

## RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

### Better nutrition

March is National Nutrition Month®! Good health starts with good nutrition. Many chronic diseases may be preventable with proper nutrition and exercise. These include cardiovascular disease, high blood pressure, type 2 diabetes, breast and colorectal cancer and poor bone health. Learn how making small changes in your diet can make a big impact on your health. In this issue:

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### Healthy food swaps

When you think about healthy eating, you probably think about giving up some of your favorite foods, but it doesn't have to be that way. Eating healthier can be as easy as making some simple substitutions. These small changes can add up to make a big difference to your health. Here are some ideas to help you reduce the amount of saturated fat, salt, added sugar and calories in your meals.

- Try Greek yogurt instead of regular yogurt. Greek yogurt has nearly double the amount of protein when compared to regular yogurt. The extra protein helps you feel more satisfied. Look for low-fat or nonfat options to limit saturated fats.
- Select fresh fruits instead of fruit juices. Fruit juices contain very little of the pulp and skin from the fruit, which means they are very low in fiber. Most fruit juices also have lots of added sugars.
- Eat raw spinach instead of iceberg lettuce. Spinach is more nutrient dense than iceberg lettuce. It is high in vitamin A, vitamin C, vitamin K, calcium and iron.

### Fit tip of the month

#### Pre-workout nutrition



Fueling your body effectively before you work out is key to feeling and performing your best.

#### If you're working out in a few hours, consider having:

- A sandwich on whole-grain bread, lean protein and a side salad
- An egg omelet and whole-grain toast topped with avocado spread and a cup of fruit
- Lean protein, brown rice and roasted vegetables

#### If you're working out in the next couple hours, try having:

- A protein smoothie made with milk, Greek yogurt, banana and mixed berries
- Whole-grain cereal
- Oatmeal topped with banana and sliced almonds

#### If you're working out in the next hour, consider:

- Greek yogurt
- A nutrition bar with protein and wholesome ingredients

- Snack on air-popped popcorn instead of chips. Three cups of popcorn contain less calories, less fat and more fiber than fifteen chips.
- Choose brown rice instead of white rice. White rice goes through a milling process that increases its shelf life but removes most of its nutrients including fiber, vitamins and minerals.
- Have oatmeal instead of sugary cereals. Sugary cereals are high in sugar while low in fiber. Meanwhile, oatmeal has no added sugars and is high in soluble fiber, which helps you feel more satisfied and improves your cholesterol.

**Anna Garcia, RD, LD, CDE**

Resource: [www.eatright.org](http://www.eatright.org)

- A piece of fruit, such as an apple, banana or orange

### Hydrating is important

Don't forget to drink water and beverages containing sodium before you exercise to promote fluid balance and prevent excessive fluid loss.

**Erica Baxter, ACSM EP-C**

Resource: [Healthline](http://Healthline)

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit [www.myinteractivehealth.com](http://www.myinteractivehealth.com).

## The wellness information you need is at your fingertips



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Log on today at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (or at your company-provided web link) to see more.

## Preventive focus: colonoscopy

A colonoscopy test allows your doctor to look at the inner lining of your large intestine (rectum and colon). Routine colorectal cancer testing is recommended for everyone age 50 to 75 who has a normal risk for colorectal cancer. The test is used to find growths, cancer or other GI issues such as Crohn's disease or inflammatory bowel disease.

A colonoscopy is a procedure done in the hospital or a doctor's office using a long, flexible, lighted viewing scope (colonoscope), which is usually linked to a video monitor. Before the test, you will need to stop eating solid foods and drink a liquid that cleans out your colon. You'll also receive medicine to help you relax and not feel pain. The test usually takes about 30 to 45 minutes.

If the results show no adenomas or cancer and you don't have risk factors, the next test should be in ten years. Talk to your doctor about when you should be tested.

**Janet Kirchen RN, BSN**

**Immediate Intervention Health Coach**

**Resources:** [Interactive Health](#), [Healthwise](#), [Your Test, Colonoscopy](#)



## Digestive health: wellbeing from within webinar

If you've ever experienced bloating, diarrhea, stomach pain, cramps or other digestive problems, then this webinar is for you. Our digestive system is responsible for breaking down food, so we can use it for energy. However, there are many factors that can disrupt the organs responsible for processing and absorbing nutrients. [Join us](#) to take a closer look at different diseases of the digestive system and how to keep your body running smoothly.

**Date:** Thursday, March 21, 2019  
**Time:** 12:00 p.m. – 12:45 p.m.  
Central time

[Register now](#)

After registering, you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

## Recipe of the month

### Spiced chickpeas

Chickpeas are a great plant-based food. They contain a good amount of fiber and protein. If you're looking to include more plant-based foods, you can add spiced chickpeas to a salad or snack on them alone.

#### Ingredients

1. 1 15-ounce can of no-salt-added garbanzo beans, rinsed
2. 1 tablespoon of olive oil
3. ½ teaspoon ground cumin
4. ¼ teaspoon cayenne pepper
5. ½ teaspoon chili powder
6. Dash of salt

#### Directions

1. Preheat oven to 400 degrees Fahrenheit
2. Line a baking sheet with parchment paper
3. Toss chickpeas in olive oil and sprinkle on spices
4. Spread the spiced chickpeas over baking sheet
5. Cook for 30 to 40 minutes or until chickpeas are lightly brown

#### Nutritional information per serving without toppings (serves three)

Calories: 172  
 Total fat: 6 grams  
 Saturated fat: 1 gram  
 Cholesterol: 0 milligrams  
 Sodium: 50 mg  
 Protein: 7 grams  
 Total carbohydrates: 21 grams  
 Dietary fiber: 5 grams  
 Sugars: 1 gram



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## Active insights

### Thank you for saving my life

An employee came into the health coaching office stating, "I have pressure in my chest" and "I can feel my heart beating out of rhythm." [Read more.](#)

### Podcast alert

Do the negative side effects of sitting really compare to those of smoking? Tune in to our new podcast To Health With It to hear what the experts have to say. [Listen now.](#)

Whether you're trying to gain a better understanding of your health status or achieve a personal health goal, Interactive Health is here to support you.

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