



## Topic Of The Month



### Savory Italian Chicken & Veggie Pocket

- 1 skinless, boneless chicken breast, about 3 ounces
- 1/2 cup diced zucchini
- 1/2 cup scrubbed and diced potato
- 1/4 cup diced onion
- 1/4 cup sliced carrots
- 1/4 cup sliced mushrooms
- 1/8 teaspoon garlic powder
- 1/4 teaspoon Italian seasoning or oregano

Heat oven to 350 F.

Cut off a 12-inch sheet of heavy-duty aluminum foil or parchment paper. Fold the foil or parchment paper in half, unfold and spray with cooking spray.

Center the chicken breast on the sheet. Top with zucchini, potato, onion, carrots and mushrooms. Sprinkle garlic powder and Italian seasoning on the chicken and vegetables.

Bring the foil together and make small, overlapping folds down the length of the packet to seal. Fold at the two ends several times to make a tight seal so the liquid won't escape during cooking.

Place the packet on a cookie sheet and bake for 45 minutes, until chicken and vegetables are tender. Serves 1.

Taking care of ourselves can take a lot of support. We're here to help! Ask a nurse or provider if you'd like to talk.

# Preventing Cancer

## Your **CHOICES** Impact Your **CHANCES!**

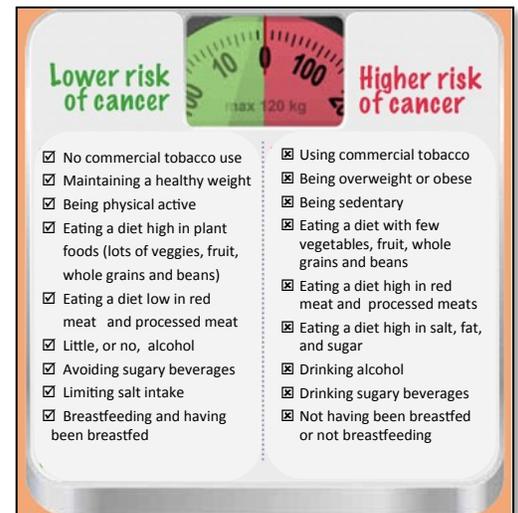
**S**ometimes, cancer can feel like a predator, laying in wait for the ambush. Oftentimes, however, cancer is more like a con artist. Dazzled by promises of coolness or comfort, we invite him into our lives, realizing too late the high price we must pay. The good news is, a few simple lifestyle choices can decrease our chances that the Cancer Con will ever come knocking! "MOVE IT in February" is the perfect time to begin shifting away from high-risk habits and beginning to add protective ones.

### ➔ Commercial Tobacco

Commercial tobacco use is the #1 source of all cancer and cancer deaths, causing up to 40% of all diagnosed cancers. The most powerful anti-cancer step a user can take is to break the tobacco habit. Sawtooth Mountain Clinic can connect patients with "Call It Quits," a tobacco-cessation help line. People can always self-refer and call "Quit Plan" at 800-354-PLAN. Both routes will get callers to the same place: a free and confidential help line where they can get coaching, support, and even no-cost nicotine replacement.

### ➔ The Dynamic Duo

How much we move and what we eat are the next two most powerful protectors of good health. Luckily, we don't have to run marathons or live off sprouts to have a big impact. What we do have to do is move around more and eat our veggies. Try scheduling "movement breaks" into your day



or strapping on spikes and going for a winter walk. What if you ate your vegetables first and packed a fruit for snack? Little nutrition hacks can make a big difference.

### ➔ Watching Your Weight

Being active and eating a plant-based diet go a long way to maintaining a healthy weight, and that's important for cancer prevention. Stored fat doesn't just sit there, making our pants too tight. Fat cells produce chemicals that increase both cell growth and cell reproduction. The more times that cells divide, the more chances there are for cancer to develop. Staying at a healthy weight keeps these chemicals in check.

**MOVE IT in February highlights opportunities to get active, eat delicious healthy food, and relax to recharge. Check out the calendar at on the back of this page or at [SawtoothMountainClinic.org/MOVEIT](http://SawtoothMountainClinic.org/MOVEIT) for more information.**