

hapitimes



March Is National Nutrition Month Start Now and Create a Healthier Diet for Life

How much you eat is just as important as what you eat, according to the Academy of Nutrition and Dietetics. Start with small changes to your eating habits — one forkful at a time. Eating a variety of healthful foods helps reduce the risk of preventable, chronic diseases, including type 2 diabetes, obesity and cardiovascular disease.

Your healthy-eating plan should include vegetables, fruits, whole grains, fat-free or low-fat dairy, and lean proteins. Whether you're cooking at home or dining out, put your best fork forward to help find your healthy eating style.

Source: Academy of Nutrition and Dietetics



Spring Allergy Update Are You Suffering from Rhinitis?

The word rhinitis means “inflammation of the nose.” The nose produces mucus. This fluid is normally thin and clear. It helps to keep dust, debris and allergens out of the lungs. When the nose becomes irritated, it may produce more mucus, which becomes thick and pale yellow. Postnasal drip occurs when this mucus drains down the back of the throat.

Irritants or allergens may cause rhinitis. It is often a temporary condition that clears up on its own after a few days for many people. In others, especially those with allergies, rhinitis can be a chronic problem. It can last for weeks to months with allergen exposure. Symptoms include:

- Itching in the nose and eyes
- Sneezing
- Stuffy nose
- Runny nose
- Postnasal drip

The first and best option for treatment is to avoid contact with allergens that cause you problems. When prevention is not enough, consider using over-the-counter or prescription medicines. Talk to your doctor or pharmacist about what is best for you.

Source: Asthma and Allergy Foundation of America

Inside The Villas of Sorrento

NUTRITION, FITNESS AND FUN

We made granola with the kids in the after-school program and they learned about "eating the rainbow" while coloring their plates with nutritious fruits and vegetables. To keep active on rainy days, we have been playing hide and seek and the "mock my moves" dance game, where everyone has a chance to demonstrate their favorite dance moves.



CLASSROOM

Upcoming in our after-school program: an etiquette class with Mallorie Jimmerson, a volunteer from El Centro Community College.

COMMUNITY GARDEN

Spring planning is being scheduled soon!

Homemade Nut Butter and Jam Sandwiches

INGREDIENTS

For the jam:

- One cup of berries (strawberries, raspberries, blackberries)
- 1/2 cup of honey
- 2 tbsp. lemon juice

For the nut butter:

- 2 cups of peanuts, almonds or cashews
- 1 tsp. honey

Whole grain bread

INSTRUCTIONS

For the jam: Combine ingredients in a saucepan and bring to a simmer, then lower heat and stir until berries are soft and crushed. Strain out any excess liquid. Let cool and refrigerate.

For the nut butter: Roast raw nuts on a baking pan for 25-30 minutes at 350 degrees. Let cool. Place nuts and honey in a food processor and pulse 1-2 minutes, until smooth.

Make sandwiches.

Wise
Words

"If you don't like something, change it. If you can't change it, change your attitude."

—MAYA ANGELOU