

January 18, 2016

January is...

◆ **Healthy Weight Week**
(Jan 18- Jan 22)

Chicken and Fruit Salad

Yields:
4 servings



Ingredients:

- ¼ cup fat-free plain Greek yogurt
- 3 tbsp. fruit-flavored vinegar
- 4 tsp. sugar
- 1 ½ tsp. poppy seeds
- ¼ tsp. salt, if desired
- Freshly ground black pepper, to taste
- 8 cups mixed salad greens
- 2 cups sliced, cooked chicken breast
- 1 cup chopped melon, such as cantaloupe and/or honeydew
- 1 cup strawberries, quartered
- ¼ cup chopped walnuts, toasted
- ¼ cup crumbled feta cheese

Directions:

1. In a large bowl, whisk the Greek yogurt, vinegar, sugar, poppy seeds, salt (if using) and black pepper until smooth. Reserve ¼ cup of the dressing in a small bowl.
2. Add the mixed greens to the large bowl and toss to coat. Divide among 4 plates and top with chicken, melon, strawberries, walnuts and cheese.
3. Drizzle each portion with 1 table-spoon of the reserved dressing.

NUTRITION FACTS

Calories.....	190
Fat.....	10g
Saturated Fat.....	2g
Carbohydrates.....	19g
Protein.....	8g
Fiber.....	4g
Sodium.....	234mg
Cholesterol.....	15mg

THIS WEEK'S EVENTS

Tues.	Weds.	Thurs.
(1/19/16)	(1/20/16)	(1/21/16)
Recurring Weekly Half-n-Half (half core-half cardio)	Recurring Weekly Zumba	Recurring Weekly Soul Train (aerobic/core workout with smooth moves and grooves)
12:00 – 1:00 p.m. & 1:00 – 2:00 p.m.	12:00 – 1:00 p.m. & 1:00 – 2:00 p.m.	4:45 – 5:45 p.m.

Zion Church
400 Lexington St. - 2nd Floor

Registration Preferred:
cityofbaltimorewellness.com

**WELLNESS COACHING INFORMATION SESSIONS
ON TOBACCO CESSATION & WEIGHT LOSS
(SPONSORED BY OPTUM)**

Quit Power Program

1/19/16 1/26/16 (Tuesday's Weekly)	DHR 201 E. Baltimore St. Floor 5, 5A	12:00-1:00 p.m.
Registration Required: cityofbaltimorewellness.com		

Healthy Weight Program

1/21/16 1/28/16 (Thursday's Weekly)	DHR 201 E. Baltimore St. Floor 5, 5A	12:15-1:15 p.m.
Registration Required: cityofbaltimorewellness.com		

**AMERICAN HEART MONTH
FREE BLOOD PRESSURE SCREENINGS**

Location	Date(s)	Time
The Benton Bldg. Lobby 417 East Fayette, Street Baltimore, MD 21202	Tuesday 2/2/16	8:00 a.m.– 10:00 a.m.
Northeastern Police Station 1900 Argonne Dr., Baltimore, MD 21218	Tuesday 2/9/16	12:00 p.m.– 2:00 p.m.
Abel Wolman Municipal Bldg. Lobby, 200 Holliday St. Baltimore, MD 21202	Tuesday 2/16/16	8:00 a.m.– 10:00 a.m.
Enoch Pratt Free Library 400 Cathedral St. Baltimore MD 21201 Employee Entrance on Franklin St.	Tuesday 2/23/16	8:00 a.m.– 10:00 a.m.

Healthy Eating on a Budget

It is possible to have a healthy diet on a reasonable budget. If you follow these tips, you'll discover that you don't have to dip into your savings just to eat healthy.

◆ **Buy in bulk**

Buy large portions, divide into individual servings and freeze. This works well for lean meats and poultry. Buy in bulk at discount membership stores.

◆ **Cook and store in bulk**

Make dishes on the weekends that you can eat during the week, or freeze and use at a later date. A big bowl of bean soup or chili can be dinner as well as lunch for the next day or two.

◆ **Manage the meat**

Look for lean meat, poultry and fish on sale, and freeze for later use. Trade lean meats for other protein sources such as beans, tofu and eggs.

◆ **Be season-savvy**

Seasonal fruits and vegetables taste best and are often much less pricey than imported out-of-season varieties. Look for reduced produce in the supermarket. It is usually only a day or two old, but much less expensive.

◆ **Go generic**

Generic or store brands offer great savings and typically are just as nutritious as the more costly name brand.

◆ **Convenience counts**

If you find your produce often goes bad, try frozen options. Look for products packed in their own juice, or made without salt or sugar.

◆ **Plan ahead**

Menu planning will help you reduce any waste of produce and other fresh foods. Research shows that shoppers without a list tend to buy more food, especially of the snacking variety!

◆ **Don't go to the store hungry**

Being hungry will weaken your resolve. You'll be more tempted to indulge in items that are unhealthy and more costly.

◆ **Limit junk food**

Ice cream, chips, cookies and prepared frozen foods can add up to be the most expensive things in your cart. Trade the money you spend on junk for fresh avocados, luscious grape tomatoes and crunchy apples. All are delicious and totally natural.

Follow these simple tips, and your budget conscious ways may also lead to better nutrition. A healthy body is the best bargain of all.

This information, provided by United Healthcare, is not intended to be a substitute for professional advice. It is provided for educational purposes only.

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