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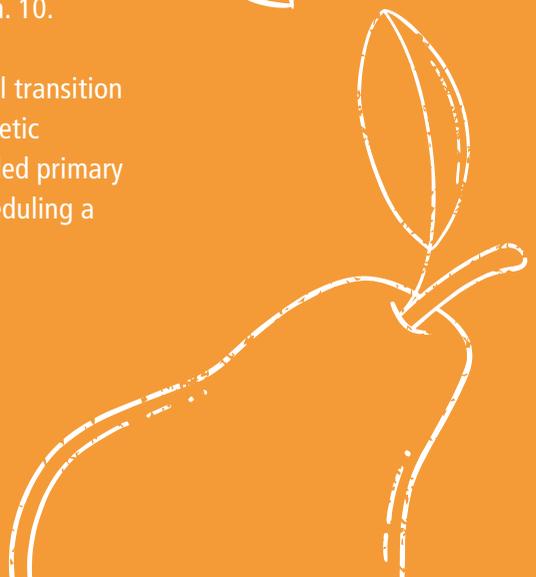
Living in a Good Way | Volume 12 | December 2019



News

Hold it for the Holidays: Join NHBP's Hold it for the Holidays Challenge for motivation to avoid adding extra weight during the holiday season and a chance to win prizes! Challenge dates are Nov. 18 to Jan. 10.

All 4 Diabetes: Starting January 2020, Diabetes in Motion will transition to a new program: All 4 Diabetes. This new program is for diabetic patients and will focus on attending all four of the recommended primary care appointments. Participants can earn a bonus prize by scheduling a session with the NHBP Registered Dietitian.



Recipe: Three Bean Chili

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 large green pepper, diced
- 2 teaspoons minced garlic
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 28-ounce can crushed tomatoes
- 1 16-ounce can diced tomatoes
- 1 15 1/2-ounce can pinto beans
- 1 15 1/2-ounce can white kidney beans
- 1 15 1/2-ounce can red kidney beans
- 1 4-ounce can chopped green chiles



Nutrition Information Serving size: 1/6 Batch of Chili

- 7 grams of fat
- 370 calories
- 14 grams of fiber
- 61 grams of carbs
- 19 grams of protein

Instructions:

Heat a large sauce pan over medium-heat. Add olive oil, onion, green pepper and garlic. Cook for 5 minutes or until softened. Add chili powder and cumin, stir to mix. Open all 3 cans of beans and rinse under running water. Add both cans of tomatoes to pot. Next, add rinsed beans and green chiles. Heat to a boil and then lower heat to simmer for 15 minutes, stirring occasionally. Makes 6 servings.

COOKING WITH CANS

Most Americans don't meet the daily recommended servings of fruits and vegetables. A common reason for this is that fresh fruits and vegetables can be costly and expire before they are eaten. One option to help to avoid the expense of wasted fruits and vegetables is choosing canned produce. Canned fruits and vegetables often get a bad reputation, however, they can be just as nutritious as fresh or frozen options. In fact, studies have shown that individuals who frequently use canned food have higher intakes of fruits and vegetables compared to those who don't.

For canned fruit, make sure it is packaged in 100 percent fruit juice or water. For vegetables and beans, look for a low-sodium option and always be sure to rinse the vegetables and beans under water, to remove up to 40 percent of the sodium.

Keep your fruit and vegetable intake high this winter and don't "can" the can!

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.