In March we celebrate National Nutrition Month®, a campaign focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits. The Academy of Nutrition and Dietetics is the most valuable and credible source of timely, scientifically based food and nutrition information.

Did you know that PEHP Wellness offers Registered Dietitian services to members? Our Dietitians offer personal health sessions, teach online classes, and conduct free webinars about nutrition.

**FEATURE**

Beginning March 2015, PEHP members will find their myHealthyUtah account information and resources at www.pehp.org. Now you can access all your wellness and healthcare tools in one place, including “Know. Plan. Act,” the Health Snapshot, Cost & Quality Tools, and more. We simplified by providing one website, one account, and one login to remember.

Log onto your personal account at www.pehp.org to schedule testing sessions, participate in health challenges, and learn about rebates all alongside your medical benefits.

— Your PEHP Wellness Team

**NUTRITION FACT**

Eating right is important to stay at a healthy weight and to maintain an energy balance between the calories you eat and drink, and calories you burn when moving. — NIH

**WEBINAR**

Cholesterol 101

What: Learn the facts about cholesterol and why it is an important factor in heart health. Join us to hear current clinical guidelines and tips for managing cholesterol.

When: Monday, March 2 at Noon

Guest Presenter: Paul Hopkins, MD, MPH, University of Utah, Cardiovascular Genetics

Tune in: View upcoming webinars. Can’t make it? All webinars are archived for future viewing – visit our archive section here.
Fuel for Your Body

The human body functions like a machine requiring fuel to run properly. When you fuel up with calories for optimum performance consider your daily movement plus any added exercise.

It is vital to consume enough calories throughout the day to compensate for energy output. This energy in, energy out model creates an equilibrium ideal for weight maintenance. On the other hand, overconsumption of calories leads to weight gain, upsetting your body’s energy balance.

The number of calories needed on a daily basis depends on your level of activity. A machine that expends a lot of energy will require more fuel than one that uses less. Physical activity levels can be broken down into three categories: not active, somewhat active, or very active. For instance, if you exercise 30-40 minutes each day on top of your regular daily activities, you would be considered somewhat active.

Click here for a chart outlining calorie needs for men, women, and children based on activity levels.

NUTRITION FACT

Your body needs the right balance of carbohydrates, protein, fat, vitamins, minerals and fluids to fuel your fitness. Learn how: Fuel Your Workout without Overdoing It – EatRight.org
**Food for Thought**

By Maria Givler

**Enjoy Good Eats!**

Celebrate National Nutrition Month! Enjoy these tried and true recipes from Maria Givler, PEHP Registered Dietitian.

**Try These Recipes**

- Lemon Garbanzo Salad with Feta
- Crockpot Balsamic Pork Roast
- Date and Gorgonzola Stuffed Sweet Potatoes
- Ricotta Cheesecake with Fresh Raspberries
- Savory Carrot Cashew Soup

**FOR FOOD THOUGHT**

Celebrate National Nutrition Month! Enjoy these tried and true recipes from Maria Givler, PEHP Registered Dietitian.

**SIMPLIFY YOUR LIFE**

By Tiffany Anderson

**Inspiration for Simplification**

Congratulations to PEHP members Sydney, Vicki, and Stephanie. These women shared amazing health success stories with us. Each has worked hard to achieve better health and ultimately simplified their life by reducing medication use, improved their quality of life, and they feel better! Enjoy their stories:

**Sydney C.:** “While undergoing treatment for stage 3 breast cancer I learned that cancer cells love sugar and I had been feeding them my whole life. Through Healthy Utah I learned that weight loss comes from 80% of what you eat and only 20% exercise. During 8 rounds of chemotherapy I cut out all soda and junk food. I do not miss soda anymore and it is easier to stay away from sugar.” [Read more](#)

**Vicki F.:** “I enrolled in PEHP’s ‘Healthy Mind Healthy Body’ class and focused on ‘Intuitive Eating.’ This class opened my eyes to a lot of why I was in the condition I was in. I began eating more vegetables, fruits and started an exercise plan. Overall, I exceeded my goal and lost 60 pounds last year and no longer take cholesterol medication.” [Read more](#)

**Stephanie M.:** “After gastrointestinal problems my doctor told me that limiting gluten would be gentler on my system. Not only did my GI system feel better but I noticed I felt better overall. Migraines I’ve had for years are now few and far between!” [Read more](#)
Your Best Diet

What is the best diet for weight loss? With hundreds of options guaranteeing results, it is hard to know! However, research suggests there is not a “one-size-fits-all” diet.

Recent guidelines from the American Heart Association state that a variety of diets, from Mediterranean to high-protein types, can result in weight loss as long as you eat fewer overall calories.

This review of mainstream diets also supports that all can provide health benefits if both total calories and processed foods are decreased. For example, one clinical trial (summarized here) showed participants on low-carb diets lost the same amount of weight after two years as those eating low-fat diets.

So rather than worry about a fad diet or what your friend ate to lose weight, make healthy, realistic changes that fit your unique lifestyle.

Your best diet will be what you can maintain long-term to meet your individual health goals.
Nutritional Needs of the Younger Mother

Eating right during pregnancy is important for all women. Younger mothers have special nutritional needs especially if pregnancy begins during teen years. Teen mothers are still developing and need early prenatal care. Rapid growth during teen years means that the body will compete for nutrients during pregnancy. See your doctor regarding nutritional needs best suited for you.

All mothers need quality calories that include adequate fiber, protein, water and nutrients for a healthy pregnancy. Dietary intake is an important and controllable factor for every woman. Read more about this topic here.

Recommendations include:

- Extra Iron – 27mg daily
- Balanced diet of 2,500–2,700 nutrient rich calories daily
- Folic acid, 600 mcg daily
- 1,300 mg of calcium daily

NUTRITION FACT
Eating well = healthy pregnancy. The recommended amount of weight gain depends on your height and your average body weight. Where does that extra weight go? Learn more here.
### MARK YOUR CALENDAR

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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>Health Tool of the Week: 3 Strategies to Prevent Overeating</td>
<td>HU TESTING SESSION Payson: 9-12:15/1:30-4:15</td>
<td>HU TESTING SESSION Price: 8:30-12:15/1:30-4:15</td>
<td>St. Patrick’s Day</td>
<td>HU TESTING SESSION Price: 8:30-12/1:30-3 Ogden: 9-12:15/1:30-4:15</td>
<td>HU TESTING SESSION Herriman: 12-6:15 Moab: 9-12/1:30-3</td>
<td>HU TESTING SESSION St. George: 9-12/1:30-3</td>
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<td>Health Tool of the Week: Healthy Cooking and Snacking</td>
<td>HU TESTING SESSION Heber City: 10-12:45/2-5</td>
<td>HU TESTING SESSION WVC: 8:30-12:15/1:30-4:15</td>
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<td>HU TESTING SESSION WVC: 8:30-12:15/1:30-4:15</td>
<td>HU TESTING SESSION Provo: 9-12/1:30-4</td>
<td>Health Tool of the Week: Balance Food and Activity</td>
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<td>Health Tool of the Week: Palm Sunday</td>
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