

It's June and we're celebrating Dairy, a healthy Diet and Dads!

June, 2012

DCC Wellness
Newsletter



June is National Dairy Month, National Men's Health Week and Fresh Fruits and Vegetables Month, making it a great time to focus on a healthy diet. It's also the month we celebrate Father's Day!

Dairy Every Day

It's easy to get the recommended three servings of dairy every day, right? After all, dairy makes many of our foods extra delicious. Think about a grilled cheese sandwich with ripe-from-the garden tomatoes, or a cool bowl of ice cream in the heat of the late afternoon.

From cream in your coffee to fresh summer strawberries with yogurt, dairy is truly a super food, good for you and scrumptious, too.

Dairy has a long list of beneficial nutrients including calcium, vitamin D and protein. But there are lesser known nutrients in milk and milk products that add to this powerhouse:

- Potassium – helps the body regulate calcium and is essential for proper functioning of the heart, muscle, kidneys, nerves and digestive system.
- Conjugated linoleic acid (CLA) – this natural fat may inhibit the development of certain cancers and aid in weight loss.

Don't forget C!

Vitamin C, found in fresh fruits and vegetables, helps your body absorb all the calcium dairy has to offer. Try these combinations to boost your calcium intake!

Add orange chunks or pineapple to your yogurt or cottage cheese.

Make your smoothie with blackberries, raspberries or kiwi

Add milk and lemon to your tea

Add broccoli to your macaroni and cheese

Recipe of the Month:

Grilled, Creamy, Balsamic-glazed Vegetables



Since June is all about fresh produce, dairy and Dad, try this grilled side dish that goes great at any backyard barbecue!

Ingredients:

- 1 ¼ cups plain, fat-free or low-fat yogurt
- ½ cup Balsamic vinegar
- 2 tbsp. olive oil
- 2 tbsp. chopped parsley
- 2 cloves garlic, minced
- 1 red pepper, sliced or chunked
- 1 sweet onion, quartered
- 2 Japanese eggplants, sliced into rounds
- 3 zucchini, sliced into rounds

Preparation:

Simmer vinegar until reduced to 3 tablespoons, then cool. Add yogurt, oil, garlic and parsley. Put the vegetables on skewers and brush with half the yogurt mixture, then grill until golden, about four minutes. Drizzle the remaining dressing over the skewers and serve.

- MealsMatter.org



Move of the Month: The Kneeling Lunge

Your hip flexors, which connect the leg, pelvis and abdomen, allow you to stand, walk and bend over. Sitting all day may actually shorten the hip flexor.

Show your hip flexors you care with this simple stretch.

Kneel on your right knee with your left foot in front, your left knee bent at a 90-degree angle and aligned over the ankle. Put your hands on your left thigh and push your hips forward until you feel tension in the front right hip. Hold for 30 seconds and switch legs.

--Photo by Justin Singh