Student of The Month

**Student:** DiAnna Himes, Master’s in Clinical Mental Health Counseling

**Favorite Wellness Activity:** Reading my bible in the morning before I go to work, baths with Epsom salts, being outside (fresh air!) and playing with my puppy Jax, massages every once in awhile (they can be pricey!)

**Wellness Tip:** Take time to meditate. I like to use the headspace and mindfulness apps. Being intentional about setting time aside to focus on breathing and truly being in the present! Don’t be afraid to say no! Sometimes wanting to please other people gets in the way of our own wellness. Understand your own limits.

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**March Community Events**

- Project Feeder Watch: March 8 9:30 A.M. Cincinnati Nature Center
- Jurassic Quest: March 8 3:00 P.M. Duke Energy Convention Center
- Disney on Ice: Frozen: March 8 7:00 P.M. US Bank Arena
- International Women’s Day at the Brewporium: March 8 8:00 P.M. Taft’s Brewporium
- Cardinal Bazaar Vendor and Craft Fair: March 9 9:00 A.M. Colerain High School
- Heart Mini Fitness Expo: March 9 9:00 A.M. Colerain High School
- Educator Workshop: Artists are Activists: March 9 10:00 A.M. Contemporary Arts Center
- Tafts Spring Garden Market: March 9 11:30 A.M. Tafts Brewing Company Brewporium
- Ukrainian Easter Egg Class: March 9 12:00 P.M. Lutheran Church of the Resurrection
- Introduction to Watercolor: March 11 10:30 A.M. Oxford Community Arts Center
- Safe and Supported LGBTQ Cultural Competency Community Trainings: March 13 9:00 A.M. Lighthouse Youth Services
- St. Patrick’s Day Celebration of Song and Dance: March 15 11:30 A.M. Public Library of Cincinnati Main Branch
- Cooking for Wellness: Spring Vegan: March 16 11:00 A.M. Cancer Support Community
- St. Patrick’s Day Weekend: March 16 12:00 P.M. Irish Heritage Center of Greater Cincinnati
- March Flower Bar: March 22 7:00 P.M. The Marmalade Lily
- Mindfulness and Social Change: March 23 10:00 A.M. Bond Hill Branch Library

For more information and a full listing of events visit [http://events.cincinnati.com/](http://events.cincinnati.com/)
March is National Nutrition month, and with warmer weather coming up; many people are focused on “getting healthier”. This often comes in the form of fad diets. Whether its Paleo, Atkins, or Ketogenic; experts assert that the best way to obtain health for the average person is to simply follow a balanced and dietician approved diet*.

So what does that mean?

"Rapid weight loss" diets

- Losing weight quickly can result in dangerous loss of muscle, bone, and water. Focus on eating balanced meals that make you feel satisfied and nourished.

Specific food combination diets

- According to the Academy of Nutrition and Dietetics, there is no evidence that combining specific foods at specific times of the day will result in noticeable better health or weight loss.

Rigid menu diets

- Limiting food groups and following a rigid meal plan without consultation from a registered dietician or physician can not only be dangerous, but also not sustainable for long term health. Remember balance is key!

Information referenced from the Academy of Nutrition and Dietetics. For more information visit www.eatright.org

*Note some of these diets are beneficial to individuals with specific nutritional needs. Always check with a registered dietician or physician before changing your diet.
Fact or Fiction?
National Nutrition Month 2019 Quiz

1. The amount of calories needed daily is the same for everyone.
   Fiction: The amount of calories needed daily will depend on a person’s age, gender, height, weight, and activity level.

2. Eating carbohydrates causes weight gain.
   Fiction: Too many calories from any type of food (or beverage) can result in weight gain.

3. Doing some physical activity is better than doing none at all.
   Fact: Research has shown that even a little physical activity is better than being sedentary.

4. Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies.
   Fiction: Foods and beverages that contain naturally occurring sugars, such as fruit, milk, and yogurt contribute important nutrients. In comparison, foods and drinks with added sugars, such as desserts and soft drinks often contain no nutrients, just calories.

5. Portion sizes have increased over the years.
   Fact: The size of portions for both foods and drinks have increased. In fact, many people consume in one sitting what is considered to be several servings. The new Nutrition Facts Label will reflect some of these larger portions and help you determine the total amount of calories (and other nutrients) that are consumed per serving (or per container).

6. Only fresh produce is considered to be a good source for fruits and vegetables.
   Fiction: All types of fruits and vegetables, including fresh, frozen, canned, 100% juice, and dried will help you meet your daily goals. With forms other than fresh, it’s important to look for fruits in water or their own juice (with no added sugars) and vegetables with no added salt or ones labeled reduced or low sodium.

7. Oils, which are a source of fat, provide important nutrients.
   Fact: Fats can be either solid or liquid at room temperature. Liquid types of fats, like vegetable oils, are sources of necessary nutrients. Whereas solid fats are high in saturated fat and/or trans fats, both of which should be limited. All types of fat are high in calories, so portion sizes of these foods can make a big difference. The daily allowance for most people is just a few teaspoons.

8. Vegetarian diets are not appropriate for certain age groups.
   Fiction: Well-planned vegetarian and vegan eating plans that include a variety of fruits, vegetables, whole grains, nuts, seeds, and legumes can be nutritionally adequate during all stages of the life cycle.

9. Everyone should take a multivitamin mineral supplement.
   Fiction: For most people, nutrient needs should be obtained through food sources. When a person’s diet is lacking in certain foods and nutrients, a vitamin and/or mineral supplement may be required. There are also higher requirements in some cases, such as during pregnancy or with a diagnosed deficiency. Always check with a health care provider before taking a dietary supplement.

10. All sources of nutrition information are credible.
    Fiction: Unfortunately, there is a lot of misinformation available when it comes to nutrition, especially on the internet. Look for sources of credible information from health care organizations and government agencies and consult the nutrition experts — registered dietitian nutritionists.

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