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Health Sciences Library
University of Central Florida
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**SAVE THE DATE**

3/17: Match Day!
3/23: BYOL Lunch & Learn Series: Sleep Hygiene
12pm - 1pm
Room 211

REMEMBER:
Daylight Saving time begins on 3/12. Spring forward those clocks!

**5 MINUTE HEALTH TIP**

Spring Clean Your Diet by Eating the Rainbow!

Eating a rainbow of fruits and vegetables is the best way to load up on nutrient-dense and antioxidant-rich foods that are not only low in calories, but can lower your risk of heart disease and help you recover from tough workouts. Try these foods:

- Red - beets, cherries, apples
- Orange - oranges, carrots, sweet potatoes
- Yellow - bell peppers, squash
- Green - kale, grapes, leeks
- Blue - blueberries
- Purple - cabbage, purple potatoes, purple carrots
- White - radishes, parsnips

**SPRING CLEAN YOUR DIET FOR NATIONAL NUTRITION MONTH**

March is National Nutrition Month! It’s easy to let our healthy eating plans slip when the temperature dips down and all we want to do is snuggle up with a bowl of comfort food and hot cocoa. But spring is here and it is the perfect time to make some small changes in how we eat to start feeling more energetic and ready for the longer days ahead. Here are some tips to spring clean your diet:

1. Drink more water.
   Water consumption tends to drop off in the winter when it’s not 100 degrees outside and we’re not sweating. Drinking more water helps us feel full so we eat less, especially when we’re not really hungry.

2. Cut out added sugar.
   According to the USDA 2015-2020 Dietary Guidelines, we should be getting no more than 10% of our daily calories from added sugar (i.e., the kind that is not naturally occurring in our food). Reducing our intake of added sugars from food and beverages can result in reduced risk of cardiovascular disease, obesity, type 2 diabetes, and maybe even some types of cancers in adults. Watch out for syrups and other sweeteners that are also just added sugar.

3. Stay away from highly processed foods.
   Foods that come in a box or package are super convenient, but often loaded with salt, preservatives, and other chemicals that just aren’t good for us. Look for snack foods with basic ingredients you can actually pronounce.

4. Don’t be afraid of fat.
   Our bodies and brains need fat to function. Healthy fats in foods like olive oil, coconut oil, nuts, and avocado help us feel full so we’re not hungry again 5 minutes after we eat. Nuts are a great snack and offer protein and fiber to boot. Just watch out for your portion sizes, as fat contains more calories than carbohydrate and protein food sources.

5. Eat more vegetables.
   Mom was right: we need to eat our veggies. Spring is a great time to try a new vegetable, like bok choy or baby kale. Try having a salad with lean protein for lunch, or snack on veggies with hummus instead of chips. Buy pre-cut veggies from the grocery store to make it easier to add them to dinner.


**Eat healthier with Fooducate!**

With Fooducate, you can scan a food product's barcode and see a personalized nutrition grade for that food, learn about the pros and cons of the product, and browse healthier alternatives.

Created by Registered Dieticians, Fooducate analyzes each food product based on added sugars, artificial sweeteners, additives, preservatives, and more. You can also personalize the app with your dietary goals, allergens, and health conditions to further personalize each food's nutrition grade.

**APP OF THE MONTH**

Fooducate
Available for free in iTunes and in the Google Play Store

**INFORMATION. Anywhere, Anytime, on Any Device**
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