

# ActiveYou

The ActiveHealth® newsletter that helps you live healthy and well

March 2016



## Spice it up!

Herbs and spices are a fun and easy way to rev up the flavor in your favorite dishes. Best of all, they can help reduce the amount of salt, fat and sugar you use. There are many combinations of herbs and spices that can help your healthy dishes come to life. You don't even have to be a seasoned chef. Ready to try something new? Want to get creative in the kitchen? It's easy with herbs and spices.

### Tips for using herbs and spices

- Use dried or fresh herbs to flavor pasta, vegetables, salads, meats, omelets, and breads
- Add fresh herbs towards the end of cooking so they don't overcook
- Add dried herbs near the start of cooking for the most flavor
- To save money, grow your own herb garden

### Save on prep time!

- Keep your kitchen stocked with quick and easy things you like in your meals. This might be frozen chicken or fish, frozen veggies and fruit, canned beans, whole grain pasta or brown rice.
- Choose packaged, ready-to-eat fresh vegetables for making quick salads or soups.
- Pick up precooked chicken. You can chop or shred it for filling in burritos, soups or casseroles.



### Upcoming events

**Motivating Mississippi Webinar**  
"Superfoods 101: Understanding the basics"  
March 22<sup>nd</sup> – 9:30 AM and 1:30 PM CT

<http://go.activehealth.com/mississippi-webinars>

# A healthy dessert: Fresh fruit with cinnamon yogurt dip

### Ingredients:

- 1 apple
- 1 banana
- 1 orange
- ¼ cup orange juice
- 1 cup vanilla yogurt
- ½ teaspoon cinnamon



### Directions:

1. Core and slice the apple
2. Slice banana into thin circles
3. Peel the orange and break it into sections
4. Pour the orange juice into a small bowl
5. Dip the fruit pieces into the orange juice to prevent browning
6. Arrange on a plate
7. Mix the yogurt and cinnamon in a small bowl
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit

Source: USDA "What's cooking" Retrieved February 2, 2016 from:  
<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fresh-fruit-cinnamon-yogurt-dip>

## Coach's corner

Meet **Patricia**, a licensed, Registered Dietitian and onsite wellness coach with ActiveHealth Management. She enjoys empowering members with the knowledge they desire to take charge of their own health and well being.



### Patricia's inspiration:

*"The greatest medicine of all is to teach people how not to need it."*

– Unknown

Join Patricia on March 22<sup>nd</sup> when she presents the upcoming Wellness Webinar program: "Superfoods 101: Understanding the basics." To register, visit:  
<http://go.activehealth.com/mississippi-webinars>



## A wealth of health resources!

At [MyActiveHealth.Com/Mississippi](http://MyActiveHealth.Com/Mississippi) you'll find lots of ways to better manage your health. Want to view past Wellness Webinars? Check out healthy recipes? Use interactive health trackers; find health care decision support and information on wellness and conditions? **You'll find all of these great tools in the Resources section. Just click on My Action Plan in the left sidebar.**



keys to living healthy



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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