

# Mno-Bmadzewen

Living in a Good Way | Volume 1 | January 2020



## News

**All 4 Diabetes:** Starting in January 2020, All 4 Diabetes will replace the former Diabetes in Motion program. All 4 Diabetes is a program that encourages and incentivizes attendance at all four of the recommended appointments for diabetes care. Schedule an appointment with the NHBP Registered Dietitian for a bonus prize.



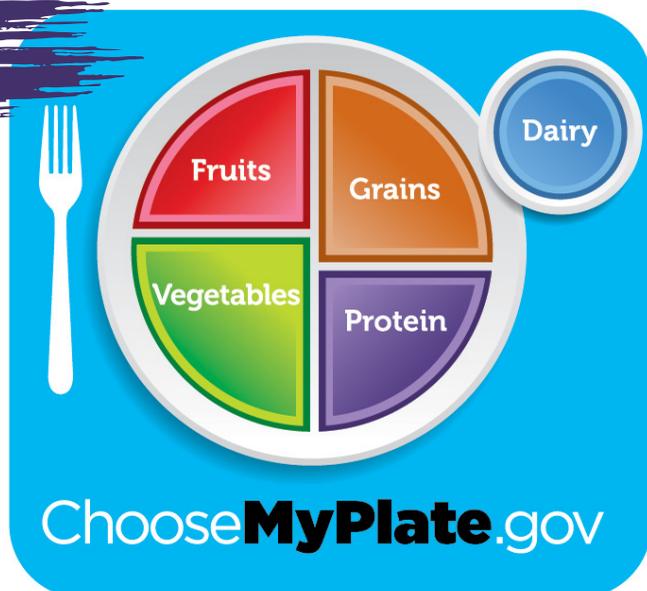
**Winter Meltdown:** Join the NHBP Health and Human Services Department (HHSD) for a six-week program that will help you prioritize your health. This program is designed to meet you wherever you are on your health journey. Whether you are looking to lose weight, decrease stress, increase your nutrition knowledge or start up an exercise routine, this program is for you! Winter Meltdown is open to all NHBP Tribal Members, spouses and descendants, as well as NHBP employees. The sign-up period begins Feb. 3. Contact the HHSD at 269.729.4422 for more information.



## Recipe: Simple Sheet Pan Supper

### Ingredients:

- 2 4-ounce boneless, skinless chicken breasts
- 1 large sweet potato
- 3 cups broccoli florets
- 1 jar pesto
- Non-stick spray



### Instructions:

Pre-heat oven to 400 degrees. Prepare baking sheet by spraying with non-stick spray. Cut large sweet potato into quarter-sized pieces, making sure they aren't too large (otherwise they won't cook properly). Place broccoli florets and sweet potato pieces in a mixing bowl and add 2 to 3 tablespoons of pesto. Mix to coat. Spread out evenly on baking sheet, leaving just enough room for 2 chicken breasts. Place 2 chicken breasts on baking sheet and generously spread pesto over each chicken breast, entirely coating each. Place baking sheet in pre-heated oven and bake for 35 to 40 minutes, or until the internal temperature of the chicken breasts reaches 165 degrees. This meal can be served with a fruit and Greek yogurt parfait to check off all the food groups!

#### Nutrition Information

For one 4-ounce boneless, skinless chicken breast, 1 1/2 cups broccoli florets, and 1 cup sweet potatoes

- 15 grams of fat
- 400 calories
- 32 grams of carbs
- 31 grams of protein

# NEW YEAR NEW-TRITION

Most of us can agree that we want to start the New Year off on the right foot with our nutrition. Starting by focusing on making just one meal per day a little bit healthier can be a great way to work to achieve this. So why not start with the age-old question, "What's for dinner?" It can be challenging figuring out what exactly to prepare each night.

Going back to the basics of the plate method is a great place to start. The first step is figuring out what vegetables are going to be the star of your plate. Making sure half of your plate is non-starchy vegetables is the best way to ensure adequate consumption of vitamins, minerals and antioxidants. Next, look at how to make a quarter of your plate a starchy vegetable or complex carbohydrate side. Some examples of healthy carbohydrate sides include Wild Rice, 100% whole-wheat bread, baked potato, and corn. All of these carbohydrate examples are great sources of fiber, as well! The last quarter section is reserved for lean protein. Examples of lean protein include bison, chicken without the skin, tuna, beans and eggs. Then add a serving of fruit and low-fat dairy (if you aren't lactose intolerant) to make the meal complete!

*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.*