



NMU  
**WELLNESS COMMITTEE**  
 EDUCATING, ENGAGING & EMPOWERING EMPLOYEES

MARCH 2019

## Did you know that March is National Nutrition Month?

Created by the Academy of Nutrition and Dietetics in 1973, this month focuses on making informed food choices, and developing sound eating and physical activity habits.

You can read more about the history of national nutrition month at <https://www.eatright.org/food/resources/national-nutrition-month/national-nutrition-month> and clicking the link that says “National Nutrition Month: A Brief History”

There’s plenty of ways to celebrate! Here are some ideas:

- Try a new healthy recipe (there’s one included in this newsletter!)
- Do some research to find out what exactly is in your favorite snacks. Read nutrition labels and use the USDA Food Composition Databases at <https://ndb.nal.usda.gov/ndb/search> to see the amount of calories, macronutrients, vitamins, and minerals in what you are eating.
- Check out the My Plate tool at <https://www.choosemyplate.gov/> to explore food groups, portion sizes, and valuable resources for the whole family.
- See how NMU Dining can work with you to meet your dietary needs right on campus. <http://meet.nmu.edu/dining>



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The purpose of the Wildcat Wellness Connection Newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 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.

This month, consider taking a wellness break and walking across campus to enjoy some fresh air. You can also treat yourself to one of the many healthy offerings at **Sundre Snack and Supply Co**, located in the lower level of the **Learning Resources Center**.

With no artificial colors, flavors or preservatives, Detox Water contains organic fruit flavor that makes for "a sweet and refreshing drink," says Suzi Trdn, Store Manager and NMU Dining Services employee.

Check out Sundre's webpage here for more info and offerings: [http://meet.nmu.edu/dining/?page\\_id=3109](http://meet.nmu.edu/dining/?page_id=3109)



Photo credit: Emma Goebel '19, Graphic Design major

## UPCOMING EVENTS

### Fat Tire Bikes available for staff/faculty use

**March 19, 5-8pm: Forestville Trailhead**

Fat tire bikes will be available for FREE staff use through the NMU-NTN partnership.

**March 19, 5-8pm** at the NTN Forestville Trailhead

What to bring:

- NMU ID
- Comfortable winter biking clothing
- Water bottle and a snack

Helmets and fat tire bikes are provided free of charge. If you prefer to use your personal helmet, you are welcome to do so.

**Everyone is willing to explore the trails on their own but there will also be an easy, no-drop group ride leaving the Forestville lodge at 6 p.m. If the weather is good and the trails are firm, we will ride the trails. If not, we will plan to ride the gravel roads near Forestville. It should be a great time!**

If you have any questions about the fat tire biking opportunities or the NMU-NTN Partnership, please contact Employee Wellness ([wellness@nmu.edu](mailto:wellness@nmu.edu)) and/or the Student Bicycle & Trail Program Manager, Ryan Watling ([rwatling@nmu.edu](mailto:rwatling@nmu.edu)).

### April 9- Men's Health Lunch and Learn NMU Superior Dome B101 12-1pm

Join the Employee Wellness Committee for lunch and two brief presentations on the topic of Men's Health. NMU professor Dr. Yuba Gautam and local chiropractor Dr. Brian Kulbeida will be giving two brief talks on Cardiovascular Disease and Spinal Health and Posture and how men can protect themselves. The two 20-minute talks will be followed by a time for questions. Lunch will be provided and registration is free. Men and Women are both welcome!

Look for an email in your inbox with a link to register soon!



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Celebrate National Nutrition Month by whipping up this tasty, easy, and nutritious salad. Eat as a meal or serve it up as a side. No matter how you eat it, you will love this flavorful combination.

**Total Time:** 10 minutes

**Servings:** 2 as a meal or 4 as a side dish

#### INGREDIENTS

##### For the salad:

- 6 packed cups baby spinach
- 1 ½ cup cucumbers
- 1 cup strawberries, sliced
- 1 medium sweet apple, cored and chopped into cubes
- 3 ounces feta cheese, crumbled
- ¼ cup toasted walnuts

##### For the vinaigrette:

- ¼ cup extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp pure honey
- 1 tbsp dijon mustard
- Salt and pepper

#### INSTRUCTIONS

1. In a small bowl, whisk together the vinaigrette ingredients until well combined. Taste and adjust the dressing to your preference. Set aside.
2. In a large bowl, combine the salad ingredients, then drizzle the desired amount of vinaigrette on top. Toss to combine. Serve immediately.



#### NOTES

If you are planning to have leftovers, keep the salad separate from the vinaigrette and cover both in the refrigerator for up to 2 days. Re-whisk the vinaigrette and drizzle just before serving.

Nutritional information represents one serving for a total of four servings.

#### NUTRITION INFORMATION (PER SERVING)

**Calories:** 288 **Carbs:** 18.7g **Fat:** 23.3g **Protein:** 8.4g

*\*Nutritional values are estimated based on the ingredients used by the author; your ingredients may differ.*

Recipe from:  
<https://www.yayforfood.com/>

Questions or comments? Email [wellness@nmu.edu](mailto:wellness@nmu.edu)

Visit [www.nmu.edu/wellness](http://www.nmu.edu/wellness) to learn more about the NMU Employee Wellness Committee