

PURSUIT

MARCH 2024

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

Plan marvelous meals in March!

This year's National Nutrition Month theme, *Beyond the Table*, goes beyond sitting at the dinner table. It's a food journey that starts from how food is grown to how it ends up on your plate—at home, at school or wherever you are! So, it's not just about eating, it's about understanding where our food comes from, how to make healthy choices, and ways to stretch your grocery budget.

Use tips from the Academy of Nutrition and Dietetics to start your healthy journey:

Budget friendly choices

- Learn to cook, plan meals and prep food. Try a hands-on cooking class near you, or search the web for live online cooking demos with step-by-step instructions. Start with simple recipes.
- For a quick healthy meal, fill your shelves with beans, salt-free canned vegetables, brown rice, quinoa or pasta, canned fish or chicken, olive oil, herbs and spices.
- Stick to your grocery list and stock up during sales.



- Explore the Supplemental Nutrition Assistance Program (SNAP), Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and local food banks. You can also visit a local Florida Blue Center for help finding community resources.

Variety matters

- Enjoy family recipes and celebrate your heritage.
- Mix it up with fresh, frozen, canned, and dried food options.
- Get creative. Change up recipes, add more veggies or play with seasonings.

- Try new foods from around the world or look up a new recipe.

Earth-friendly eating

- Turn leftovers into lunch or freeze them.
- Eat more plant-based meals and snacks.
- Buy foods in season and from local farmers. Grow food at home or in a community garden.

To learn more, [click here](#) for our next Ask the Dietitian webinar March 13, 2024 at 1:00 pm ET.

Source: [Eatright.org](https://www.eatright.org); [MyPlate.gov](https://www.myplate.gov)

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Recipe of the month

Focus on your vision

Make sure your eyes stay healthy and strong. Here's what you can do:

- **Eat colorful foods.** Fruits and vegetables have antioxidants that protect your eyes. Think carrots, sweet potatoes, oranges, grapefruit, and avocado. Fish like salmon, tuna and sardines are high in omega-3 fatty acids that also help your eyes.
- **Get moving.** Exercise helps lower eye pressure and prevent conditions like eye hypertension.
- **Take a screen break.** Look away from a computer, phone, or TV screen every 20 minutes.
- **Use safety gear.** When you



play sports, wear goggles or a face helmet to protect your eyes.

- **Don't smoke.** Smoking increases your risk for age-related eye diseases, such as macular degeneration and cataracts. For free resources to help you quit, go to

tobaccofreeflorida.com.

- **Visit your eye doctor.** Regular check-ups help catch eye problems early when they are easier to treat.
- **Wear your shades.** When you're outside, wear sunglasses with UV-B protection.

Source: CDC.gov; WebMD.com

Lemony Lentil Salad with Feta (Serves 6)

Ingredients:

- 1/3 cup lemon juice
- 1/3 cup chopped fresh dill
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt, or to taste
- 1/3 cup extra-virgin olive oil
- Freshly ground pepper, to taste
- 2 15-ounce cans lentils, rinsed, or 3 cups cooked brown or green lentils

- 1 cup crumbled feta cheese, (about 4 ounces)
- 1 medium red bell pepper, seeded and diced (about 1 cup)
- 1 cup diced seedless cucumber
- 1/2 cup finely chopped red onion

Directions:

Whisk lemon juice, dill, mustard, salt and pepper in a large bowl. Gradually whisk in oil. Add lentils, feta, bell pepper, cucumber and onion; toss to coat.



Make ahead tip:

The salad will keep, covered, in the refrigerator for up to 8 hours.

Recipe courtesy of Eatingwell.com; for nutritional information click [here](#).

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