

CMMHC WELLNESS BULLETIN

March 2019

March is National Nutrition Month—National Nutrition Month[®] is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month[®] promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day—Registered Dietitian Nutritionist Day is also celebrated during National Nutrition Month[®], on the second Wednesday in March. This occasion increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services, while recognizing both RDNs and nutrition and dietetic technicians, registered for their commitment to helping people enjoy healthy lives.

History—"National Nutrition Week", initiated in March 1973, was embraced by members of the American Dietetic Association (now the Academy of Nutrition and Dietetics) as a way to deliver nutrition education messages to the public while promoting the profession of dietetics. In 1980, in response to growing public interest in nutrition, the week-long celebration expanded to become a month-long observance. Read more about its past in the article, "[National Nutrition Month: A Brief History](#)."

2019 NNM Campaign—In an effort to accommodate the diverse areas in which National Nutrition Month[®] is celebrated and allow greater flexibility in the promotion of healthful messages, this year National Nutrition Month[®] will be honored as its own theme. This will allow the NNM campaign to focus on its original purpose, which is: "To increase the public's awareness of the importance of good nutrition and position registered dietitian nutritionists as the authorities in nutrition."

During National Nutrition Month[®], help the Academy achieve its vision of a world where all people thrive through the transformative power of food and nutrition.

Key Messages:

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
10. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

Daylight Saving—It's that time of year. It is almost time to "spring forward". Don't forget that Daylight Saving time is this Sunday, March 10th, so set your clocks ahead.



UPCOMING EVENTS★

- First Steps Baby Expo will be held at St. Cloud River's Edge on Saturday, March 30th.
- WHAM—Whole Health Action Management—April 16th & 17th from 9:00 am to 4:00 pm
- The Need to Address Tobacco in Behavioral Health Treatment Setting—May 2nd at St. Cloud State University from 9:00am to 11:00am and 12:00pm to 2:00pm

One Pot Teriyaki Chicken Zoodles + Meal Prep

Prep Time: 12 minutes

Cook Time: 10 minutes

Total Time: 22 minutes

Servings: 3 servings

Ingredients

- 2 medium pieces boneless skinless, chicken breasts (about 2/3 lb) cut into strips or chunks
- salt and black pepper to taste
- 2 Tablespoons cooking oil olive or coconut oil for paleo
- 5-6 medium zucchini cut into noodles using a spiralizer or a vegetable peeler
- 1 cup chopped pineapple chunks fresh, frozen or canned - I used fresh - leave out for low carb and swap in broccoli instead

Sauce

- 1/4 cup low-sodium soy sauce can substitute with gluten free tamari or coconut aminos for paleo-friendly version
- 2-3 Tablespoons honey coconut sugar or low carb sweetener of your choice (depending on how sweet your preference is)
- 3 Tablespoons rice vinegar
- 2 garlic cloves minced
- 1/2 teaspoon grated ginger
- 1 Tablespoon corn starch or use arrowroot powder or tapioca starch for a paleo version
- 2 Tablespoons water plus more as needed to thin out sauce
- salt, black pepper, and red pepper flakes to taste; optional

Optional

- Green onions sliced thinly
- Broccoli florets
- Sesame Seeds
- Lunch containers for meal prep

Instructions

1. In a small bowl, whisk together all the ingredients for the sauce.
2. In a large bowl, season chicken with salt and pepper and drizzle 1-2 tablespoons of sauce over the chicken. Allow to marinate for 30 minutes.
3. Heat cooking oil in a large skillet on medium-high heat. Add chicken and cook until lightly brown, about 1-2 minutes. Add in the pineapple chunks and cook for another 1 minute, until slightly softened. Pour in the remainder of the sauce and turn the heat to high. Allow sauce to bubble and thicken while stirring - about 1-2 minutes - add more water a little at a time (only as needed if the sauce is too thick). Season to taste with salt, black pepper and/or red chili flakes.
4. *If cooking the zucchini noodles, add into the pan and use tongs to toss and coat with sauce. Cook for 1-2 minutes until zucchini is just tender but still firm. Be careful not to overcook.
5. Remove from heat and drizzle extra sauce in pan over chicken and serve immediately. Garnish with green onions and sesame seeds if desired.
6. **For meal prep:** Divide evenly into lunch containers. Store in fridge for up to four days.

Recipe Notes

*do not overcook for longer than 2 minutes or else noodles will get too soft and mushy. You can also serve the chicken over raw zucchini noodles if desired.



