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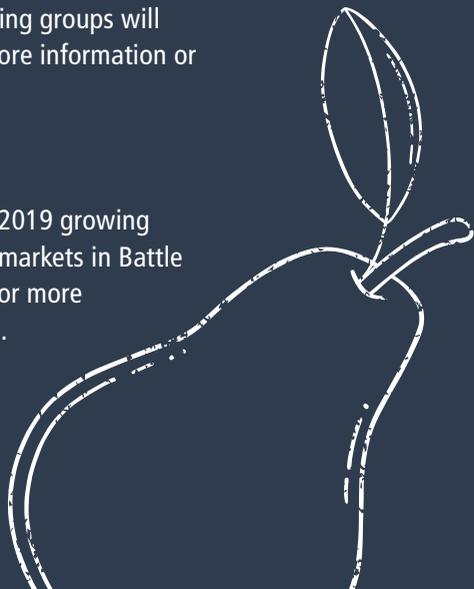
News

- **Couch to 5K – April 15 to June 7**

Choose between three different training programs to meet your 5K goals: walk a 5K, run a 5K or improve your 5K time. This eight-week program will lead up to the NHBP Light Up the Rez 5K and Turtle Trot June 7, 2019. Walking and running groups will meet once per week. Contact Health Educator Shelby Gibson for more information or to register at shelby.gibson@nhbp.org or 269.729.4422

- **Elder's Farm Market Program**

Sign up to receive \$100 in farm market vouchers to use during the 2019 growing season (June 1 through Oct. 31). Vouchers are redeemable at farm markets in Battle Creek, Grand Rapids or Grand Haven. Contact Dietitian Erin Stark for more information or to register at erin.stark@nhbp.org or 269.704.4180.



Recipe: Creamy Overnight Oatmeal for One

Ingredients:

- ½ cup old fashioned oatmeal
- ½ cup milk of choice (dairy, soy, almond)
- ¼ cup Greek yogurt
- ½ teaspoon vanilla extract
- Any fresh or frozen fruit



Nutrition Information

1 serving (when using skim milk and ½ cup blueberries)

- Total Fat 3.2 grams
- 0 grams trans fat
- 0.5 grams saturated fat
- 1.1 grams monounsaturated
- 1.1 grams polyunsaturated
- 44 grams of carbs
- 12 grams of protein
- 6 grams of fiber

Instructions:

1. Place all ingredients in an airtight container and shake to mix. Store in fridge overnight.
2. In the morning, take out of fridge and top with more fruit. Best enjoyed cold, but can be heated up for one minute in the microwave.

INCREASING FRUIT AND VEGETABLE INTAKE



May is the month when fresh fruits and vegetables finally start to make an appearance at farmers markets and grocery stores. This means it is also a great time to reach the recommended goal of five fruit and vegetable servings per day. Incorporating more fruits and vegetables into your meals also means consuming more fiber, vitamins and minerals, too! Check out these easy tips for getting the five recommended servings of fruits and vegetables:

1. Cut up fruits and vegetables right when you get home from the grocery store or market. Store them in portion-sized containers, which make it easy to grab on the go. Doing the dicing and preparation beforehand will save time and stress throughout the rest of the week, when you need a quick snack.
2. Swap out potato chips for crunchy vegetables, such as carrots or snap peas.
3. Add fruit to your dessert. Having ice cream? Add some strawberries!

Nutrition Notes

Health topics discussed in this mailer are intended to provide general health information. For condition specific or personalized health information, please contact your medical provider or schedule an individual appointment at an NHBP Health Facility.