

NEWSLETTER

NUTRITION AND HEALTHY EATING HABITS



Tips for Meal Planning Success

Meal planning is an important part of living a healthy lifestyle. It is also something that many of us tend to feel overwhelmed by or overlook when we are trying to improve our health.

Taking just a few minutes each week to plan meals and snacks can help reduce stress and save money. Having a plan will help you make better choices that are in line with your healthy eating goals. Here are a few tips to get you started.

Write it Down

- On a piece of paper, write the name of each food group (starches, proteins, vegetables, dairy, fruits and fats) and list your favorites from each area.

- Keep this list handy and add to it as more favorites come to mind.

- This list will help you remember what foods you like and give you ideas each week for what to make.

www.nutrition.va.gov

Plan Six Days of Dinner

- Include a protein, a starch, and a vegetable at a minimum.
- Include dairy and fruit as snacks if they do not fit with dinner.
- Save favorite recipes to help make the process easier.
- Leave a night free for eating out.
- Plan easy meals on busy nights.

Make a Grocery List

- List the ingredients that you will need to make your meals for the week.
- Aim for a mix of fresh, frozen, and canned fruits and vegetables.
- Buy foods for breakfast, lunch, dinner and snacks too.
- Keep a note pad or piece of paper on the counter or fridge and write down items you need as they run out.

Monitor Your Success

- Make notes on recipes if you add or remove any ingredients or if you enjoyed that food.
- Monitor food waste and adjust what you buy.
- Track your monthly spending and note how much you saved by planning ahead.

Take it a Step Further

- Buy fruits and vegetables at a farmer's market.
- Make at least one dinner per week vegetarian.
- Prepare dinner portions large enough so you can have leftovers for lunch.
- Assign a theme to certain days like meatless Monday, taco Tuesday and Italian Wednesday.
- Look through the pantry, freezer, and fridge to see what needs to be used up and include these items in next week's meal plan.
- Try one new recipe each week.



Be Positively Healthy

As the coronavirus sent the world into global lock downs and quarantines, there were many changes in day-to-day routines. For many it resulted in a higher than usual consumption of comfort foods, as well as lower levels of physical activity.

Together, those small shifts led to unplanned weight gain.

A 2020 survey conducted by the American Psychological Association found that 61% of US adults reported unwanted weight gain during the pandemic.

The average weight gain was 29 pounds.

The good news is that small shifts in habits can also have a positive impact on health.

Here are some simple strategies to help you make a shift back toward healthier habits:

Define your eating style. Whether you choose to focus on plant-based foods or reduce the number of highly processed foods you consume, aligning your eating style with your unique health needs, goals, preferences, and beliefs will help you create lasting change.

Prioritize movement. Regular physical activity is vital for maintaining your body's optimal level of function. Be sure to include a variety of different exercises, such as endurance, strength, balance, and flexibility activities.

Eat mindfully. Learning to tune into your body's natural hunger and fullness cues will help you eat more mindfully and regulate your weight more naturally.

Get enough sleep. Getting sufficient amounts of restful sleep has been linked to better regulation of hunger hormones, and ultimately body weight.

Aim for at least 7 hours of sleep each night to give your body enough time to fully recover.

Establishing a healthy lifestyle involves defining your eating style, prioritizing movement, eating mindfully, and getting sufficient restful sleep.



HEALTHY PANTRY MAKEOVER TIPS

Kitchen pantries can become disorganized quickly, but with some careful attention, a well-organized pantry can support your health goals in some pretty big ways.

An organized pantry can:

- **make meal prep faster and easier help you avoid making duplicate purchases at the supermarket improve the overall quality of your eating style**
- **help prevent foodborne illness by making it easier to rotate food supplies and discard expired items.**

To give your pantry a healthy makeover, follow these 6 simple steps:

1. **Remove everything.** The first step is to remove everything from the pantry. This gives you a chance to clean the shelving thoroughly and assess the space you have to work with.
2. **Set up a sorting area.** Set up a small portable table near the pantry, so you can sort through the contents more easily.
3. **Discard expired items.** Check expiration dates and toss out any foods that are expired or have damaged packaging.

4. **Group similar items together.** Group similar items together so you can find what you need more easily during meal prep. Sorting bins or boxes may help with this step.

Here are some basic categories to consider:

- Carbohydrates (rice, noodles, breadcrumbs, cereals, oatmeal)
- Proteins (canned meat, beans)
- Fruits & Vegetables (canned, dried, pickled)
- Fats (oils, nuts, seeds)
- Spices
- Other supplies (wraps, bags, storage containers, cookware, etc.)

5. **Reorganize for Efficiency.** As you return the items to the pantry, be mindful about how you reorganize them. Keep in mind which ingredients you use most often and store them where they are easily accessible.

6. **Make a shopping list.** Finally, take note of any items that need to be replaced or added to your inventory. Giving your pantry regular makeovers helps reduce food waste, improve the quality of the foods you keep in your home, and ultimately improve your health.





NUTRITION

Recommended Podcasts



Nutrition Facts with Dr. Greger

The latest in nutrition related research delivered in easy to understand video segments brought to you by Dr. Michael Greger M.D. He scours the world of nutrition-related research, as published in scientific journals, and brings that information to you in short, easy to understand video segments. We also provide links to the original journal articles whenever possible so that you can source the information directly, if you so desire.

