

PURSUIT

March 2017

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

Healthy Eating on the Go

March is National Nutrition Month, and this year's theme is "Put Your Best Fork Forward." It's a reminder that each bite counts—and you hold the tool in your hands to make healthy choices. When your life is busy, it's often easier to grab food on the go. Sometimes, though, we sacrifice nutrition for convenience. The good news is that you can get the nutrients your body needs even when you're pressed for time. Here are some suggestions.

- **When you're going on a trip, pack your own snacks**
Bring apples and peanut or almond butter. Cut up veggies to dip into hummus or guacamole. Try whole-grain crackers with low-fat string cheese. Or make your own trail mix with raw or unsalted nuts, dried fruit, and seeds.
- **Eat healthier fast-food**
If you like Mexican food, try a chicken fajita with vegetables on a small corn tortilla with a little guacamole, salsa and cheese. For a quick breakfast or



- lunch meal, choose oatmeal with dried fruit or a grilled chicken sandwich over a hamburger.
- **Convenience store foods can still be healthy**
Pick up some low-fat plain or Greek yogurt along with dried fruit to mix in. Look for snack bars or protein bars with the fewest ingredients, fewer than 200 calories, more protein and fiber, and less sugar. Beef and turkey jerky are good choices for protein.
 - **At the deli, skip the chips**
Choose lean meat like turkey,

and get it on whole-grain bread with lettuce, tomato and mustard. Skip the mayo and oil.

- **Before dining out, look at the menu online**
Take a few minutes to check out the nutrition information of the meals the restaurant offers, and decide what you're going to order ahead of time.
 - **Whip up a fruit smoothie**
Put a cup of water, a few ice cubes, 1 scoop of high-quality vanilla protein powder, a cup of berries, a handful of spinach and 1 Tbsp. of ground flax seeds or chia seeds in a blender, mix and go!
 - **Rethink your muffins**
Make a batch of oatmeal with rolled or steel cut oats according to directions. Then line a muffin tin with cupcake liners, and portion out the oatmeal evenly. Add some favorite toppings (like berries, raisins or chopped nuts), and bake in the oven at 350 degrees for 30 minutes.
- With a little planning and creativity, we can come up with healthy ways to get the nutrition we need. For more options, visit eatright.org.

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How can I support buying local?

Buying locally grown fruits and veggies has a multitude of benefits both for you and your community. In addition to supporting your local farmers, it's a great way to get food that is fresher and tastier. That's because there's far less time between the food being harvested and showing up on your table for dinner. Here are a few great resources to help you find a farmer's market, on-farm market or community supported agriculture (CSA) near you.

The U.S. Department of Agriculture has a national directory available that lets you search by location or available products.

Visit ams.usda.gov/services/local-regional/food-directories to get started.

The Farmstand app is available for download using your Google Play or Apple marketplace. The app provides information about locations, hours of operation and directions to farmer's markets near you.

Additional resources:

www.localharvest.org/farmers-markets/
www.localfarmmarkets.org/



Chocolate-Hazelnut Stuffed Banana Fro-Yo Bites Recipe

This treat comes together in minutes and is ready for snack time after 2 hours in the freezer.

Ingredients:

- 3 large bananas
- ¼ cup chocolate-hazelnut spread
- ¼ cup natural or regular peanut butter
- ¼ cup non-fat vanilla Greek yogurt

Directions:

1. Line a baking sheet with parchment paper.
2. Slice bananas into bite-sized chunks. In a small bowl, stir together chocolate-hazelnut spread, peanut butter and yogurt.
3. Spread a dollop of mixture on a banana slice and top with another banana slice to form a sandwich. Place on baking sheet. Repeat with remaining bananas.
4. Freeze banana bites for 2 hours. Transfer to airtight container and store in freezer.

Nutrition: Serving size: 2 banana bites (46 grams) Serves 10

Calories: 118; Total fat: 6 g; Saturated fat: 3 g; Cholesterol: 0 mg; Sodium: 33 mg; Carbohydrates: 16 g; Fiber: 2 g; Sugars: 10 g; Protein: 3 g; Potassium: 220 mg; Phosphorus: 49 mg.

Recipe Courtesy of eatright.org

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