



UHC Seasonal Health Update SPRING 2017

Positive Behavior Changes Toward A Healthier You



Did you know that eating habits are a learned behavior? Do you tend to overeat, eat when you're stressed or tired? Is your diet high in fried foods, sugary foods, sodium (salt), cholesterol, or fast foods? If you answered yes to any of

these questions, think about making a few small changes to improve your habits.

By following these five steps you will be closer to a healthier you:

Step one: Learn which foods are good and which foods are bad for your health.

Step two:
-Plan out your meals for the whole week.

-Limit foods that are high in sugar, sodium (salt), cholesterol, satu-

rated fats, (such as cheese, and ice cream) and trans fats (found in processed foods).

-Add in healthy foods that are high in nutrition such as berries, beans, apples, avocados, spinach, red cabbage, broccoli and cauliflower. If you eat red meat, try to limit it to once per week.

-Replace high-sugar drinks with seltzer or water or unsweetened tea.

-Include one handful of nuts daily in place of chips or cheese.

Step three:

-Plan ahead: for some great meal ideas go to:
www.mayoclinic/health/heart-healthy-recipes/RE00098

Step Four:

Start a daily food log – write down everything you eat and drink, including the portion.

Step Five: By using

your food log you will be able to review your weekly meals and make changes where needed. To learn how to make small changes to better your health, talk with our nutritionist or one of our health coaches.

NIP SPRING ALLERGIES IN THE BUD!

If you have allergies, this can be a tough time of year. Pollen and mold fill the air when the weather gets warm and humid. Here are some ways to prevent allergy symptoms:

- Keep your house and car windows closed
This keeps pollen and mold spores out.

- If possible, use an air conditioner or dehumidifier. They help prevent mold from growing.

- Ask somebody to mow your lawn. If you must do it yourself, wear a face mask. The mask will keep pollen out of the air that you breathe.

- Take a shower after working outside. This washes away pollen from your hair and skin.

- Clean your home regularly to prevent mold from growing. You can also buy over-the-counter or prescription medicine for your allergies. Ask your doctor which ones are best for you.

**UHC
WILL BE
CLOSED**

**Memorial Day
Monday,
May 29th, 2017**

In the Kitchen

NO NOODLE LASAGNA



Ingredients:

1 tablespoon olive oil	3 cloves garlic, minced
1 lb ground turkey breast	2 large summer squash
1/4 teaspoon crushed red pepper	2 zucchini
1/2 teaspoon dried basil	2 cups tomato sauce (look for low sodium)
1/2 teaspoon dried oregano	2 cups 2% or part skim mozzarella, shredded
salt and pepper, to taste	
1 small onion, diced	

Cooking with oil

All oil is 100% fat. That means a small amount has A LOT of calories. Use it sparingly (and yes, this goes for olive oil as well). Measure your oil into a teaspoon to figure out how much you're using. If you're trying to watch your weight, try to use half as much next time.

Directions:

- *Preheat oven to 375 F.
- *In a skillet cook the turkey, red pepper flakes, basil, oregano, salt and pepper to taste, onion & garlic until the turkey is cooked through & the onions are translucent.
- *Slice the squash and zucchini lengthwise into strips to resemble lasagna noodles.
- *Spoon just enough tomato sauce onto the bottom of a 9 x 13-inch baking dish. Lay 1/3 of the zucchini and squash slices.
- *Spoon 1/2 of the turkey mixture on top of the squash. Then top with 1/3 of the remaining tomato sauce & sprinkle with 2/3 cup of mozzarella. Add another layer of zucchini/squash slices, then the rest of the meat, 1/2 the remaining sauce & 2/3 cup of mozzarella. Use the last of the squash slices to make one more layer.
- * Top with the remaining tomato sauce & mozzarella.
- *Bake for 35-40 minutes until the cheese is melted & brown & the sauce is bubbly.
- *Allow to sit for about 10 minutes before slicing & serving. Yield: 6 large slices.