

Veggie RX



Week 6

This week we are going to cover 3 items:

1. **Grilling Vegetables**

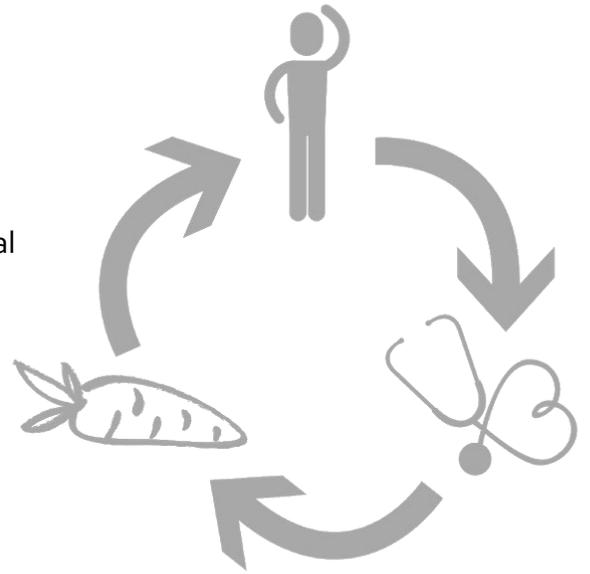
A handy guide to grilling a variety of vegetables

2. **Building A Healthy Meal**

How to build a healthy, nourishing, and delicious meal

3. **Essential Parts of Wellness**

Exercise and sleep, in addition to nutrition, are integral parts of wellness. This sheet goes over different parts of wellness and how to incorporate them into your life.



Weekly goals:

- Learn how to grill vegetables
- Practice building a healthy meal
- Practice each piece of wellness



Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

Essential Parts of Wellness

In addition to good nutrition, there are some other important pieces of health to practice:

Exercise

Recommendations per The American Heart Association for Physical Activity of Adults



Quick tips for moving more:

- Park the car further away from the entrance when shopping, going to appointments, and eating out.
- Take the stairs.
- Set your phone alarm to go for a short 5-10 minute walk twice a day.
- Get up and move during commercials, alternate between squats, calf rises, and triceps dips.
- Walk or ride a bicycle instead of using your car.

Sleep

- Get 7-8 hours of sleep per night.
- Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.
- Ongoing sleep deficiency is linked to an increased risk of cardiovascular disease, obesity, high blood pressure, diabetes, and strokes.

Healthy Beverages

- Avoid sugar sweetened beverages such as soda, energy drinks, sweetened coffees, sports drinks, fruit drinks, and sweetened waters.
- Sugar sweetened beverages provide little nutritive value and contribute to daily empty calories.
- According to the CDC, limiting SSB consumption can help individuals maintain a healthy weight.