



## Zucchini Lasagna Roll-Ups

Hungry for something simple, healthy and tasty? Give this recipe a try.<sup>5</sup>

### Ingredients

- 6 oz. low-fat ricotta cheese
- 3 oz. parmesan cheese, grated
- 1 egg
- 1/4 tsp garlic powder
- 6 oz. low-fat mozzarella cheese, grated
- 1/4 tsp salt
- 1/4 tsp black pepper
- 6 oz. marinara sauce
- 2 large zucchini (sliced lengthwise 1/8-inch thick)

### Directions

- Preheat oven to 350°F. Make ricotta mixture: In a bowl, combine ricotta, Parmesan, egg, and garlic powder, salt, pepper, and half the mozzarella.
- Spread a thin layer of marinara into bottom of a 9-inch by 9-inch baking dish.
- On each slice of zucchini, spoon a layer of ricotta mixture.
- Roll up zucchini slices. Place in baking dish. Sprinkle with remaining mozzarella cheese.
- Bake until zucchini is tender and cheese is melted. Approximately 30 minutes.

72 calories xper roll-up. Makes 15 roll-ups.

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## 4 Simple Ways to Build Stronger Bones

Poor bone health impacts 54 million adults in the U.S.

"I have fallen, and I can't get up." Remember this made-for-TV-product catchphrase?

It raised awareness about seniors and the risk of falling. It also became an icon of pop culture spoofed in movies, TV shows, and comic strips. But it really isn't a laughing matter.

An estimated 54 million people in the United States have poor bone health, according to the National Osteoporosis Foundation.<sup>3</sup>

Poor bone health leaves bones depleted of tissues and minerals that keep your bones strong. If your bones are weak, they're more likely to break if you fall.

Older people are more likely to have poor bone health. But prevention starts when you're younger.

Here's what you can do to strengthen your bones:



### 1. Improve nutrition.

Your bones need calcium and vitamin D to stay strong. Leafy greens like kale and spinach, and low-fat dairy products are good sources of calcium. Milk, eggs, fish, and fortified cereals contain vitamin D. Your skin also makes vitamin D when you're in the sun.



**2. Exercise.** Weight-bearing exercise helps make your bones stronger. Try jogging, walking or playing tennis. Basic

bodyweight exercises like squats, pushups and lunges strengthen your bones, too.



### 3. Don't smoke.

Smoking prevents your bones from absorbing important nutrients. If you do smoke, get help to quit.



### 4. See your doctor.

A simple blood test can measure calcium and vitamin D levels. X-rays and other screenings can also help your doctor evaluate the health of your bones.

### MORE

25 more ways to improve bone health  
<https://tinyurl.com/1in1upp>

## Your Order is Ready: The Hidden Cost of Dining Out (continued from page 1)

- Restaurant meals with the most calories...**American, Chinese, and Italian meals averaged 1,495 calories per entrée.

an effort to prepare your own meals more often.

### Cook at home to improve your diet

If you want to keep your weight under control and improve your health, make

It might take a little planning. But you'll be able to choose healthier options and serve smaller portions than a restaurant. If you don't have time to cook at home, make smarter food choices when you order.

### MORE

Calories on the menu  
<https://tinyurl.com/3phv9mxm>

### References

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Be Mindful Daily: Create a daily mindfulness practice

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
What do those "healthy" food labels really mean?