Hello, my name is Marcie Schaffer. I am the new Family Consumer Science Agent with NC Cooperative Extension, McDowell County Center. I have recently moved to Marion from Alabama, and am a graduate from the University of North Alabama with a bachelor’s degree in Nutrition and Family Resource Management.

Due to the large demand of nutrition and wellness issues people face today I have decided to begin a newsletter addressing concerns. You will be receiving this newsletter bi-monthly. If you have any suggestions or questions please feel free to contact me at marcie_schaffer@ncsu.edu. If you would like your name removed from the mailing list please call 828-652-7874.

Eating right and being physically active aren’t just a "diet" or a "program"—they are keys to a healthy lifestyle. With healthy habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life.

You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to be healthy. You may not be getting enough physical activity to stay fit and burn those extra calories.

What is a "Healthy Diet"?

The Dietary Guidelines describe a healthy diet as one that

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. What’s important is to be active most days of the week and make it part of daily routine. For example, to reach a 30-minute goal for the day, walk the dog for 10 minutes before and after work, and add a 10 minute walk at lunchtime. Or, swim 3 times a week and take a yoga class on the other days. Make sure to do at least 10 minutes of the activity at a time, shorter bursts of activity will not have the same health benefits. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office. [http://www.mypyramid.gov/pyramid/physical_activity_tips.html](http://www.mypyramid.gov/pyramid/physical_activity_tips.html)

Healthy Recipe

Amy's Barbecue Chicken Salad

- 2 skinless, boneless chicken breast halves
- 1 head green leaf lettuce, rinsed and torn
- 1 bunch cilantro, chopped
- (15 oz) can black beans, drained
- 1 (2.8 oz) can French fried onions
- 1/2 cup barbeque sauce
- 1 head red leaf lettuce, rinsed and torn
- 1 fresh tomato, chopped
- 1 (15.25 oz) can whole kernel corn, drained

Preheat the grill for high heat. Lightly oil the grill grate. Place chicken on the grill, and cook 6 minutes per side, or until juices run clear. Remove from heat, cool, and slice. In a large bowl, mix the red leaf lettuce, green leaf lettuce, tomato, cilantro, corn, and black beans. Top with the grilled chicken slices and French fried onions. In a small bowl, mix the Ranch dressing and barbeque sauce. Serve on the side as a dipping sauce, or toss with the salad to coat.

Original recipe yield: 8 servings

NUTRITION INFORMATION:

<table>
<thead>
<tr>
<th>Servings Per Recipe: 8</th>
<th>PREP TIME 15 Min</th>
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<tbody>
<tr>
<td>Amount Per Serving: 8</td>
<td>COOK TIME 12 Min</td>
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<tr>
<td>Calories: 291</td>
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<tr>
<td>Total Carbs: 29g</td>
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<tr>
<td>Total Fat: 14.8g</td>
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<td>Dietary Fiber: 6.6g</td>
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<tr>
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<td>Sodium: 698mg</td>
<td>READY IN 35 Min</td>
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The North Carolina Cooperative Extension Service is an educational agency funded by the United States Department of Agriculture, North Carolina State University, and local governments. The North Carolina Cooperative Extension Service’s mission is to help individuals, families, and communities put research based knowledge to work to improve their lives.

Four major program areas:
Agriculture and Natural Resources
Community & Rural Development
Family & Consumer Education
4-H & Youth Development

The use of trade named products is with the understanding that no endorsement is made to the exclusion of other equally effective products.

Compiled and edited by:

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Family and Consumer Science

Secretarial support by Cheryl Mitchell