

March 2016

National Nutrition Month

Spotlight on Wellness

Frequently Asked Questions

Did you know?

Recipe of the Month



Benefit Fund *At a glance*

Spotlight on Wellness

Colorectal Cancer

Colorectal cancer is cancer of the colon or rectum. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous. Several screening tests detect colorectal cancer early, when it can be easily and successfully treated. To help prevent colorectal cancer:

- Be physically active for at least 30 minutes at least five days a week
- Maintain a healthy weight and waist size
- Don't smoke. If you do smoke, quit
- Limit alcohol to no more than one drink per day if you're a woman or two drinks per day if you're a man
- Eat more fruits, vegetables and whole grains, which are good sources of fiber
- Eat less red meat and cut out processed meat

Get screened according to guidelines—talk to your doctor about your risks and decide when you should be screened.

March is National Nutrition Month

Does this sound familiar?

- I struggle with meal time.
- I have trouble figuring out what and how much to eat.
- I've tried many different diets with no success.

It's not your fault. The diets failed you. Join us **March 30th**, at **12:30pm** at 1319 Locust Street, as Dana Snook, Registered Dietitian helps you evaluate your own eating know-how and shows you what a balanced meal should look like. Food Samples will be provided. See the flyer below for details!!



FREE

Attention:
District 1199C

Food for Thought
FREE - Healthy Cooking
Demonstration

Register Today - Space limited

DATE: Wednesday, March 30th, 2016

TIME: 12:30 -1:30pm

LOCATION: 1319 Locust Street, 2nd Floor Auditorium

REGISTER: Call the Benefit Fund at 215-735-5720 to reserve your spot today.



Stay tuned for an update on your Dominion Dental plan!

Did you know?

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eat Right with MyPlate

Find your healthy eating style using these recommendations from the 2015-2020 Dietary Guidelines.

Simply start with small changes to make healthier choices you can enjoy.



Make half your plate fruits and vegetables: Focus on whole fruits.

- Choose whole fruits –fresh, frozen, dried or canned in 100% juice.
- Enjoy fruit with meals, as snacks or as a dessert



Make half your plate fruits and vegetables: Vary your veggies.

- Try adding fresh, frozen or canned vegetables to salads, sides and main dishes.

- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted or raw



Make half your grains whole grains.

- Look for whole grains listed first or second on the ingredients list - try oatmeal, popcorn, whole-grain bread and brown rice.
- Limit grain desserts and snacks such as cakes, cookies and pastries.

Recipe of the Month



Napa Valley Glazed Salmon

Ingredients

- 2 tablespoons honey
- 1 teaspoon dried thyme
- 2 teaspoons Dijon mustard
- 1 teaspoon finely grated lemon zest
- 1 teaspoon white pepper
- 1 1/4 pounds salmon, cut into 4 pieces

Directions

1. Preheat oven to 350°F
2. Combine the honey, thyme, mustard, lemon zest, and pepper in a small bowl. Arrange the salmon in a shallow roasting pan lined with cooking foil. Using the back of a spoon, spread the honey mixture to coat the top of each fillet.
3. Bake, uncovered, for 20 minutes, or until the salmon flakes with a fork.

Serving Size: 3 ounces

Nutrition facts per serving:

- 270 calories
- 11 g fat
- 1.5 g saturated fat
- 135 mg sodium
- 10 g carbohydrate
- 32 g protein

Source: Academy of Nutrition and Dietetics

Frequently Asked Questions >>>

Q: I am interested in seeing a chiropractor for care. Is this a covered benefit?

A: YES. Spinal manipulation by a chiropractor is benefit covered at 100%. There is an annual maximum of 60 visits per year. Contact the Benefit Fund for details on how to access this service today!

Have a question? Contact the Benefit Fund at (215) 735-5720.
1319 Locust Street, 3rd Floor, Philadelphia, PA 19107

