



March 2016

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

Roasted Garlic Cauliflower

Ingredients

- 2 tablespoons minced garlic
- 3 tablespoons olive oil
- 1 large head cauliflower, separated into florets
- 1/3 cup grated Parmesan cheese
- salt and black pepper to taste
- 1 tablespoon chopped fresh parsley

Directions

1. Preheat the oven to 450 degrees F (220 degrees C). Grease a large casserole dish.
2. Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix.
3. Pour into the prepared casserole dish, and season with salt and pepper to taste.
4. Bake for 25 minutes, stirring half-way through.
5. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.



Health Tip

A workout buddy is hugely helpful for keeping motivated, but it's important to find someone who will inspire, not discourage. So make a list of all your exercise loving friends, then see who fits this criteria.

Nutrition – Know the Facts

March is National Nutrition Month. Myths and misconceptions can be difficult to identify! Here are 10 nutrition myths that are busted.

Myth 1: The more fiber you eat, the better.

Truth: Not all fibers are equally beneficial. Consider the source.

Yogurt doesn't naturally come with fiber, yet the grocery aisles now boast fiber-supplemented yogurt, along with cereals, energy bars, even water. What's the deal? Fiber is a fad-food component right now, and manufacturers are isolating specific types of fiber and adding them to packaged foods to take advantage. But the science isn't entirely clear yet: Just as we're learning more about different types of fat, research is showing how complex fiber is as well.

We now know that different fibers have different functions (wheat bran helps move foods along; oat bran lowers cholesterol; inulin supports healthy gut bacteria). Some experts are skeptical that the so-called faux-fiber foods offer the same beneficial effect as naturally fiber-rich ones like whole grains, vegetables, fruits, and legumes.

Good news: Fiber-rich whole foods satisfy hunger.

For more facts [click here](#).

Top 5 Healthy Eating Tips

- 1 Drink plenty of water.** Did you know our bodies are about 60% water? Water is important to keep our body systems running smoothly, to optimize metabolism, boost energy, and promote good digestion.
- 2 Greens for good health.** Greens such as kale, spinach, etc. provide essential phytonutrients, micronutrients, vitamins, minerals and enzymes, all vital for good health.
- 3 Eat and drink often throughout the day.** Eating small, but high quality snacks, "mini meals" or fresh fruits during the day can help boost energy and prevent over-eating.
- 4 Eat mindfully.** Practice mindful eating by limiting distractions and take time to experience eating and engage your senses. Up to 30-40% of nutrients may not be properly absorbed if you are distracted while eating.
- 5 Go for local foods often.** Local eating not only has more nutrients but also saves you money.

Source: CDC

Healthy Selfie

Have you made fitness part of your lifestyle? Send us a picture of you participating in your favorite type of exercise and you will be entered in to a raffle to win a prize. Email your pictures to wellnessworks@miamidade.gov.



Corella, Dayami

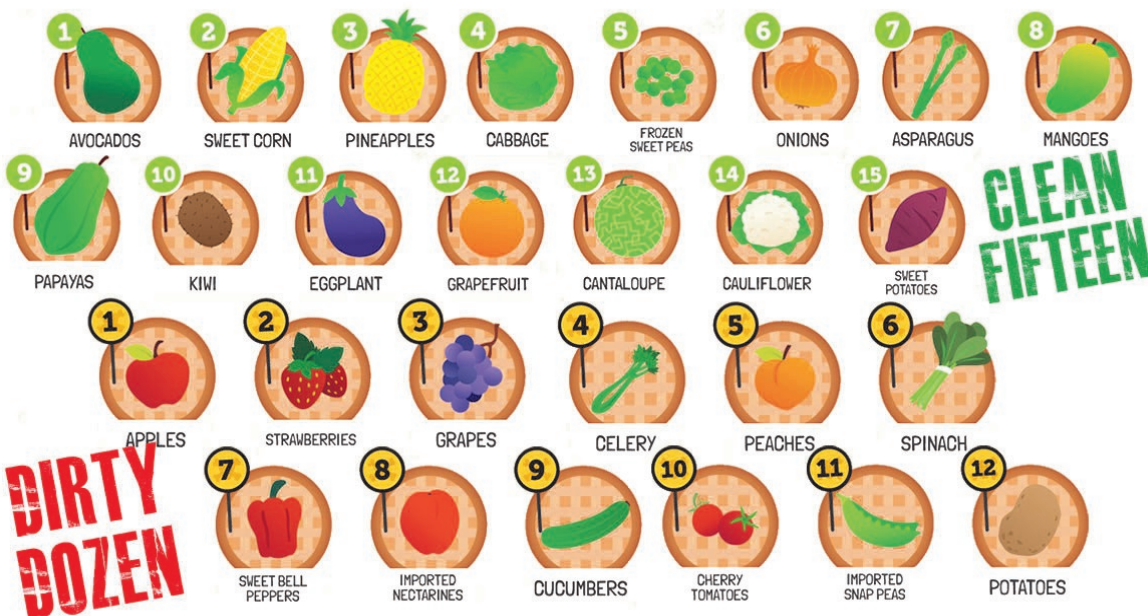
Wondering About Wellness - Ask Desiree

Question: If you are diagnosed with "pre-diabetes," can you eat right and exercise enough for it to go away?

Answer: The diagnosis of pre-diabetes is a risk factor for developing diabetes, not an absolute certainty. So, yes, diet and exercise can normalize blood sugars and reduce your future risk of developing diabetes.

Do you have a question about wellness? Submissions welcome. Please submit your questions to Wondering About Wellness to wellnessworks@miamidade.gov

If you can't buy ALL organic use this graphic to determine which foods are best to buy organic. "Clean food" buy conventional, "dirty food" buy organic. Click on picture for more info.



ACTIVE events

Live Like Bella Super Hero 5k

Saturday, Mar. 5 @ 8:00am
Zoo Miami

[Click here for details](#)

FIU Kayak Day on the Bay

Saturday, Mar. 5 @ 8:00am
FIU Biscayne Campus

[Click here for details](#)

Wild Stampede 5k

Saturday, Mar. 12 @ 8:00am
Miami Zoo

[Click here for details](#)

Fairchild Palms 5K

Saturday, Mar. 26 @ 7:30am
Fairchild Botanical Garden

[Click here for details](#)

Down2Earth Trail Run

Sunday, Mar. 27 @ 8:00am
Oleta River State Park

[Click here for details](#)