



March 2017



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

ONE step at a time...**ONE** day at a time. A monthly roadmap to **YOU**, improved.

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



NATIONAL NUTRITION MONTH-LEARN TO READ THE LABELS

The Nutrition Facts panel found most food labels will be changing in the near future, and the updates will help you determine which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium.

You can also compare similar foods to find out which one is lower in calories, saturated fat, trans fat, sodium, and added sugars. When reviewing a food label follow these guidelines:

- Start with the Servings Per Container and Serving Size
- Check out how many calories are in a single serving
- Let the Daily Value percentages be your guide
- Limit saturated fat, trans fat, sodium, and added sugars
- Note the amounts of vitamins, minerals and fiber
- Aim for mostly natural ingredients

Learn more with the Academy of Nutrition and Dietetics.

Source: <http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/shopsmartgetthefactsonfoodlabels.ashx>

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container About 8		
Amount Per Serving		
Calories 230	Calories from Fat 72	
	% Daily Value*	
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 3g		
Vitamin A		10%
Vitamin C		8%
Calcium		20%
Iron		45%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Nutrition Facts		
8 servings per container		
Serving size 2/3 cup (55g)		
Amount per serving		
Calories		230
% Daily Value*		
Total Fat 8g		10%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		13%
Dietary Fiber 4g		14%
Total Sugars 12g		
Includes 10g Added Sugars		20%
Protein 3g		
Vitamin D 2mcg		10%
Calcium 260mg		20%
Iron 8mg		45%
Potassium 235mg		6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



Receive
25
Wellness Works
Activity
Points

CORPORATE RUN

Quite possibly Miami's biggest annual office get-together, the Mercedes-Benz Corporate Run returns to shake things up in Downtown Miami on Thursday, April 27, 2017. Register with the Miami-Dade County team and you'll receive food, beverages, a spot under our tent and a great time! Family and friends are welcome to participate. The 5K race (3.1 miles), which has been promoting fitness and friendship since 1985, kicks off at 6:45 pm at Bayfront Park in Miami. See you at the finish line!

Registration Link: <http://haku.ly/6d38c3>

Registration Deadline: March 22, 2017

Race Day Meeting Point: 5:30 pm, meet in the lobby of the Stephen P. Clark Government Center, outside of the Wellness Center. We will depart to Bayfront Park at 5:45 pm.

CAN COLORECTAL CANCER BE PREVENTED?

There's no sure way to prevent colorectal cancer. But there are things you can do that might help lower your risk of getting it, such as scheduling regular screenings and changing the risk factors that you can control.

Screening is the process of looking for cancer or pre-cancer in people who have no symptoms of the disease. Regular colorectal cancer screening is one of the most powerful ways to prevent colorectal cancer.

From the time the first abnormal cells start to grow into polyps, it usually takes 10 to 15 years for them to turn into colorectal cancer. With regular screening, most polyps can be found and removed before they become cancer. Screening can also find colorectal cancer early, when it is highly curable.

It's recommended that people who are not at increased risk of colorectal cancer start screening at age 50 although people at higher risk, such as those with a strong family history of colorectal cancer, might benefit from starting screening sooner. If you have a family history or other risk factors for colorectal cancer, such as inflammatory bowel disease, talk with your doctor about your risk and your screening options. See a list of screening guidelines in the American Cancer Society recommendations for colorectal cancer early detection by visiting the link below.

Source: <http://www.cancer.org/cancer/colonandrectumcancer/moreinformation/colonandrectumcancerearlydetection/colorectal-cancer-early-detection-prevention>

MARCH EVENTS

Date	Event	Location
Saturday March 11, 2017	Blacklight Slide - Miami, FL	Homestead-Miami Speedway, 1 Speedway Blvd., Homestead, FL 33035 https://runsignup.com/Race/FL/Homestead/BlacklightSlideMiami
Sunday March 12, 2017	Michael Ann Russell JCC 5K	18900 NE 25th Avenue North Miami Beach, FL 33180 http://www.splitsecondtiming.com/michael-ann-russell-jcc-5k-run-2017
Saturday March 25, 2017	Race for Women's Wellness Half Marathon and 5K	Coral Springs Tennis Center, 2575 Sportsplex Drive, Coral Springs, FL 33067 http://www.active.com/coral-springs-fl/running/distance-running-races/race-for-women-s-wellness-half-marathon-and-5k-2017
Saturday March 25, 2017	Run Wild 5K Miami	Zoo Miami, 1 Zoo Boulevard, 12400 SW 152nd Street, Miami, FL 33177 http://www.runwild5kmiami.com/



HEALTHY SELFIE

Damaris Calzadilla
Senior Database Administrator,
Information Technology
Department, Miami-Dade County

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 a raffle to win a prize.

Email photos to **WellnessWorks@Miami-Dade.gov**

GREEN SMOOTHIE



Ingredients

- 1 - 1½ cups of spinach
- 2 bananas
- 2 kiwi
- 1 pear
- 1 avocado
- 12 ounces water

Directions

1. Add spinach and water to your blender, blend until smooth.
2. Peel bananas and kiwi, roughly chop and add to blender.
3. Wash and deseed pear. Roughly chop and add to blender.
4. Cut avocado in half, take the stone out and scoop the flesh into the blender.
5. Blend again until smooth.

Notes

- Add as much spinach as you like. You don't have to be precise with cup measurements.
- If the smoothie is too thick, add a little water and blend again.
- Smoothie will keep in the fridge and can be enjoyed the next day.
- Recipe ingredients make two smaller glasses or one big glass of smoothie.
- If you like your smoothie super cool, freeze the fruit you are going to use.

Source: <http://www.verybreakfast.com/green-smoothie-aka-the-hulk/>