

# Healthy Living Update

## March is National Nutrition Month

### “Enjoy the Taste of Eating Right”

Research shows that the number one reason one food is chosen over the other are due to *TASTE* rather than nutrition. The prime focus of this month will be finding ways to combine nutrition with taste to create healthy meals which people actually enjoy. The aim is for these meals to also follow the dietary guideline recommendations.

The following is a list of five different healthy foods and the different ways they can be combined with other foods to make them taste good as well as keeping them good for us:

Greek Yogurt → Use it on tacos instead of sour cream. Cumin and Cayenne pepper can be added for extra flavor.

Canned Tuna → Tuna salad can be made with Greek yogurt instead of mayo. Serve in lettuce leaves.

Whole-Grain Cereal → Can be eaten with low-fat/fat-free milk, and fresh fruit can be added to the mix.

Bananas → Make a banana and peanut butter sandwich with whole wheat bread.

Sweet Potatoes → Can be baked and topped with chives and Greek yogurt.

**\*\*In order to reduce sodium while still adding flavor, consider using herbs and spices on food instead.**

- 1 Tbsp. fresh herbs = 1 tsp. dried herbs = ¼ to ½ tsp. ground dried herbs

Information retrieved from [www.eatright.org](http://www.eatright.org)



### This Month at Public Health:

#### Immunization Clinics:

- March 3 – 1:00-6:00 pm
- March 14 – 1:00-5:00 pm
- March 20 – 1:00-6:00 pm
- March 25 – 1:00-6:00 pm
- March 31 – 1:00-6:00 pm

#### OPOP:

- March 10
- March 11
- March 17

#### Cholesterol Screenings:

- March 14
- March 25

#### Holiday Closings

- None

### BBPH and Burleigh County Extension team up to provide monthly cooking demos!

*Where:* Dan’s Supermarket-Bismarck South Location

*Time:* 3-6pm

*When:* Mon, March 3

Tues, April 1

Thurs, May 1

Mon, June 2



Bismarck-Burleigh Public Health  
500 E Front Ave. Bismarck, ND  
58504  
Phone: 701.355.1540  
[www.bismarck.org/publichealth](http://www.bismarck.org/publichealth)



## Colorectal Cancer Screening Saves Lives

### WHY THE CONCERN?

Colorectal cancer is the third leading cause of cancer incidence in North Dakota. Colorectal cancer accounts for 400 new cancer diagnoses and 140 people dying from the disease each year. This doesn't have to be! If everybody age 50 or older had regular screening tests, at least 60 percent of deaths from this cancer could be avoided. If you are age 50 or older, start screening now.

### ARE YOU AT RISK?

- Both men and women get colorectal cancer
- Colorectal cancer is most often found in people 50 and older
- Risk increases with age
- Risk increases if you have a family history of colorectal cancer
- Risk increases if you have inflammatory bowel disease

People at high risk may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be screened.

### SCREENING IS KEY!

If you are 50 or older, getting a screening test for colorectal cancer could save your life!

## Kick-Butts Day is March 19

Kick Butts Day is a national day of activism that empowers youth to speak up and seize control against Big Tobacco at more than 1,000 events from coast to coast. Here in Bismarck, area students will be educating their peers about how e-cigarette companies are using the same slick tactics long used to market regular cigarettes to youth. Don't be fooled by flavors, celebrities and advertising claims. For more information on e-cigarettes go to [www.breathend.com](http://www.breathend.com)



### Sign-up to Get Notified When the Bismarck-Burleigh Public Health Newsletter is Available!

There's a fun and easy way to get notified when the Bismarck-Burleigh Public Health Newsletter is available. Just follow these instructions and you'll be automatically notified!

1. Go to <http://www.bismarck.org/list.aspx>
2. Sign-in to subscribe by submitting your e-mail address.
3. You will be able to select whether you would like to receive notifications through email or text message through your mobile phone. You also have the option to choose both. Select save.
5. To subscribe to the Newsletter notification click on the Bismarck-Burleigh Public Health Newsletter category. You may click on the mailbox envelope icon to receive the notification by e-mail or you may click on the phone icon to receive the notification by text message to the phone number you've entered.
6. You may also subscribe to notifications in any of the other categories listed by clicking on either the mailbox envelope icon or the phone icon next to the category.
7. You will be asked to confirm your account by clicking OK.
8. You will then receive an e-mail asking you to confirm your new subscription. Do so by clicking on the link provided within the e-mail.
9. Once you've confirmed your subscription you will get a final e-mail telling you that "You have been subscribed" and letting you know which categories you have subscribed to.
10. Then you're set! Each time something is posted to the categories you've selected you will receive an automated e-mail notifying you that the item has been posted.