



Healthy Headlines

National Nutrition Month

March 9th—March 23rd

CSB Health Services
College of Saint
Benedict
Lottie Hall, Lower
Level
*(entrance is across from
the BAC)*
St. Joseph, MN
56374
(320) 363-5605

Hours:

- Monday-Friday
8:00 am - 4:30
pm
- Weekends
CLOSED
- Breaks
CLOSED

Appointments are
preferred

E-mail us!

healthinfo@
csbsju.edu

Where we got our
info:
Academy of
Nutrition and
Dietetics

http://
www.eatright.org/
Public/
content.aspx?
id=6442474608

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CSB Health Advocates



Have fun. Play smart. Live well.

Start with Breakfast!

The better your breakfast is, the more energized and good your body will feel throughout the day. Low fat yogurts and fruit, whole-grain toast or English muffins, as well as bananas and peanut-butter are excellent choices that will give you the boost your body needs to begin the day.



Diet and...PMS???

Did you know that certain food choices can help relieve some symptoms of PMS?

- ◇ *Eat less salt to help decrease bloating*
- ◇ *Cut down on caffeine and alcohol*
- ◇ *Limit foods high in solid fats or added sugar*
- ◇ *Choose high-fiber foods such as whole grains, fruits and veggies and calcium rich foods.*

Rethink your Drinks!

Studies suggest calorie intake from beverages has more than doubled since the 1960s, primarily due to a surge in soft drink, sports drink and sweetened tea consumption. YIKES! Some wise ways you can quench your thirst are...

- 1) Drink plenty of calorie-free water
- 2) Drink Nutrient-Rich, Low-Fat Milk three times a day
- 3) Drink a *Maximum* of 4 to 6 ounces of juice a day
- 4) Be aware of calories & sugar content in energy/sports drinks and drink sparingly

Foods to Limit:

Soft drinks and sugary juices, as well as candy, fried foods and processed snacks should be eaten sparingly. Opt for low-fat dairy and meat products instead of their full-fat counterparts.

*In your 20s, you're still building up **bone density**, so this is the decade to help your bones grow strong and healthy! To ensure that this happens, be sure to give your body enough calcium each day! This means dairy products, calcium-fortified orange juice and cereals, beans, leafy greens, almonds and canned salmon with bones. NEVER pass up calcium for fear of weight gain—simply opt for low fat or fat free milk and yogurt, or reduced fat cheeses. Try calcium fortified hot-cocoa for a sweet fix!