

WEEKEND HEALTH TIPS



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March 4th , 2016



16 Health Tips for 2016 by the Academy of Nutrition & Dietetics

Dedicate yourself to a healthy lifestyle in 2016 with these food, nutrition and physical activity tips

1. Eat Breakfast Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

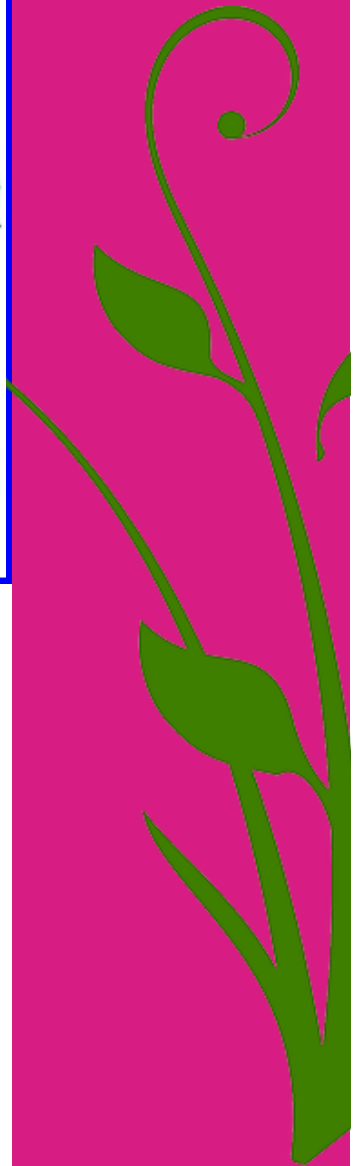
2. Make Half Your Plate Fruits and Vegetables Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. Be Active Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Fix Healthy Snacks Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

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6. Get to Know Food Labels Reading the Nutrition Facts panel can help you shop and eat or drink smarter

7. Consult an RDN Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready to-eat foods, cooking foods to the appropriate temperature by using a food thermometer, and refrigerating food quickly at a proper temperature to slow bacteria growth. Learn more about at www.homefoodsafety.org.

9. Get Cooking Preparing foods at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans. The collection of How do I... videos at www.eatright.org/howdoi will get you started.

10. Dine Out without Ditching Your Goals You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

11. Enact Family Meal Time Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

12. Banish Brown Bag Boredom Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

13. Drink More Water Quench your thirst by drinking water instead of sugary drinks. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.

14. Explore New Foods and Flavors Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family. Try different versions of familiar foods like purple asparagus, Honeycrisp apples, broccoflower or quinoa.

15. Eat Seafood Twice a Week Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Cut Back on Added Sugars Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. [Visit www.choosemyplate.gov](http://www.choosemyplate.gov).

Cheap & Healthy Lunch Ideas for Work

These lunch ideas all clock in at \$3 or less per serving.

From Eating Well.com



Cherry Almond Farro Salad



Mediterranean Wraps



Vegetable & Tuna Pasta Salad



Chicken Waldorf Salad

The History of the Dinner Plate

Facts from Web MD

We've *doubled* the number of calories you can fit on a plate since 1960! Now you see the problem with going back for seconds & thirds.



How to Eat Healthier—No Willpower Required

Consumer Reports on Health, Sept., 2015

You might attribute your failure to choose fruit over a doughnut or tofu over a burger to poor willpower. But relying on self-control is tough when unhealthy foods are heavily promoted—and everywhere. Fortunately, researchers have learned how simple changes in our environment and habits can help us to eat smarter without a great deal of extra effort.

1. Customize dishes and cups

The benefit: Control portion sizes. One trick to eating less is using smaller dishes. But if your goal is to eat more healthy food, go big. Research led by Brian Wansink, Ph.D., director of the Food and Brand Lab at Cornell University, found that people eat more when food is served on bigger dishes—because portions appear smaller. So if you eat salad or veggies from a large plate, you're likely to serve yourself more and eat more. Use small plates for foods such as refined grains, red and processed meats, and, of course, dessert.

