

Healthy Habits Newsletter

November 2024



Understanding Nutrition Labels

Nutrition labels are on most foods we buy at the grocery store — but why are they so important? 'Nutrition Facts' are designed to help you make healthy choices and stay mindful of your meals. The [American Heart Association](#) suggests checking these four items the next time you're reviewing a label:

- 1. Review serving size information:** This is the best way to practice portion control and reduce the chance of over-eating.
- 2. Opt for foods rich in vitamins and minerals:** For example, your body requires plenty of calcium, iron, potassium, and vitamin D to maintain a healthy diet.
- 3. Compare nutrition labels:** Aim to find food products low in sugar, sodium, and saturated/trans fats.
- 4. Check the calories:** While you don't need to count calories to be healthy, being mindful of how many calories are in a serving size can help with portion control and making healthy choices.

Why Are Whole Grains Important?

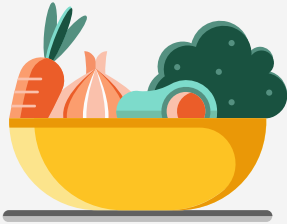
Whole grains are an essential part of a balanced diet. They are a great source of dietary fiber and can also provide the body with vitamins and minerals.

The [American Heart Association](#) recommends **eating three or more servings of whole grains every day.**

The good news is that whole-grain foods come in many forms!

From whole-wheat pasta and bread to whole-grain oatmeal and brown rice, there are plenty of ways to enjoy these fiber-rich foods throughout the week.

A diet with whole grains can also lower the risk of heart disease and help regulate blood sugar, reducing the risk of type 2 diabetes.



Nutritious Recipes To Add To Your Meal Plan

These 10 meals are packed with nutrients. Add them to your dinner menu!

- [1. Lemon Chicken](#)
- [2. Grilled Steak Tacos with Carrot Pepper Slaw](#)
- [3. Easy Chicken Curry with Vegetables](#)
- [4. Healthy 40-Minute Pork, Pepper and Rice Noodle Soup](#)
- [5. Zucchini Ribbon Pasta](#)
- [6. Healthy Air Fryer Turkey Meatballs with Zoodles](#)
- [7. Grilled Chicken with Avocado Pesto](#)
- [8. Shrimp Fried Cauliflower Rice](#)
- [9. Sheet Pan Chicken Fajitas](#)
- [10. Pizza with Cauliflower Crust](#)

Find these recipes on [FoodNetwork.com!](https://www.foodnetwork.com)

5 Ways To Lower Your Cholesterol

If screening results have you worried about high cholesterol, you're not alone! Many adults are faced with elevated cholesterol levels, which can occur due to lifestyle habits, stress, and family health history.

A buildup of bad cholesterol in the bloodstream increases the risk of heart attack and stroke. In some cases, your doctor may prescribe you medication to lower your cholesterol. In many cases, however, adopting healthy habits can effectively reduce your levels — and keep them in a good place.

Mayo Clinic recommends five lifestyle changes to improve cholesterol (without medication):

1. Choose heart-healthy foods that are low in saturated fats and rich in soluble fiber and omega-3 fatty acids.
2. Increase your physical activity by walking more, moving more, and routinely exercising.
3. Quit smoking to increase your HDL cholesterol level (the good cholesterol!)
4. Maintain a healthy weight.
5. Avoid alcohol or drink only in moderation as excessive alcohol use is linked to high cholesterol.

[Watch this video](#) from Mayo Clinic to learn more about cholesterol and heart health.

