

Logan  
County

# Health Matters

March  
2015

## THESE FRESH FOODS ARE NOW IN SEASON:

Asparagus	◀
Carrots	◀
Lettuce	◀
Radishes	◀



### How to choose the best fresh produce:

- Select bright green asparagus with closed, compact, firm tips. Cook within 2-3 days of purchase.
- Select firm, plump carrots without rootlets. They should be bright orange without cracks. Will keep for weeks in the refrigerator, but lose sweet flavor over time.
- Green leaf, romaine and baby spinach provide the most nutrients. Iceberg is the least nutritious of all lettuces.
- Radishes should be firm and free from cracks, remove the tops and store in the refrigerator.

## March is National Nutrition Month

Snacks can be a fun and valuable part of a person's healthful eating plan – but they can also add unneeded calories, sugar, sodium and fat. During National Nutrition Month®, the Academy of Nutrition and Dietetics offers smart snacking ideas that help everyone "Bite into a Healthy Lifestyle."

- **Plan your snacks.** "Keep a variety of tasty, nutrient-rich, ready-to-eat foods nearby, for when you need a bite to take the edge off hunger. Then, you won't be so tempted by less-healthy options from vending machines, convenience stores or the contents of your own kitchen." Snack ideas include fresh fruit,

air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, almonds and fat-free yogurt.

- **Make snack calories count.** "Snack on foods that fill the nutrient gaps in your day's eating plan. Think of snacks as mini-meals to help you eat more fruits, vegetables, whole grains and low-fat dairy – foods we often don't eat enough."
- **Go easy on high-calorie snacks such as chips, candy and soft drinks.** "They often contain solid fats, and added sugars. Make these occasional choic-

es that fit your day's plan."

- **Snack when you're hungry – not because you're bored, stressed or frustrated.** "Exercise can actually be a great way to feed those emotional urges."
- **Snack on sensible portions.** "Choose single-serve containers, or put a small helping in a bowl rather than eating directly from the package."
- **Quench your thirst.** "Water, low-fat or fat-free milk and 100-percent juice are just a few options. Flavored waters might be high in added sugars, so check the label."

## DID YOU KNOW???

Smoking affects the body's ability to absorb a variety of vitamins and minerals including calcium, iron and vitamin A, C & D. Smoking also affects the circulation of blood

by narrowing blood vessels. Stopping smoking is an effective way to help avoid vitamin deficiencies.

For more info about quitting smoking contact the Oklahoma Tobacco Helpline. No Judgement. Just Help:

