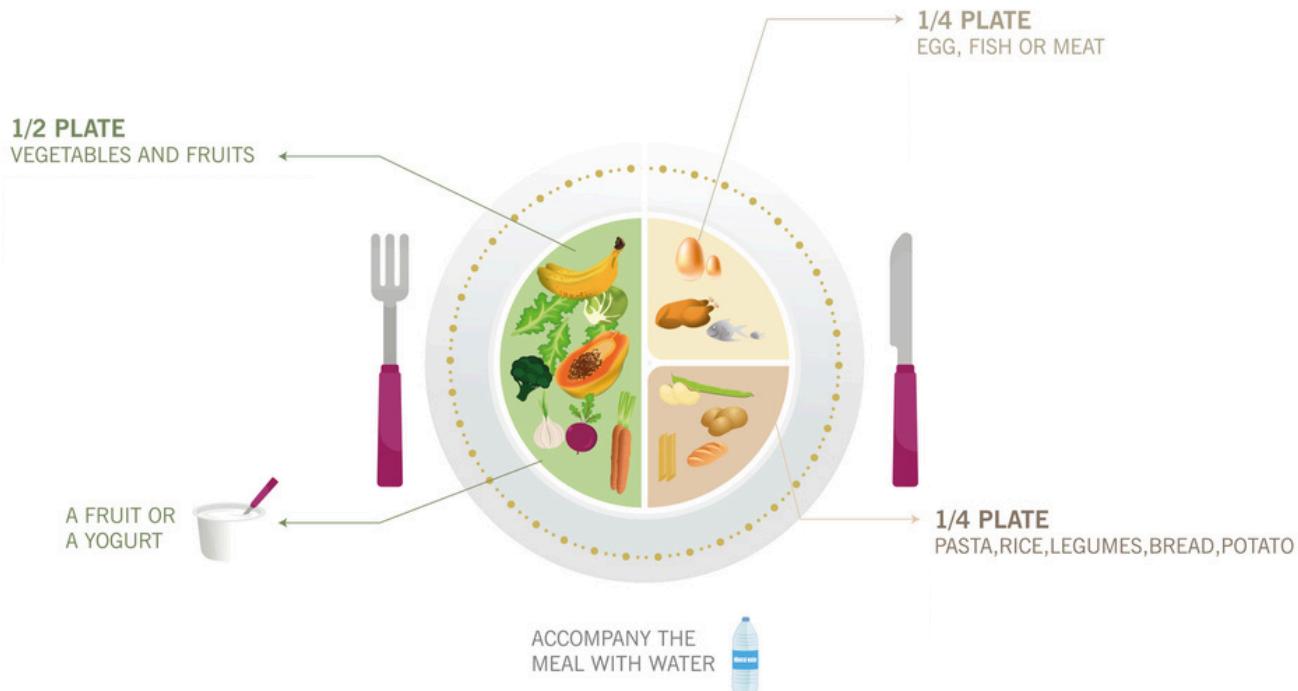


# HDHeartbeat

## A Health Designs Newsletter



## Eating Smart: How to Build a Balanced Diet

We hear about the benefits of eating a well-balanced diet but where do we start? When it comes to building your balanced diet follow the MyPlate rule:

- Make half of your plate a variety of fruits and vegetables. The more colorful your serving of fruits and vegetables is the better as this ensures you are getting a variety of vitamins, minerals, and other micronutrients in your diet.
- One quarter of your plate should be devoted to a lean protein source such as chicken or turkey without the skin, fish, or plant-based sources such as beans, nuts, and seeds.
- Devote the last quarter of your plate to grains ensuring half of those are whole grains such as lentils, beans, quinoa, and whole grain pastas, rice, and breads. Try multi-grain rice that combines traditional white rice and a variety of lentils and beans to boost the nutrient density.
- Choose your oil wisely. Olive oil is preferred due to its cardioprotective health benefits. If you must, use other oils sparingly.
- Stay hydrated with water, teas, and limited amounts of coffee.

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## Meal Planning 101: Save Time, Money, and Eat Healthier

Meal planning is simply planning your meals for a set time, usually a week. It helps with health goals, weight loss, and controlling ingredients and portion sizes. It also reduces stress by eliminating last-minute decisions, supports a balanced diet, and saves time and money. Here are some tips to help you get started with meal planning.

- Plan ahead by looking for coupons in ads and mobile apps to save on groceries. Based on what's on sale, find recipes that use those ingredients to make healthy meals for the week.

- Pick a day for grocery shopping and meal prep to save time during the busy week.
- Buying seasonal produce is cheaper and provides a variety of nutrients.
- Shop around the perimeter of the store, where you'll find fresh foods like produce, meats, dairy, and bread. The aisles often have processed foods that are less nutritious.
- Not all packaged foods are the same. Packaged foods can save time, but choose options with low sodium and no/low added sugar. Check the nutrition label to make informed choices.

## HD MONTHLY CHALLENGE

We challenge you to nourish your body through thoughtful meal prep! How will you set yourself up for nutrition success?

## Kale Salad with Sweet Potatoes and Crispy Chickpeas

### For Salad:

- 2 small sweet potatoes, cut in  $\frac{1}{2}$  in circles
- $\frac{1}{4}$  c virgin olive oil
- 2 tsp smoked paprika
- Kosher salt and black pepper, for taste
- 1 (14oz) can of chickpeas, drained
- 1 large head of kale, shredded
- 1-2 avocados, sliced

### For Dressing:

- $\frac{1}{4}$  c extra virgin olive oil
- Juice of 2 lemons
- 2 tbsp Dijon mustard
- 2 tbsp tahini
- 2 tsp, Worcestershire sauce
- 1-2 cloves garlic
- Kosher salt and black pepper, for taste
- 1/3 cup grated parmesan



1. Preheat oven to 425 degrees F
2. On a large baking sheet, mix sweet potatoes with 2 tbsp olive oil, paprika, salt, and pepper. Roast for 20 minutes.
3. Add chickpeas to the other side of the sheet, drizzle with remaining oil and seasonings, and roast for another 20 minutes.
4. In large bowl, toss kale with the roasted sweet potatoes and chickpeas. Top with avocado slices.
5. For the dressing, blend all ingredients until smooth, then season with salt and pepper to taste. Enjoy!

## Hydration Nation: The Importance of Drinking Enough Water

Water is essential to human life and performance, and it is recommended that we follow the 8x8 rule: drink eight 8-ounce glasses of water per day to ensure proper hydration and optimal performance across all bodily processes. Water is essential for health in the following ways:

- Temperature regulation
- Healthy joint lubrication and function
- Delivers nutrients to all cells in the body
- Keeps all organs healthy
- Can help maintain body weight
- Improved mood and cognition by keeping our brain well hydrated
- Improves sleep quality

What are ways we can stay hydrated?

- Be proactive and drink small amounts of water throughout the day. Don't wait until you're thirsty.
- Drinking plain water (remember recommendation is eight 8-ounce glasses each day)
- Flavor your water with fresh fruits, vegetables, and even herbs to make it more enjoyable
- Consuming plenty of fruits and vegetables as they are comprised mainly of water and provide other vitamins, minerals, and nutrients essential for optimal performance.
- Limit sugary beverages like sodas, sports drinks, or fruit juices that have added sugars as they can provide hydration but also are higher in calories and other ingredients that have little nutritional value.

### SMART GROCERY SHOPPING: EATING HEALTHY MAKES A HEALTHY BUDGET

Eating healthy can be challenging when it seems the cost continues to rise. Strolling through the grocery aisle can really give us sticker shock. Click the below icon to access our blog on how eating healthy can be done on a budget.

