



In this Issue:

Page 1

Screening your Screen Time



Page 2

Breaking the Fast



Page 3

Whole Grains

Recipe:
AVOCADO TOAST
WITH SUNNY SIDE
EGG



Maybe you have heard about the concerns of too much screen time for children or currently advocate against it, but what about for yourself or other adults in your household?

The average American adult spends about 8-10 hours a day looking at a screen. Computer screens, televisions, tablets and phones are constantly on and nearly always in sight.

It's a Big Deal....

Vision—According to the American Optometric Association, people who spend two or more continuous hours at a computer every day are at greater risk for developing Computer Vision Syndrome.

Sleep—Studies indicate that the light emitted by phones, computers, tablets, etc. delay the release of melatonin—the hormone responsible for helping us feel sleepy and fall asleep.

Weight—Increased screen time is linked to weight gain in many ways—an increase in inactivity, snacking, and unhealthy food choices are all associated with greater screen time.

To top it off, some research is suggesting that exercise may not be offsetting the negative affects of added screen time, new theories suggest being more active during the work day, along with regular exercise, may be the new “healthy” approach.



Breaking the Fast

Breakfast, what is the importance of this meal that most of us enjoy in the morning? Well, while we are sleeping our bodies are in a fasting state so in the morning it's important to fuel our bodies with a healthy meal in order to BREAK the FAST. Eating first thing in the morning helps fuel our mind and bodies for the rest of the day. For example, think of trying to drive a car without any gas. This is the same concept as trying to do your everyday activities without breakfast in the morning.



EATING BREAKFAST HAS LONG TERM HEALTH BENEFITS. IT CAN REDUCE OBESITY, HIGH BLOOD PRESSURE, HEART DISEASE AND DIABETES.

- NATIONAL HEALTH SERVICE

Apart from breakfast giving us energy to get through the day it also provides us with approximately 25% of the calories needed for our bodies daily, not to mention a number of nutrients such as calcium, iron and B vitamins along with protein and fiber are consumed in the morning. Not only is breakfast a good source of vitamins and minerals but it also benefits our waistline. Research has shown that those who consume breakfast are less likely to be overweight than non-breakfast eaters. Eating a healthy and hearty



breakfast in the morning can set the tone for your entire day in terms of reaching for healthy foods. Those who tend to skip breakfast tend to reach for the higher sugar and fat foods during the day.

Source: Shake up your wake up and Eatingwell.com

The 3 ingredients for a healthy breakfast:

1. Lean protein- Reach for eggs, low fat milk, or yogurt.
2. Whole Grains- Granola (reach for the brands lower in sugar) or whole wheat toast
3. Fruit Or vegetables- Eat the rainbow for a variety of different vitamins and minerals!

Please see a healthy breakfast recipe on the back of this newsletter.



AVOCADO TOAST WITH SUNNY SIDE EGG

This is MY kind of egg sandwich! Whole grain toast with mashed avocado, a runny egg and a few dashes of hot sauce – only 5 ingredients, 5 minutes to make, doesn't get better than that!

Enjoy,
Brittany

Ingredients:

- 1 slice whole grain bread, toasted
- 1 oz mashed avocado (1/4 small Haas)
- cooking spray
- 1 large egg
- kosher salt and black pepper to taste
- hot sauce (optional)



Directions:

- Mash the avocado in a small bowl and season with salt and pepper.
- Heat a small nonstick skillet over low heat, spray with oil and gently crack the egg into the skillet. Cover and cook to your liking.
- Place mashed avocado over toast, top with egg, salt and pepper and hot sauce if desired!

NUTRITION INFORMATION

Yield: 1 serving, Serving Size: 1 toast

Amount Per Serving:

Smart Points: 6

Points +: 6

Calories: 229

Total Fat: 10g

Cholesterol: 186mg

Sodium: 223mg

Carbohydrates: 23g

Fiber: 5g

Sugar: 4g

Protein: 12g

Source: www.skinnytaste.com

Whole Grains

Choose whole grain foods that list one of the following ingredients FIRST on the label's ingredient list:

- Whole wheat
- Graham flour
- Oatmeal
- Whole oats
- Brown rice
- Wild rice
- Whole-grain corn
- Popcorn
- Whole-grain barley
- Whole-wheat bulgur
- Whole rye

When grocery shopping, an easy way to identify heart-healthy food choices is to look for the **Heart-Check mark** on food labels.



New Hampshire Interlocal Trust

PO Box 4090
Concord, NH 03302
www.nhitrust.org