



APRIL IS ALCOHOL AWARENESS MONTH

**Alcohol
 Awareness
 Month**

**Take a
 day off
 from
 drinking
 this week.**

healthfinder.gov

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer.

This April during Alcohol Awareness Month educate yourself and your loved ones about the dangers of drinking.

If you are drinking too excess, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink per day for women or 2 drinks per day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

For more information on alcohol awareness visit:

www.healthfinder.gov



KIDS QUOTE

"You have to clip your fingernails because if you don't they will grow long, turn green and hairy like the Grinch."

~Gabrielle 3

April recipe Easter Pie



Ingredients:

- 3/4 cup powdered sugar, plus extra for garnish
- 3 large eggs
- 2 teaspoons pure vanilla extract
- 1 tablespoon orange zest
- 1 (15-ounce) container whole milk ricotta cheese
- 1/2 cup cooked short-grained rice
- 1/3 cup toasted pine nuts
- 6 sheets fresh phyllo sheets or frozen and thawed
- 3/4 stick unsalted butter, melted

Directions:

- Blend 3/4 cup of powdered sugar, eggs, vanilla, orange zest and ricotta in a food processor until smooth. Stir in the rice and pine nuts.
- Preheat the oven to 375 degrees F.
- Lightly butter a 9-inch glass pie dish. Lay 1 phyllo sheet over the bottom and up the sides of the dish, allowing the phyllo to hang over the sides. Brush the phyllo with the melted butter. Top with a second sheet of phyllo dough, laying it in the opposite direction as the first phyllo sheet. Continue layering the remaining sheets of phyllo, alternating after each layer and buttering each sheet. Spoon the ricotta mixture into the dish. Fold the overhanging phyllo dough over the top of the filling to enclose it completely. Brush completely with melted butter.
- Bake the pie until the phyllo is golden brown and the filling is set, about 35 minutes. Sift powdered sugar over the pie and serve.

Recipe courtesy of: Giada De Laurentiis



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fit 4 life

The Mediterranean diet in a nutshell



A Mediterranean diet is easily described by eating primarily plant-based foods, such as fruits, vegetables, whole grains, legumes and nuts.

The focus of the Mediterranean diet isn't on limiting total fat consumption, but rather on choosing healthier types of fat. The diet discourages saturated fats and hydrogenated oils (trans fats), both of which contribute to heart disease. See the tips below:

- Make minimally processed veggies and fruits the majority of your meals. Fresh and whole are best.
- Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.
- Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Nuts and seeds are good sources of fiber, protein and healthy fats. Choose natural peanut butter rather than the kind with hydrogenated fat added. Try blended sesame seeds (tahini) as a dip or spread for bread.
- Use olive or canola oil as a replacement for butter or margarine.
- Use herbs and spices instead of salt and fat in recipes.
- Drink red wine in moderation
- Eat fish at least twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grill, bake or broil fish. Avoid breaded and fried fish.
- Limit red meat to no more than a few times a month. Substitute fish and poultry for red meat. When choosing red meat, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat, processed meats.
- Choose low-fat dairy instead of whole or 2%. Switch to skim milk, fat-free yogurt and low-fat cheese.

25 the total grams of sugar recommended for women per day .

37 the daily amount recommended for men.



TIP CORNER

DRY SKIN RELIEF: Now that spring is here get rid of winters dry skin with coconut oil. Studies show that coconut oil is natural way to sooth very dry skin.

VARICOSE VEINS: Try horse chestnut, an herbal extract that's been shown in studies to strengthen veins and reduce swelling. The herb is also available in topical creams.

SORE MUSCLES AND JOINT PAIN: Apply a cream or ointment that contains capsaicin, the active ingredient in Chile peppers, two or three times a day. The heat from the peppers has been shown to help relieve pain.

REDUCE BELLY FAT: Lower your carbohydrate intake and avoid artificial sweeteners. Sugary snacks and other refined carbs spike blood sugar and cause pounds to settle in your midsection. Eat whole grains, beans, and vegetables instead.

(your weight in pounds) X (.37) =
 how many grams of protein you need
 per day.

