



Benefits of healthy eating healthy

Reduced rates of:

- Obesity
- Cancer
- Diabetes
- Heart Disease
- Heart attack
- Stroke

Just to name a few!

(Choosemyplate.gov, 2016)

What is Healthy People 2020

Healthy People 2020

Healthy People 2020 is a useful resource to find health goals and objectives related to the improvement of health of individuals in the community.

<https://www.healthypeople.gov>



HEALTHY PEOPLE 2020

Promoting health and reducing chronic disease risk through the consumption of healthy diets (Healthy People 2020)



As we Age...

As we begin to age our health needs change, and we all become vulnerable to certain diseases. We also develop a greater risk to become malnourished according to the World Health Organization (2017). Our nutritional requirements begin to change, and therefore it is even more important for the elderly population to pursue healthy eating habits.



Helpful tips and resources:

Choose My Plate

My plate is a helpful tool that maps out exactly how much, and what types of foods we should be eating to stay healthy.

<https://choosemyplate.gov/MyPlate>

“Healthy eating is the key to improving the health of the population”

World Health Organization

The World Health Organization lists guidelines, and important recommendations related to improving the health and well-being of individuals.

<http://www.who.int/nutrition/topics/a/geing/en/index2.html>

Food and Drug Administration

Teaches everyone how to read and interpret labels on the foods we eat.

<https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm267499.htm>

Santa Fe Chicken Salad

- 1/4 c. extra-virgin olive oil
 - pinch of crushed red pepper flakes
 - 1/4 c. lime juice
 - 2 cloves garlic, minced
 - 1/2 tsp. ground cumin
 - kosher salt
 - Freshly ground black pepper
 - 3 tbsp. vegetable oil, divided
 - 2 small corn tortillas
 - 2 boneless, skinless chicken breasts
 - 4 c. chopped romaine lettuce
 - 1 c. black beans, drained
 - 1 avocado, chopped
 - 2/3 c. corn
 - 1 c. Shredded Monterey Jack
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- 1/4 c. Chopped cilantro
 - Make dressing/marinade. Whisk together olive oil, red pepper flakes, lime juice, garlic and cumin until emulsified.
 - Place chicken breasts in a large resealable plastic bag. Pour about half of the lime dressing over the chicken, close bag and toss chicken to coat.
 - Marinate 15 minutes. Meanwhile, heat 2 tablespoons vegetable oil in a medium skillet over medium heat. Cut tortillas in half, then slice the halves into 1/2"-thick strips. When the oil is shimmering and very hot, add the strips to the oil. Fry until crispy, about 2 minutes per side. Drain on paper towels and season immediately with salt.
 - In a separate skillet, heat remaining vegetable oil over medium-high heat. Add chicken and cook for 6-8 minutes per side, until the chicken is cooked through. Let rest for 10 minutes before slicing. Assemble salad. Toss remaining ingredients in a large serving bowl. Top with cooked chicken and crispy tortilla strips then toss with dressing. (delish.com, 2017)

