



MILITARY FAMILIES LEARNING NETWORK

Nutrition and Wellness Newsletter



The Connection Between Health and Wealth

Health and finances are more connected than the ability to pay for healthcare services. From prevention to treatment, socioeconomic status plays a role in a person's risk for disease and their ability to fight that disease. While eating healthy is only a piece of the puzzle, it is an important one. Dietitians working with military families play a key role in educating families on how to eat healthy on a budget. Here are a few ways your families can stretch their food dollars:

- Make a menu each week using what is already in the pantry and on sale
- Compare prices of fresh, frozen, and canned fruits, vegetables, and meats
- Stick to your shopping list to keep from going over budget
- Compare prices between stores and farmers markets for locally grown fruits and vegetables, they are in-season and often on sale

For more information on the link between finances and health, join us for a free webinar, Holistic Financial Health for Human Services, on September 19 from 11:00-12:30 ET. Dietitians earn 1.5 CPEU, pending approval.

RSVP: <https://militaryfamilieslearningnetwork.org/vc2019/>.

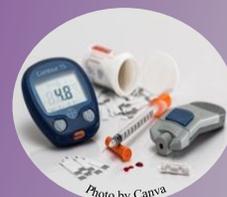
Upcoming Learning Opportunities



Building Partnerships Beyond Policy with Your Commissary

Date: October 23
Time: 11:00 am ET
RSVP:

<https://militaryfamilieslearningnetwork.org/event/34434/>



Empowering Diabetes Self-Management

Date: November 12
Time: 11:00 am ET
RSVP:

<https://militaryfamilieslearningnetwork.org/event/34462/>

VIRTUAL CONFERENCE: RELATIONSHIP READINESS

WHEN: September 17-19 from 11:00 am-3:00 pm ET

Looking to work with military families? Join us for a FREE three-day virtual conference where you will learn about ways to collaborate with the networks, programs, and individuals supporting military families. 5.0 CPEUs for Registered Dietitians pending approval. For more information and to register, visit the conference website: <https://militaryfamilieslearningnetwork.org/vc2019/>.

DASH DIET FOR HEART HEALTH

Ranked as the number one diet by the US News & World Report for 8 years in a row, the DASH diet is a balanced diet filled with delicious fruits, vegetables, whole grains, low-fat dairy, and lean protein. This diet includes a healthy, flexible eating pattern which has been proven to lower blood pressure and improve heart health.

A typical eating pattern for a 2,000 calorie per day intake for the DASH diet includes:

- Grains - 6 to 8 servings per day, focusing on whole grain sources
- Vegetables - 4 to 5 servings per day
- Fruits - 4 to 5 servings per day
- Dairy - 2 to 3 servings per day
- Lean meats, poultry, and fish - 6 one-ounce servings or fewer per day
- Nuts, seeds, and legumes - 4 to 5 servings per week
- Fats and oils - 2 to 3 servings per day
- Sweets - 5 servings or fewer per week

Additionally, this diet requires limiting sodium to 2,300 mg per day and alcohol to 1-2 drinks per day.

For more information on how to direct your clients on adopting the DASH Diet eating pattern, join us for a free webinar on October 9 from 11:00-12:00 pm ET. Dietitians earn 1 free CPEU, pending approval. RSVP:
<https://militaryfamilieslearningnetwork.org/event/34426>



Photo by flickr

NUTRITION AND WELLNESS NUGGET

As the kids head back to school and we enter the busy holiday season, finding time to prepare healthy meals and snacks may seem impossible for many families. These simple tips can help busy families eat healthy without sacrificing their sanity.

1. Plan meals and snacks ahead of time to save time shopping.
2. Keep meals and snacks simple to make preparation quick and easy.
3. Freeze meals for when time for cooking is extra tight.
4. Make extras or multiple meals on weekends or days in which you have more time.
5. Enlist the help of the whole family. Kids can help with meal preparation, packing lunches, setting the table, and cleaning up.

SUNSETTING CPEUs

Registered Dietitians are eligible for CPEUs for one year after the original webinar date. Don't miss out on free CPEUs from these webinars:

COCONUT OIL: SUPER FOOD OR SUPER FAD

<https://militaryfamilieslearningnetwork.org/event/22090/>

Last chance for CPEUs:
October 4, 2019

CLINICAL INSIGHT INTO VITAMIN B12

<https://militaryfamilieslearningnetwork.org/event/22090/>

Last chance for CPEUs:
October 30, 2019

