



MARCH 2020

PATH TO HEALTH

A Monthly Newsletter by the Rogers County Health
Department

National Nutrition Month

Each March, the Academy of Nutrition and Dietetics focuses attention on healthful eating through National Nutrition Month®. The theme this year, *Eat Right, Bite by Bite*, promotes eating a variety of nutritious foods every day, planning and creating healthful meals each week and the value of consulting with a registered dietitian. The Rogers County Health Department encourages people to make informed food choices and develop sound eating and physical activity habits. Contrary to popular belief, healthful eating doesn't have to be overwhelming. Small goals and changes can have a cumulative, healthful effect. Every little bit is a step in the right direction!

VARY YOUR DIET	MEAL PLANNING	COOK & PREP	VISIT AN RDN
EAT A VARIETY OF NUTRITIOUS FOODS EVERY DAY.	ENJOY HEALTHFUL EATING AT SCHOOL, WORK & HOME.	LEARN SKILLS TO CREATE TASTY MEALS TO SHARE AND ENJOY.	SEE A REGISTERED DIETITIAN NUTRITIONIST.

20 NUTRITION TIPS FOR 2020

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|----------------------------------|--|
| 1. Eat breakfast | 11. Dine out without ditching your goals |
| 2. Slow down at mealtime | 12. Enact family meal time |
| 3. Watch portion sizes | 13. Banish brown bag boredom |
| 4. Be active | 14. Reduce added sugars |
| 5. Get to know food labels | 15. Eat seafood twice a week |
| 6. Fix healthy snacks | 16. Explore new foods and flavors |
| 7. Plan your meals each week | 17. Experiment with plant-based meals |
| 8. Follow food safety guidelines | 18. Make an effort to reduce food waste |
| 9. Drink more water | 19. Make half your plate fruits & vegetables |
| 10. Get cooking | 20. Use dietary supplements with caution |

Calendar

***Free* Diabetes "I'm In Control" Program**
 5-Week Program Starting Weekly
Wednesday, April 8th, @ 1 pm-3 pm
Rogers County Health Department

If you are interested please *call* to put your name on the list - no limit on attendees.

Renetta Harrison @ 918-341-3166

CRISIS TEXT LINE |
 Text HELLO to 741741
 Free, 24/7, Confidential

NATIONAL SUICIDE PREVENTION LIFELINE
 1-800-273-TALK(8255)

Oklahoma Tobacco Helpline
1 800 QUIT NOW
 784-8669 OKhelpline.com

facebook.com/RogersCoHealth



Monthly



Harvest

Be sure to stop by our office to get your free packet of seeds!



Sugar Snap Peas



Sugar Snap Peas are in the legume family. Sugar Snap Peas get their name from their sweet flavor and the "snappy" crunch they make when you bite into them. They are grown on a vine and can be planted in the ground or in a large pot. Sugar Snap Peas can be baked, steamed, canned, dried or eaten raw.

Sugar snap peas lose half the sweetness if left at room temperature -be sure to refrigerate for the best taste!

For more Sugar snap pea recipes visit our Facebook page, @RogersCoHealth

Nutritional Benefits:

- + High in Vitamins A, C, and K
- + Rich source of Folate and Iron
- + Low in calories
- + High in Fiber
- + Excellent for Heart Health



Garlic Sugar Snap Peas

- 1 lb. sugar snap peas
- 2 tsp. coconut oil or vegetable oil
- 2 cloves garlic, minced
- 2 tsp. low sodium soy sauce
- 1/4 tsp. pepper or to taste

1. Heat a wok or skillet over high heat with the oil.
2. Add the sugar snap peas and garlic.
3. Cook for 3-4 minutes, stirring constantly, until snap peas are tender crisp and just beginning to brown in spots.
4. Toss with soy sauce and pepper.

Serving Size: 2/3 cup | Prep Time: 2 minutes | Cook Time: 5 minutes | Total Time: 7 minutes
Per Serving: 71 Calories | 6g Carbohydrates | 4g Protein | 3g Total Fat | 93mg Sodium

GARDENING FOR HEALTH

Celebrate the First Day of Spring, March 20th



The physical benefits of gardening are well documented, improving strength and mobility. Think of your garden or nature as a gym, but without the membership fees and boring machinery. Many muscles are employed to dig, weed, plant, lift, moving objects, and bending. These types of activities are much less stressful to the joints than running or jogging.

Other health benefits of gardening include exposure to Vitamin D from sunshine, increased flexibility, increased circulation, improved coordination, improved immune system, decreased stress, and so much more. The final rewards of gardening are not only improving your physical health, you are producing fresh, healthy foods for you and your family.



DEPENDENT UPON THE INTENSITY, GARDENING CAN BURN BETWEEN 150-300 CALORIES AN HOUR!

