**Love Some Legumes**

Who says healthy food has to be expensive? Legumes are one of the cheapest ingredients you can buy and are packed with fiber, protein, iron, potassium, magnesium and other nutrients. Plus, beans, lentils and soybeans lend themselves to a variety of dishes and flavors, making them a tasty addition to any meal!

**Nutritionist’s Corner**

This week let’s use more cinnamon. Cinnamon is a sweet spice so we can add it to hot cereal, cooked vegetables, baked goods, and beverages. This adds a touch of flavor and sweetness without adding sugar. Small research studies have used cinnamon to manage blood sugar levels. There are 4 main types of cinnamon used for commercial purposes. The main one used in the U.S. and Canada is Cassia Cinnamon. Research suggests that Ceylon Cinnamon (used in Europe and Mexico) is preferred for its taste and health benefits. Read your food labels. You can buy cinnamon in powder or sticks. Buy in small amounts because it does lose flavor and potency over time.

- Dr. Gordon

**Trainer’s Corner**

- Db row
  - 5 sets
  - 10 each arm

- Tricep extension
  - 3 sets
  - 15 each arm

- Hamstring stretch
  - 30 seconds each leg

[www.rec.nova.edu/wellness](http://www.rec.nova.edu/wellness)

Nova Southeastern University

Office of Campus Recreation