

March is
 National
 Nutrition
 Month



Bite into a Healthy Lifestyle!

Happy
 Easter

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Focus on Nutrition, Not the Fads

As we celebrate National nutrition Month®, we want to make sure we are celebrating it well. There is so much information on what “good nutrition” is and it can be hard to decide what is worth listening and what can end up doing you more harm than good. There are some specific words or ideas that should signal you to steer clear.

“Rapid Weight Loss”

If you are trying to lose weight, be sure you do it in a healthy fashion. Healthy weight loss should be about 1 to 2 pounds per week. This type of weight loss is more likely to last than forced, rapid weight loss, such as diets guaranteeing to make you lose 10 pounds in one week. You may end up gaining back even more than you started with!



Unlimited Amounts

Eating patterns should be representative of all the food groups found in MyPlate. Any program encouraging you to eat unlimited amounts of a particular food (sometimes called a “superfood”) will not be the best decision for your overall health. For example, quinoa contains many great nutrients our body needs, but eating too much leaves less room for eating other foods that contain other nutrients important for a well balanced eating pattern and healthy lifestyle.

“Magic” Food Combinations

No scientific evidence has been shown stating that specific combinations of specific foods will be best for you or make you lose weight. Ultimately, staying at optimal nutritional health depends on the blend of food groups you eat, NOT combinations of specific foods.

Celebrate this National nutrition Month® by adapting and maintaining a well rounded, healthy eating pattern and exercising regularly. For more information on MyPlate and how to have a healthy eating pattern, visit ChooseMyPlate.gov.

What's in Season: Cilantro



This herb is also known as coriander. It is native to the Mediterranean but can be grown worldwide. They are generally used as a garnish on a finished plate or for cooking. Nutritionally, it provides manganese, magnesium, vitamin C, vitamin K and dietary fiber. According to the *American Journal of Clinical Nutrition*, this herb can help block a chemical that usually forms when meat is cooked at high temperatures. Increased intake of these chemicals have been linked to cancer. Studies have shown that cooking meats with cilantro greatly reduces the amount of these chemicals.

If you are looking to add some flavor to your dishes with out the extra sodium, fat, added sugar, and calories, cilantro is a great option.

Mexican Pilaf with Chicken

What you need:

Utensils:

- Nonstick skillet
- Knife
- Cutting board
- Mixing spoon
- Measuring spoons & cups

Ingredients:

- 1 tablespoon olive oil
- 1 small onion*, chopped
- ½ green bell pepper*, diced
- 1 fresh jalapeno pepper*, seeded and chopped
- 1 cup canned corn kernels, drained and rinsed
- 1 cup cooked instant barley
- 1 cup cooked instant brown rice
- ½ cup shredded cooked chicken
- ½ cup canned black beans, drained and rinsed
- ¼ cup fresh cilantro, chopped in small pieces
- Juice of 1 lime*

What to do:

1. Wash your hands and clean your cooking area.
2. Heat oil over medium heat in a large non-stick skillet.
3. Add washed and chopped onion, bell pepper, jalapeno and corn.
4. Cook and stir 3 to 5 minutes or until vegetables are tender.
5. Add cooked barley, brown rice, chicken, and black beans to skillet.
6. Cook until mixture is warm or for 2 minutes.

*WIC Approved Food Package

Prep Time: 10 minutes

Cook Time: 10 minutes

Cost per serving: \$0.60

Nutrition Facts	
Serving Size 1 cup (162g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 15mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 7g	
Vitamin A 2%	• Vitamin C 20%
Calcium 2%	• Iron 6%

MyPlate:

- ⅓ cup Vegetables
- ⅔ ounce Grains
- 1 ounce Meat &



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