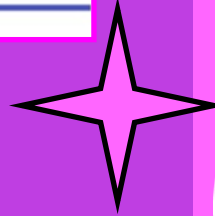
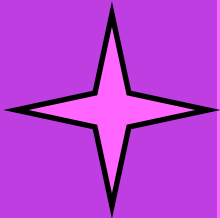




April Newsletter



## SPRING INTO EXERCISE



1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
- 10: Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

# **RICOTTA WITH RASPBERRIES AND HONEY**

## **Ingredients**

- 1 pound nonfat ricotta cheese**
- 1 cup fresh raspberries**
- 1 tsp sweetened vanilla powder**
- 1 Tbsp honey**
- 4 sprigs fresh mint**
- 8 low calorie, low carb gourmet cookies**

**Divide the cheese among 4 small dessert dishes. Place the raspberries on top. Use a small sieve, sprinkle the vanilla powder equally over each. Drizzle the honey equally over each.**

**Garnish with a fresh mint sprig and 2 cookies. Use the cookies as a spoon.**

**Recipe from : Recipes for Life after Weight-Loss Surgery, by Margaret Furtado, MS, RD, LDN**