



LiveHealthy

March 2015

Healthy Eating on a Budget

March is National Nutrition Month®, a campaign by the Academy of Nutrition and Dietetics to bring attention to healthy nutrition habits.

We're celebrating by sharing great ideas with you to live healthy and feed your body on a budget!

Plan Smart

- **Make a weekly meal plan.** Planning ahead takes the guess work out of grocery shopping and prevents you from buying food that won't be used. Plus, it can help you eat healthy on busy weeknights when you might otherwise be tempted to reach for high-calorie meals and snacks.
- **Strike a balance.** Visit ChooseMyPlate.gov for ideas for a balanced meal plan.
- **Focus on portions.** About half of your plate should have fruits and vegetables. Use one quarter for proteins and the other quarter for grains.
- **Skip seconds.** Forgo the second helping and save leftovers for another meal. At restaurants, it's best to set aside half of your meal before you start eating so you aren't tempted to overindulge.

National Nutrition Month is a service mark of the Academy of Nutrition and Dietetics.

NurseLine

Free | Confidential | 24/7

Questions about your health can come up at any time. The Capital BlueCross Nurse Line is here to help.

Experienced registered nurses are available day or night, seven days a week, at no charge to offer confidential support and information for any health concern including:

- Minor illnesses and injuries
- Chronic health conditions
- Immunizations and screenings
- Weight loss and nutrition
- Aging well and staying fit
- Taking medication safely
- Pregnancy and childbirth
- And more!

800.452.2583
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Shop Smart

- **Shop with a list.** Always shop with a list and don't buy anything that isn't written down.
- **Stretch your dollars.** Participate in grocery store rewards programs to take advantage of discounts and save money.
- **Scan circulars.** Look over your grocery store's weekly circular for discounted items and coupons, and keep them in mind while planning your meals for the week. Stock up on discounted healthy items that will store well.
- **Stock up on fish and lean meats that are on sale.** Freeze what you don't use and thaw when you need it.

Eat Smart

- **Buy in-season.** Rather than sticking with the same fruits and veggies year round, save money and boost your nutrient intake by buying in-season produce, which is usually cheaper.
- **Buy local.** Visit LocalHarvest.org to find local orchards and farmers' markets!
- **Pick up cans.** Canned fruits and vegetables are packaged at their ripest and most nutritious state, and can be more budget-friendly than fresh produce. To avoid extra salt and sugar, rinse canned foods in cold water and drain before eating them.

- Courtesy of ChooseMyPlate.gov and NIH.gov

Capital BLUE



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Recipe Row

Parsnip and Lentil Salad

This recipe from the Rodale Café at Capital Blue includes several hearty ingredients that store well, from lentils and bay leaves to honey and garlic. Buy these items in bulk and keep them stocked in your pantry so when you're ready to prepare this recipe, you'll only need to buy the fresh produce.

Ingredients (serves 7):

- 5 parsnips
- 2 tbsp. canola oil
- ¾ cup dry green lentils
- 1 dry bay leaf
- 1 yellow onion, quartered
- ½ lb. fresh watercress greens
- ¼ cup canola oil
- 1 tbsp. fresh lemon juice
- 1 tsp. honey
- 1 tsp. mustard
- 1 garlic clove
- 4 tbsp. parmesan cheese

Directions:

Preheat oven to 375°. Peel and cube parsnips. Roast in pan with oil for 40 min. until tender and caramelizing. Boil lentils in saucepan for 1 min. Drain. Return to pan with bay leaf, onion, parsley, and add water to cover. Bring to low simmer. Cook slowly for 30 min. until tender. For dressing, whisk oil, lemon juice, honey, mustard, and garlic. Season with salt and pepper. Drain lentils and remove bay leaf, parsley, and onion. Toss lentils with dressing. Scatter lentils, parsnip, and watercress on platter and finish with cheese.

See more recipes and share your own tips for living healthy at capitalbluestore.com/blog.

Capital Blue is brought to you by Capital BlueCross.

Visit capbluecross.com to create your FREE Personal Health Profile.

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