Source: feeds.pod.com



Dishing Up Nutrition

Understand the connection between what you eat and how you feel. Hosted by licensed nutritionists and dietitians from Nutritional Weight & Wellness we share practical, real-life solutions for healthier living through nutrition.

We've helped thousands of clients and listeners discover how real food can increase energy, stabilize moods, jumpstart metabolism, eliminate cravings, restore digestion, decrease inflammation and so much more. Our hosts take listeners questions and bring in expert guests for discussions on nutrition issues, trends, supplements, cooking and new research.

Source: weightandwellness.com



The Ultimate Health Podcast

The core focus of this podcast series is empowering the listener to make proactive choices about health, by providing holistic information and alternative viewpoints to mainstream medical thinking.

Source: healthline.com



NUTRITION

Recommended Apps



Navigate

Seamlessly link the wellbeing portal for access to full resources: program overviews, recipes, grocery deals, videos and anything else someone might need while on the go.



Pinterest (for recipes)

Discover new possibilities and save what you find. Find inspirational ideas from anywhere on the Internet. Simply type in the ingredients you have on hand or search a meal idea for recipes or cooking techniques.



Fooducate

Since 2010, Fooducate has been helping millions of people eat healthier, lose weight and improve their health. Recommended by doctors, dietitians, fitness trainers, and personal coaches. Track your food intake and exercise and the quality of calories. Scan hundreds of thousands of unique product barcodes, get a personalized nutrition grade (A, B, C, or D) for each food and suggestions for healthier foods based on what you scan

Free health & diet tips from nutrition professionals.



Steakhouse Salad

Ingredients

- 10 ounces (4 to 5 small) red potatoes, quartered
- 2 tablespoons canola oil, divided
- 1 teaspoon black pepper, divided
- 1/2 teaspoon kosher salt, divided
- 1 (8-oz.) beef tenderloin filet
- 8 ounces cremini mushrooms, quartered
- 3 garlic cloves, chopped (about 1 1/2 Tbsp.)
- 1 tablespoon lower-sodium Worcestershire sauce
- 2 cups cherry tomatoes
- 1/3 cup low-fat buttermilk
- 1 tablespoon apple cider vinegar
- 3 ounces blue cheese, crumbled (about 3/4 cup), divided
- 8 cups fresh baby spinach (about

Prep time - 25 minutes

Cook time - 25 minutes

Servings- 4

NUTRITIONAL INFORMATION

- Calories 310
- Total Fat 17g
- Sodium 612mg
- Carbohydrate 19g
- Dietary Fiber 3g

SOURCE: Navigate Wellbeing Solutions recipe library courtesy of Megan Roosevelt, registered Dietitian and Nutritionist.

Instructions

1. Preheat oven to 400°F. Toss potatoes with 1 tablespoon of the oil and 1/4 teaspoon each of the pepper and salt on a rimmed baking sheet. Roast potatoes until golden and tender, about 20 minutes, stirring halfway through baking.
2. Meanwhile, heat remaining 1 tablespoon oil in a heavy skillet over medium-high. Sprinkle beef with 1/4 teaspoon of the pepper and remaining 1/4 teaspoon salt. Sear beef until browned on all sides and a thermometer registers 130°F to 135°F (for medium rare), about 3 minutes per side, or to desired degree of doneness. Transfer beef to a plate; let rest 5 minutes before slicing.
3. Return skillet to medium-high. Add mushrooms and garlic, and cook, stirring often, until browned, 2 to 3 minutes. Stir in 2 tablespoons water and Worcestershire, and cook 1 minute. Remove mushroom mixture. Add tomatoes to skillet; cook, stirring occasionally, until blistered, about 4 minutes. Remove from heat.
4. Stir together buttermilk, vinegar, 1/2 cup of the blue cheese, and remaining 1/2 teaspoon pepper in a large bowl. Toss spinach in buttermilk mixture.
5. Serve spinach topped with potatoes, beef, mushroom mixture, and tomatoes; sprinkle with remaining 1/4 cup blue cheese



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- Fitness equipment and free weights
- Multipurpose gym space
- Indoor track
- Group exercise classes including yoga, Zumba®, cycling, intervals, strength and aquatic classes
- Monthly nutrition and fitness education seminars
- Youth fitness area
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For more information, visit
lakehealth.org/livehealthy or
call 440-375-8777

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Saturday & Sunday:

7:30 am - 5 pm

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Resource Advisor is here with help for life's issues



Receive personalized counseling, financial, and legal help

Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call **1-888-209-7840**.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

Support when you need it

Contact Resource Advisor:

- **Phone:** **1-888-209-7840**
- **Online:** **www.ResourceAdvisor.Anthem.com**
(Log in with program name AnthemResourceAdvisor.)

Helpful resources you can count on

Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit www.ResourceAdvisor.Anthem.com and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns
— no matter how big or small**

**Call 1-888-209-7840 or visit
www.ResourceAdvisor.Anthem.com to receive
support and guidance, whenever you may need it.**

1 The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2 Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3 LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call (800) 273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

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