



### Fresh Kale, Avocado, and Pomegranate Salad

Leafy greens, healthy fats, and a zing of flavor. That's what you'll get in this easy-to-make salad recipe:<sup>4</sup>

#### Ingredients

- 10.5 oz kale leaves (stems removed)
- 1/4 C lemon juice
- 3 T olive oil
- 1/2 tsp salt
- 1/2 C pomegranate seeds
- 1 avocado, cubed

#### Directions

1. Wash kale leaves. Pat dry or use salad spinner.
2. Finely shred kale leaves. Put in a large bowl.
3. Add lemon juice, olive oil, and salt. Mix well. Then let stand for 30 minutes.
4. Fold in pomegranate seeds and avocado.

Makes 8 servings. 124 calories per serving.

## Use This Grocery-Shopping Tip to Manage Your Weight

### Reading food labels can support weight management

Ever walked into the grocery store hungry? How about hitting the drive-thru after a hectic day? It's a hallmark of the See Food diet. You know...you see food, you eat it.

Want to change that? There's a simple thing you can do every time you go grocery shopping to help manage your weight: Read food labels.<sup>3</sup>

One recent study found that people who read food labels have better success with weight control than people who don't. It's not magic. It's just a simple way to help you be more aware of your food choices.

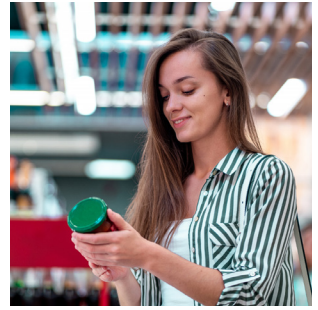
#### What to look for on the label

Every packaged food item you buy has a nutrition facts label. At a glance, you can get information like:

- **Serving size.** It's probably smaller than you think.
- **Calories.** How many calories are in a single serving? The average adult only needs about 2,000 calories a day. Keep that in mind.
- **Sodium.** Most adults consume too much. Aim for less than 2,300 mg of sodium per

day. No more than 1,500 if you have high blood pressure.

- **Carbohydrates:** Aim for about 225 to 325 grams of carbs a day. This is important if you have diabetes, or you're trying to lose weight.
- **Ingredients.** Want to know what's in your food? Read the list of ingredients. Note: Generally, the more ingredients and chemicals on a label, the less healthy the food is.
- **Going out to eat?** If a restaurant has 20 or more locations, it's required to publish nutritional information about the foods on its menu.



Want to lose weight, or maintain a healthy weight? Read food labels. You'll be more aware of what you're eating and make better food choices.

#### MORE

Video: Understanding food labels  
<https://tinyurl.com/3bub9p7t>

### How to Get Fit Without Going to the Gym (continued from page 1)

Research shows that bodyweight exercises can help you:

- Build strong muscles
- Move quickly and bend easily
- Strengthen heart and lung function
- Lose weight

Can't get to the gym? Use body weight exercises to stay in shape. Set aside 15 to 20 minutes. Start with a simple workout, and gradually increase repetitions and exercise time as you get stronger.

#### MORE

50 bodyweight exercises you can do anywhere  
<https://tinyurl.com/v8o4ow3w>

#### References

1. Pacheco, L., et al. (2022). Avocado consumption and risk of cardiovascular disease in US adults. *Journal of the American Heart Association*, 11:e024014. From: <https://tinyurl.com/3crpj5b9>
2. Thompson, Walter. (2022). Worldwide survey of fitness trends for 2022. *ACSM Health & Fitness Journal*, 26(1): 11-20. From: <https://tinyurl.com/3hnrk7vac>
3. National Institutes on Aging. (2022). How to read food and beverage labels. From: <https://tinyurl.com/2urmvpme>
4. Radd, S. (2016). Fresh kale, avocado, and pomegranate salad. *Food as medicine: Cooking for your best health* (p. 62). Warburton, Australia: Signs Publishing Company.
5. Ross, R., et al. (2020). Waist circumference as a vital sign in clinical practice: a Consensus Statement from the IAS and ICCR Working Group on Visceral Obesity. *Nature Reviews Endocrinology*, 16: 177-189. From: <https://tinyurl.com/yvecap99>



### Take the May Health Challenge!

Make Breakfast Healthy: Start the day with healthy food

### Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What are the best ways to protect my skin from the sun?