABOUT COLORECTAL CANCER

WHY THE CONCERN?

Colorectal cancer is the second leading cause of cancer incidence in North Dakota. Colorectal cancer accounts for 400 new cancer diagnoses and 140 people dying from the disease each year. This doesn't have to be! If everybody age 50 or older had regular screening tests, at least 60 percent of deaths from this cancer could be avoided.

If you are age 50 or older, start screening now.

ARE YOU AT RISK?

- Both men and women get colorectal cancer
- Colorectal cancer is most often found in people 50 and older
- Risk increases with age
- Risk increases if you have a family history of colorectal cancer
- Risk increases if you have inflammatory bowel disease

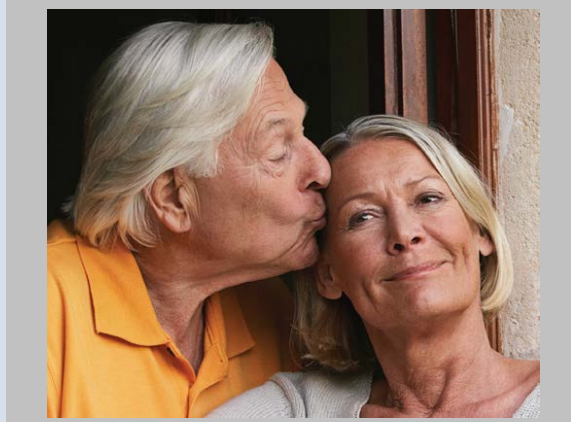
People at high risk may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be screened.

WHAT ARE THE SYMPTOMS?

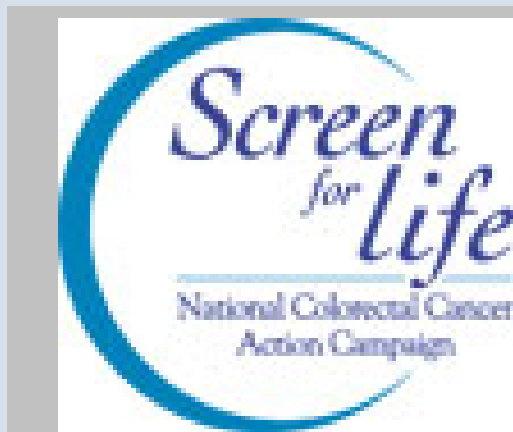
- Rectal Bleeding
- Change in bowel habits, such as diarrhea then constipation
- Abdominal pain

SCREENING IS KEY!

If you are 50 or older, getting a screening test for colorectal cancer could save your life!



COLORECTAL CANCER IS THE SECOND LEADING CANCER KILLER—BUT IT DOESN'T HAVE TO BE.



FOR MORE INFORMATION, VISIT
WWW.CDC.GOV/SCREENFORLIFE