



MARCH

National Nutrition Month

March is National Nutrition Month, a time to reflect on the importance of healthy eating and making nutritious food choices. It is the perfect opportunity to learn more about how to fuel your body with the right foods and make sustainable changes for a healthier lifestyle. Here are some tips on fueling your body with essential nutrients and building habits to support your long-term health and wellness.

1. **Reach for the Rainbow:** Fruits and vegetables are nature's art. The more colorful your plate, the better the nutrition you are getting.
2. **Hydrate:** Don't forget to drink water! You should be drinking at least 75-100oz per day.
 - **Tip!** Invest in a reusable water bottle that you can take with you wherever you go. It is a great way to stay on track and keep hydrated throughout the day!
3. **Portion Control:** Mindful eating helps prevent overeating. Try using smaller plates and listening to your body's hunger cues. Drinking water before meals can help prevent overeating.
4. **Cook More at Home:** Preparing meals at home gives you more control over ingredients and portion sizes.
5. **More Whole Foods:** While convenient, processed foods can be high in sodium, sugars, and unhealthy fats, try to limit processed food and opt for whole foods when you can.

Did you know? Eating a variety of fruits and vegetables can reduce the risk of chronic diseases such as heart disease, diabetes, and cancer.

Remember! Southern Land employees have access to the HUSK Wellness, which includes **HUSK Nutrition**, a service offering virtual health and nutrition programs designed to meet your individual needs.

Through **HUSK Nutrition**, you will work one-on-one with a Registered Dietician who will create a personalized nutrition plan tailored to your goals, health needs, and lifestyle. Whether you are looking to improve your eating habits or get expert advice on specific nutrition questions, HUSK provides evidence-based solutions to help you thrive. Visit marketplace.huskwellness.com/nutrition for more information.

NOTE: Your cost share per session will vary depending on your insurance (through Southern Land Company or another plan). You also have the option to pay via direct bill at \$49.99 per session.

Cinnamon Oatmeal Pancake Recipe

(Serves 10)

Ingredients:

- 1-1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 1 egg
- 1-1/2 cups cooked oats
- 1-1/2 cups evaporated milk
- 1/4 cup water
- Nonstick cooking spray

Directions:

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk, and water. Stir well.
3. Add oatmeal mixture to the flour mixture and combine.
4. Heat a skillet with nonstick spray over medium heat.
5. Spoon batter onto skillet; cook for 2-3 minutes until bubbles form, then flip and cook until golden brown
6. Serve warm with fruit or any toppings of your choice!

Check out this link for more Healthy Recipes!

<https://healthylearn.com/connerstrong/lh/recipes.html>

Sources:

- <https://healthylearn.com/connerstrong/lh/plan-your-meals.html>
- <https://healthylearn.com/connerstrong/hn/cinnamon-oatmeal-pancakes.html>
- <https://healthylearn.com/connerstrong/lh/reach-for-a-rainbow-of-fruits-and-veggies.html>

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