

# MARCH

**BATHROOM BANTER**

WELLNESS@SANANTONIO.GOV  
210-207-WELL(9355)

MARCH 7TH | CENTRAL LIBRARY AUDITORIUM | 12-1PM  
SAVE THE DATE

## NUTRITION IN A NUTSHELL

PRESENTED BY BCBSTX ONSITE

HEALTH COACH, KEITH THIBODEAUX

\*COME TO SIGN UP FOR THE CM5K\*

CONTACT HR CUSTOMER SERVICE AT 207-8705 OR  
ASKHR@SANANTONIO.GOV TO RESERVE YOUR SEAT!

HOSTED BY THE CITY OF SAN ANTONIO  
**03.31.19 \* 8:00 AM Roosevelt Park**




### Things to Expect:

- ★ Fun and friendly atmosphere
- ★ Live music, games, and vendors
- ★ Great new Southtown course
- ★ Enjoy Siclovía after the 5K
- ★ Awards for top finishers
- ★ Much much more, don't miss it!

EARN 750 VIRGIN PULSE POINTS  
**REGISTER ONLINE**

[WWW.RUNSIGNUP.COM/CM5K](http://WWW.RUNSIGNUP.COM/CM5K)

In partnership with the 

## NATIONAL NUTRITION MONTH

The National Nutrition Month campaign is celebrated each year during the month of March. It focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

### 2019 TOP 5 KEY MESSAGES

1. DISCOVER THE BENEFITS OF A HEALTHY EATING STYLE.
2. CHOOSE FOODS AND DRINKS THAT ARE GOOD FOR YOUR HEALTH.
3. INCLUDE A VARIETY OF HEALTHFUL FOODS FROM ALL OF THE FOOD GROUPS ON A REGULAR BASIS.
4. SELECT HEALTHIER OPTIONS WHEN EATING AWAY FROM HOME.
5. BE MINDFUL OF PORTION SIZES. EAT AND DRINK THE AMOUNT THAT'S RIGHT FOR YOU, AS MYPLATE ENCOURAGES US TO DO.

FOR THE FULL LIST OF KEY MESSAGES AND MORE INFORMATION, PLEASE VISIT [WWW.EATRIGHT.ORG](http://WWW.EATRIGHT.ORG)

Featured Vegetable of the month

## CARROTS

### Health Benefits

- Improves Vision
- Aids in Digestion
- Helps Prevent Cancer
- Promotes Healthy Skin
- Helps Prevent Heart Disease
- Help Prevent Tooth Decay

## RECIPE

### CHOPPED FETA SALAD

#### INGREDIENTS

- |  |                                      |
|--|--------------------------------------|
| 8 cups chopped romaine lettuce                         | 1/4 cup olive oil                    |
| 1/2 English cucumber, peeled and diced in large chunks | 2 tablespoon red wine vinegar        |
| 1/3 cup Feta cheese, crumbled                          | 1 1/2 tablespoons fresh chopped dill |
| 1/8 small red onion, sliced lengthwise                 | 1/2 teaspoon kosher salt             |
|  | fresh black pepper, to taste         |

#### NUMBER OF SERVINGS

4 (SERVING SIZE 2 CUPS)

#### PROCEDURE

Toss all the ingredients together and serve right away.

[www.skinnytaste.com](http://www.skinnytaste.com)