



Sans Bois

Health Services, Inc.

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Newsletter

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March is National Nutrition Month

Here are a few ways to “Get Your Plate in Shape” from the food and nutrition experts at the Academy of Nutrition and Dietetics:

1. **Make half of your plate fruits and vegetables:** Eat a variety of vegetables, especially dark-green, red and orange varieties. Add fresh, dried, frozen or canned fruits to meals and snacks.
2. **Make at least half your grains whole:** Choose 100 percent whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.
3. **Switch to fat-free or low-fat milk:** Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. For those who are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.
4. **Vary your protein choices:** Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Keep meat and poultry

portions small and lean. And be sure to choose seafood as the protein at least twice a week.

5. **Cut back on sodium and empty calories from solid fats and added sugars:** Compare sodium in foods and choose those with lower numbers, and season your foods with herbs and spices instead of salt. Switch from solid fats to healthy oils like olive and canola oil. Replace sugary drinks with water and choose fruit for dessert.
6. **Enjoy your foods but eat less:** Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home where you are in control of what’s in your food. When eating out, choose lower calorie menu options.
7. **Be physically active your way:** Adults need at least 2 hours and 30 minutes of physical activity every week. Choose activities that you enjoy, and start by doing as much as you can.

We, at Sans Bois Health Services, appreciate the opportunity to care for you in your home. If you have any questions or concerns, please feel free to call us at 1-866-SAN-BOIS.

Low-Fat Oven-Fried Chicken (6 servings)

- 1 cup plain low-fat yogurt
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 clove garlic, minced
- 6 skinless chicken breast halves
- 1 cup seasoned bread crumbs
- 1 tablespoon margarine, melted

1. Preheat the oven to 400 degrees F.
2. Combine the yogurt, paprika, thyme, salt, pepper, & garlic in large bowl & mix well.
3. Coat the chicken with the mixture. The chicken may be covered & refrigerated overnight or baked immediately.
4. Prepare a shallow roasting pan with nonstick pan spray. Combine the bread crumbs & margarine in a shallow dish. Coat the chicken with the crumbs & place in the pan.
5. Bake breasts for 25 minutes or until tender. Chicken should be cooked until internal temperature reaches 170 degrees.