



New Year's Resolutions

Most people start their New Years with resolutions to eat healthier and exercise more! While these are great goals to reach in the coming year, let's make sure they are achievable and healthy! One of the top ways people love to start their "healthy" new year, is with a cleanse. Do not go on a cleanse! Cleanses, whether it is juices, smoothies, teas, etc... are typically calorie restricted and do not provide all the nutrients we need. Also, people do not stick to dramatic "all or nothing" diets. Eat three balanced meals a day with a healthy snack or two. If you crave something sweet, go for it, but only eat one serving of that sweet. 'Everything in moderation' is an amazing resolution!

In this Issue...

1. Healthy New Years resolutions
2. Recipe high in Vitamin C
3. Benefits of citrus fruits

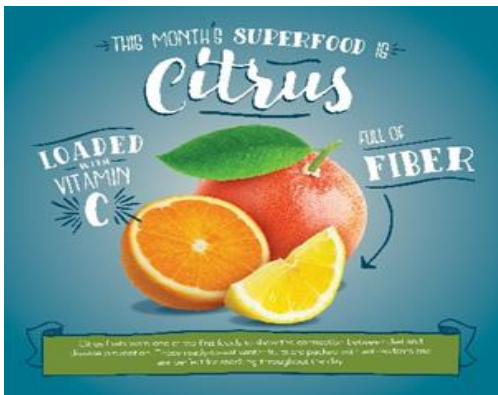
Upcoming Key Dates:

- | | |
|----------|----------------------------|
| 01/18/21 | Martin Luther King Jr. Day |
| 02/2021 | National Heart Month <3 |
| 02/14/21 | Valentine's Day |
| 03/2021 | National Nutrition Month |
- More to come

Important Links:

- [morrisoncafes.compass-usa/Oakhill café](https://morrisoncafes.compass-usa/Oakhill-café)
- www.weeatlivedowell.com

Tag us on Social Media



Oranges, limes, lemons, grapefruits, kumquats, pummelos and clementine's are all considered citrus fruits and are an excellent source of Vitamin C!

Orange & Banana Oatmeal Parfait



In a medium sauce pan, bring 4 ½ cups water to rapid boil. Slowly pour 1 ½ cups quick oatmeal into boiling water, stirring constantly. Return to a boil. Reduce heat and simmer for 8 to 10 minutes, stirring occasionally. Remove from heat and let cool. Mix oatmeal, ½ cup yogurt and 1 ½ tbsp. honey together. Chop 2 oranges into small pieces. Divide the mixture into 4 bowls or jars. Top each parfait with 2-1/2 tbsp. each of banana and diced orange and 1 tsp orange zest. Serve cold.



Tag us on Social Media

 Morrison Healthcare

 @morrisonhealthcare

 Morrison Healthcare

 @morrisonhc

Life is Short, Squeeze All You Can Out of It 🍊🍋

Citrus Month

Citrus fruits are an excellent source of vitamin C, but are also a good source of other vitamins and minerals that your body needs to function properly, including potassium, B vitamins, phosphorus, magnesium, and copper. Other great benefits from eating citrus fruits are:

- Good sources of fiber
- Low in calories
- May reduce risk of kidney stones
- Boost heart health
- May fight or protect against cancer



Healthy New Year's Resolutions

- Eat more whole foods
- Cut back on sweetened beverages
- Find physical activity you enjoy
- Cook more meals at home
- Spend more time outside
- Sit less, move more
- Get quality sleep
- Drink more water



One medium sized orange can provide 78% of the daily requirement of vitamin C!

Tag us on Social Media

