

Quick Cooking for Busy Bodies

Plan by the Week

Take 5-10 minutes weekly to plan 5 meals for the week. Save weekly lists to make a master list of all tasty quick meals your family enjoys.

Pre-preparation

Chopping, slicing, and dicing foods can be time consuming. Buy food pre-prepped. You can buy lowfat cheese grated, minced garlic in jars, chopped vegetables at the salad bar, bagged lettuce, or cooked seasoned chicken breasts. Store in zip bags or clear storage bowls

Quick Prep

Batch cook. Double or triple your favorite recipes. You now have two to three meals in the time it takes to prepare one. Freeze in meal size portions or make individual TV dinners or make TV dinners out of any leftovers and freeze. You can also batch cook on weekends for your meals during the week. Invest in time saving gadgets such as micro-waves, food processors, mini-choppers, crock pots, garlic presses, bread machine, or a pressure cooker.

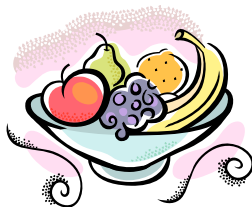
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Articles in this newsletter are not a substitute for the care and advice of medical professionals. When you have a question or need medical advice, diagnosis or treatment, consult your physician.

This newsletter is produced by Inova Health System in conjunction with your faith community. If you prefer not to receive this newsletter, please notify the appropriate personnel in your faith community.

Inova Health System is a not-for-profit health care system based in Northern Virginia that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, mental health, blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community we serve through excellence in patient care, education and research.



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For Your Health

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www.inovahealthsource.com

Check out Inova HealthSource's Nutrition classes for healthy eating tips in your area!

Visit www.inova.com and click on Health Info and Classes to get more information. Register online or call 703-204-3366.

Congregational Health Partnership is a program of Inova HealthSource, Community Health Division



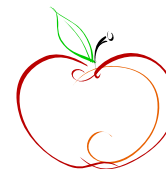
Nutrition and You!

March is National Nutrition Month. Now is an excellent time to evaluate progress toward any previous New Year's resolutions. Spring is also the time to start to consider incorporating regular activity into your life.

Here are some tips from the American Dietetic Association that will kick-start your approach to healthy eating:

A Balancing Act

* Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness. It also helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.



National Nutrition Month Goals

Plan for the long-term

*Make an eating plan for lifelong health. Too often people choose the latest food fad rather than focusing on overall health.

*Get back to basics and use the Dietary Guidelines 2005 and MyPyramid as your guide to healthy eating. These tips include eating a variety of colorful



Food Fact :
In studies, people who lost the most weight were ones who had the plan to eat healthy forever.

fruits and veggies, consuming lowfat dairy products, and choosing lower fat meats and fish.

The choice is yours

* Make smart foods choices by looking at the big picture. A single food or meal doesn't make or break a healthful diet.

* When eaten in moderation in the right portion, all foods can fit into a healthy diet.

Find the Fad



Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, diet pills or supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets. Remember, eating healthy is the way to health!



Recipe Corner

Garlic Dill Salmon

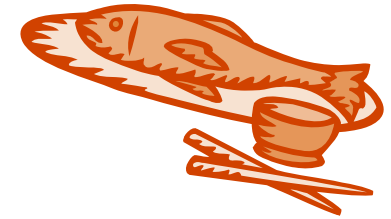
2 - 1 1/2 pound filets of salmon

2 Tablespoons garlic

1 ounce fresh dill

1/2 cup olive oil

Salt and Pepper to taste



Combine garlic, dill, and olive oil. Rub onto fish and marinate 2 hours in refrigerator. Preheat oven to 375 degrees and bake 12-15 minutes or until flakes in center.

Spice it up

Try some new flavors the next time you cook.

Consider:

Fresh basil, cilantro, dill, garlic, ginger, oregano, parsley, rosemary, or thyme.



Did you know?
People tend to eat less calories when the food is spicy.

Helpful Websites!

www.mypyramid.gov

www.eatright.org



www.mccormick.com

www.allrecipes.com