Happy March, Everyone,

As our thoughts turn to sunshine and warmer days, we begin to think about shedding our coats, hats, and gloves. It’s a wonderful feeling to see the changes that spring brings to us.

March is National Nutrition Month so this issue will focus on healthy eating. Many Americans fall short of the recommended intake of a variety of nutrients that may make or break your risk of disease, high blood pressure, diabetes and brittle bones. It’s true: what you don’t eat can hurt you. We’ve also included a nutrition quiz so you can test your knowledge on a variety of food related topics. March 28th is the ABA inspired National Mental Health Day for Law Students, so watch for details on our wellness activities.

Enjoy the month!

Karen

Bystander Intervention Workshop
Tuesday, March 15th
3:30-4:30 pm
McDonough 110
Have you ever witnessed street harassment? Join us, along with Collective Action for Safe Spaces, for a workshop on street harassment and bystander intervention to learn important skills for dealing with street harassment. Open to everyone.

March is National Nutrition Month. According to [www.choosemyplate.gov](http://www.choosemyplate.gov), there are five food groups that are the building blocks for a healthy diet: fruits, vegetables, grains, protein foods, and dairy. The theme for 2016 is “Savor the Flavor of Eating Right,” and the Academy of Nutrition and Dietetics encourages us to develop mindful eating habits that include both nutritious, and flavorful foods. For more information, go to [www.eatright.org](http://www.eatright.org).

Nutrition plays a big role in our lives. Do you ever find yourself drinking too many cups of coffee throughout the day in order to stay alert and focused? Do you feel as though you are constantly tired, and always looking for your next opportunity to nap? Eating healthy foods and exercising on a regular basis will give you natural energy, and completing daily tasks will become a lot easier.

Get a good start on your journey to a healthy month by taking this Nutrition Quiz!

(Answers at the end of the newsletter)

1. One pound = __________ calories.
   a. 400  
   b. 3500  
   c. 1000

2. The major food groups are: dairy, meat, fruit/vegetables and __________.
   a. fiber  
   b. grains  
   c. chocolate  
   d. niacin
3. This disease results from a deficiency in Vitamin C. Symptoms include loss of energy, pain in limbs and joints and anemia (Vitamin C aids in the absorption of iron).
   a. rickets  
   b. rhodopsin  
   c. scurvy

4. True or False: Alcohol can deplete the body of vitamins B1, B2, B6, B12, folic acid, Vitamin C, Vitamin K, zinc, magnesium, and potassium.
   a. True  
   b. False

5. True or False: Aspirin, as well as cold and sinus remedies, can deplete the body of Vitamin C and folic acid, which could cause anemia and digestive disturbances.
   a. True  
   b. False

6. This vitamin counteracts night blindness and eye disorders, builds resistance to respiratory infections, aids your tissues and organs, and promotes healthy skin, hair, teeth and gums.
   a. Vitamin D  
   b. Vitamin E  
   c. Vitamin K  
   d. Vitamin A

7. True or False: The body has a natural amino acid, tryptophan, which aids in inducing sleep. Turkey is a good source of tryptophan, as are tuna, milk and oats.
   a. True  
   b. False

8. One gram of fat = _______ calories.
   a. 35  
   b. 4  
   c. 9

9. Protein is made up of a chain of what?
   a. amino acids  
   b. cobalt  
   c. carbohydrates  
   d. vitamins

10. How many hours does it take for food to be broken down in the human stomach?
    a. 8 hours  
    b. 5 hours  
    c. 3 hours  
    d. 30 minutes

11. What is the maximum amount of caffeine that can be in “decaffeinated” coffee?
    a. 10%  
    b. 3%  
    c. 1%  
    d. 0
Practicing balance means paying attention to what makes you feel whole, becoming aware of what you’re neglecting, and giving overemphasized parts of yourself a well-deserved break. In a culture that often glorifies imbalance in the practitioners it holds up as role models, it is crucial to remember that only you can know what makes you feel balanced and what it might take to get there.

Here are a number of ways you might move toward balance in your life:

* Spend some time thinking about what parts of yourself you’re neglecting. Your body? Your spiritual side? Your need for friendship, love, or intimacy? Your need for connection with your past and your life story?

* Take ten minutes each morning to think about the big picture. Readings from books on spirituality can be helpful.

* Take some time to become aware of your concept of the divine and its place in your life.

* Map out a balanced day, with time allotted for your financial, physical, emotional, and spiritual needs.

* Allow yourself to do nothing for five minutes at least once a day.

* Ask yourself a simple question: How could I spend my days in a way that would make me feel excited about waking up in the morning? The answer may help lead you toward more balance in your life.

* Try this balancing exercise: For the next seven days, keep a diary of your personal and professional time. Notice how much time you devote to each aspect of your life. Then ask yourself if you’d find any adjustments in your time allocation advisable. Are you investing your time in those people, places, and things that you treasure most deeply?

* Don’t wait for a huge chunk of free time to materialize before you try these suggestions; find the time where you are now, in the present.

Steven Keeva is the senior editor of the ABA Journal/The Lawyer’s Magazine, the official publication of the American Bar Association.

This book can be found in our wellness library.
Answers to Nutrition Quiz:


Thought For the Day...

"The real art of conversation is not only to say the right thing in the right place but to leave unsaid the wrong thing at the tempting moment."

Lady Dorothy Nevill