2. Color-code your meals

The benefit: Improve nutrition and tempt your palate. Eating a variety of colorful [fruits and vegetables](#) ensures that you get a good mix of healthy nutrients, and it also helps to bring your plate to life. For example, you can perk up your grilled fish or chicken by adding tomatoes and green Swiss chard.

3. Make healthy foods visible

The benefit: Eat more good-for-you foods. "You're likely to reach for what-ever you see first when you open the refrigerator or your cabinets," says Maxine Siegel, R.D., manager of food testing at Consumer Reports. One study found that people increased their fruit and vegetable consumption almost threefold by moving produce from the fridge's crisper drawer to the top shelf. Storing less healthy items in opaque containers helps, too.

4. Make it look nice

The benefit: Healthy foods with visual appeal taste better. A study conducted at the Culinary Institute of America found that diners who were served the same chicken dish two nights in a row liked it more when it was artfully arranged. And you don't need the skills of a "Top Chef" contestant.

A simple stack of vegetables or whole grains on the bottom, a chicken breast in the middle, and a colorful garnish on top gives a meal height and dimension.

Play around with shapes, too, recommends chef and food stylist Khalil Hymore of New York City. "In a salad, I might shred the kale, julienne an apple, and halve the cherry tomatoes," he says. "If everything were the same size, it wouldn't be as interesting."

5. Eat only at the table

The benefit: You'll eat less and feel satisfied. According to one study, eating as a family at the dining room or kitchen table is linked with having a lower [body mass index \(BMI\)](#), possibly, researchers suggest, because it's easier to focus on the meal in that environment.

Eating with the TV on, however, is linked with a higher BMI, probably because it's distracting. A separate review of research found that when people are distracted, they consume about 10 percent more calories—and they also eat more at subsequent meals.

SASD Wellness News

SASD LiveWell Series

Meal Planning & Grocery Shopping

March 9th and 14th

5:30pm South High School - LGI Room

Presented by: Jessica Mella, Prevea Dietician

*Join Jessica to learn better ways to navigate the grocery store while finding ways to reduce the stress of meal planning for your family. Learn more about the simple NuVal system at Festival Foods as well and come home with strategies to make meal planning easier and a grocery list you can feel good about. **No Registration Needed.***

[Click HERE](#) for Full Series Details.

Healthy Cooking

Demo! (Part of the LiveWell Series)

March 16th - 5:30pm

Farnsworth Middle School

Presented by SASD & Prevea

Featuring:

Jessica Mella, RD, CD; Prevea Registered Dietician



NEW! Financial Wellness Series:

·Session 1 "Estate Planning & Wills"

April 18th / 5:00-6:00pm

·Session 2

"Maximizing Your Retirement"

May 16th / 5:00-6:00pm

Guest Speaker: Cindi Fox

Presented by Huhn Wessel & Company

South High School - LGI Room

Earn 10 Wellness Points for Attending

Attend both sessions and earn 25 Points!

Spouses are welcome to attend!



Interra Health New Hire!!!

Interra Health has hired a 3rd Nurse Practitioner to the team!

Please welcome Ms. Laurie Benkley! Laurie is excited to be serving the Healthcare needs of SASD.

Fitness Classes: (Drop-ins Always Welcome!!!!)

SPARK

Tues & Thurs 4:30pm
Horace Mann Gym C
Instructor: Sarah

IGNITE

Tues & Thurs 5:15pm
Horace Mann Gym C
Instructor: Sarah

BootCamp

Mondays 4:30pm
South H.S. Room 116
Instructor: Nikki

Yoga

Tuesdays 3:30 & 4:30pm
South H.S. Room 116
Instructor: Nikki

Zumba

Mon & Wed 4:45pm
Jackson
Instructor: Penny

Rec Dept. Classes

Click [HERE](#) for schedule

Pickleball

Thursdays 6:45 - 8:45pm
Jefferson