



# SmartFHR News

*Green Circle Life Newsletter*



## National Nutrition Month

It's National Nutrition Month! Created by the Academy of Nutrition and Dietetics (AND), this year's theme is Celebrate a World of Flavors. Libby Mills, a national spokesperson for the AND says, "Celebrating the cultural heritage, traditions and recipes from all people is a tasty way to nourish ourselves, learn about one another and find appreciation in our diversity." Here are some ways you can celebrate a world of flavors:

- Put a Greek-inspired spin on your snack by dipping raw veggies in tzatziki, a yogurt-based dressing made with cucumbers and dill.
- Munch on steamed edamame, or Japanese soybeans, as an appetizer.
- Experiment with spices like turmeric, cardamom, ginger, red chilis, and garam masala to create a warm and comforting Indian curry dish.
- Top a slice of whole wheat toast with tomatoes, olive oil, garlic, basil, and oregano for a fresh Italian bruschetta.
- Whip up a Mexican-inspired omelet with black beans, bell peppers, and sliced avocado. Top with salsa, diced green chilies, or cotija cheese.

Challenge yourself to broaden your horizons and try something new this month!

Wishing you the Best Health and Wellness!

SmartFHR™ Newsletter Team

## SmartFHR™ Feature

### Lifestyle Coaching

Do you want to improve your health and wellness, but not quite sure where to start? Connect with a Green Circle Life Health Partner by phone to help you set and achieve goals based on your unique health and wellness. Whether you're looking to lose 5 lbs. or 50 lbs., manage stress more effectively, eat healthier, move more, or sleep better, Lifestyle Coaching has you covered.

**Contact us for a demo of the SmartFHR™ platform or the Covid Passport at [info@greencirclelife.com](mailto:info@greencirclelife.com) or call us at 866-292-9645**

## From the Desk of Green Circle Life Health Partners

### Colorectal Cancer Awareness

Among cancers that affect both men and women, colorectal cancer is the second-leading cause of cancer-related deaths in the United States. Because precancerous polyps and colorectal cancers may not have any symptoms, the CDC recommends regular screening for everyone ages 45 - 75 years old. Ask your doctor if you should be screened.

Our lifestyle greatly impacts our risk. A diet high in fat or processed meats and low in fiber, a sedentary lifestyle or lack of physical activity, being overweight or obese, drinking alcohol, and using tobacco can all increase the risk for colorectal cancer.

## Healthy Tips

### Celebrate a World of Flavors

Find out how you can include more diversity in your cuisine:

<https://www.eatright.org/health/lifestyle/culture-and-traditions/cultural-traditions>

### Colorectal Cancer Screening

Know your risk. Get screened.

[https://www.cdc.gov/cancer/colorectal/basic\\_info/what-is-colorectal-cancer.htm](https://www.cdc.gov/cancer/colorectal/basic_info/what-is-colorectal-cancer.htm)

### Healthy Recipe

#### Sun Dried Tomato Greek Wrap

<https://foodandnutrition.org/blogs/stone-soup/sun-dried-tomato-greek-wrap/>