



Foods that raise your HDL

HD...what? HDL (high density lipoprotein) is what many know as "good cholesterol." It functions as a vehicle to collect the "bad" cholesterol and transport it to the liver so that it can be processed. High levels of HDL reduce the risk of heart disease. You generally want to aim for levels higher than 60 ml/Dl. While genetics play a role, lifestyle can greatly improve your cardiovascular health. Healthy nutrition can help you keep your cholesterol in check.

The following foods are known for their HDL-raising properties:

- ⇒ Nuts
- ⇒ Fish
- ⇒ Olive Oil
- ⇒ Avocado
- ⇒ Oatmeal

Sources: Spark People and WebMD



In honor of **Nutrition Awareness Month**, freshen up your **nutrition label IQ** by taking this **Be Well online refresher**

HAPPENING IN MARCH!

The Storrs Winter Farmers Market is still going strong. Pay a visit to the Mansfield Public Library on Saturday March 8th, 22nd, and 29th from 3pm to 5 pm to get your fill of locally grown and locally made products!

EXERCISE AND HDL

Don't forget the daily exercise! **Regular exercise signals your body to produce more HDL, making physical activity one of the most important factors to raising your HDL.** Start with just 10-15 minutes a few days a week, but gradually increase until you're active for at least 30 minutes 5 days per week.



Drink up for good health!

You may have heard of the recommended daily eight 8-ounce glasses of water. Water has been known to provide many health benefits. It acts as a powerful detoxifier, metabolism booster, water retention fighter, and appetite quencher. Knowledge doesn't always turn into behavior though, right? Here are some strategies to help you increase your daily water intake:

- ⇒ Upon waking in the morning, drink a cup of hot water mixed with lemon juice: this helps wake up your digestive system. Now you only have seven more cups to go!
- ⇒ Bond with the perfect reusable water bottle! Whether it's your

favorite color, or a unique design: make it your own with stickers, inspirational quotes, or images. Take it with you wherever you go, just as you would with your wallet, keys, and phone!

- ⇒ Drink at least one glass of water at each meal (that's three cups of water right there!) and if you snack twice a day, drink one glass of water at each snack time!
- ⇒ Spruce up your water by adding slices of refreshing fruits and/or mint leaves!
- ⇒ Add water to your breakfast smoothie, instead of juice!





Be Well !

4 South Eagleville Rd.
Mansfield, CT 06268

Phone: 860.429.3361
Fax: 860.429.3321
Email: be_well@ehhd.org

Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from your employer. The goal of the program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

Do you eat fish every week?



Click on the yellow button to the left to take the Be Well poll!

Last month's poll: Have you ever belonged to a CSA? 100% said NO, and 60% said they would either be interested in joining one, or wanted to learn more about them!



We're on the web at
http://www.ehhd.org/be_well

Are you an experienced or aspiring runner? 5k Fun Run Season is here!

RUNNING EVENTS FOR MARCH AND APRIL:

- Sun, Mar 9 Courthouse O'Putnam 5K
- Sat, Mar 15 O'Niantic 5K
- Sun, Mar 16 Max's O'Hartford 5K
- Sun, Apr 6 Harvard Pilgrim Middletown Half & Legends 4-Mile
- Sun, Apr 13 ENOUGH! A Race to End Violence
- Sat, Apr 26 Burn Calories for Fuel 5K
- Sun, Apr 27 Glastonbury River Run

For more information and a full calendar (including triathlons and duathlons) [click here!](#)



Recipes

If you had the chance to try out the [STRAIGHT-TO-THE-HEART SALMON](#) recipe featured in last month's Be Well demonstration video, you may have fallen in love with it, as did we. You may have also been wondering how else you could use the remaining quinoa you bought...



Here's an idea for you: [QUINOA SALADS IN A JAR!](#) Click [here](#) for step by step photo instructions on how to make four different delicious grab-and-go lunches for those busy weekday mornings! We've tried them all and absolutely LOVE them! At an average of 276 calories and chock-full of nutritious ingredients, these are tasty, convenient, and healthy meals on the go!

Also, before you dash off to work in the morning, how about setting up the slow cooker with tonight's dinner? Try out the recipe featured in this month's video demonstration: [SLOW-COOKER UNSTUFFED CABBAGE!](#) And if you're not very familiar with how to use a slow-cooker, [check out this fabulous resource](#) on our Be Well website!

Health tip: Eat your seeds!

- ⇒ As we start dreaming about the upcoming spring season, and fantasizing about which seeds we will be planting and tending to with love and care, let's not forget that many seeds can also be added to our meals to deliver an added punch of fiber and valuable nutrients!
- ⇒ The next time you are visiting the local health store, keep an eye out for [Chia seeds](#). An excellent source of omega-3 fatty acid, they are also a remarkable source of fiber at 10 grams per ounce (about 2 tablespoons), and contain protein and minerals such as iron, calcium, magnesium and zinc.
- ⇒ Sprinkle Chia seeds on cereal, rice, yogurt, salads, eggs, vegetables... you name it! They are very small and flavorless, making them very easy to add to virtually any dish!



Adapted from: The Academy of Nutrition and Dietetics