



LiveWELL Now!

April 27, 2020



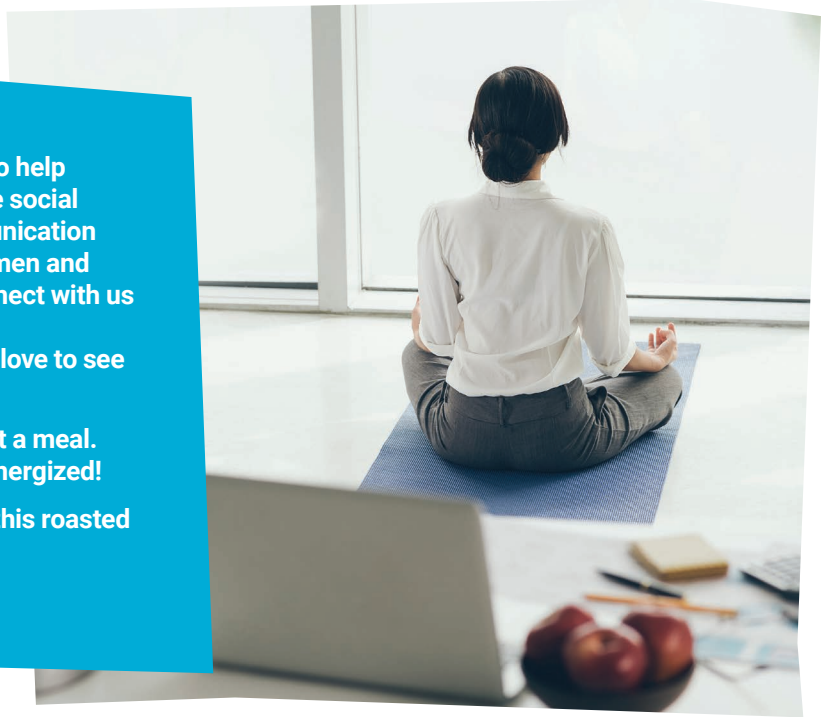
Community WELLNESS

Best Practices for Working from Home

Wellness AtoZ is sending out weekly communications to help you and your family stay healthy and well as we practice social distancing by working from home. We hope this communication encourages you to continue practicing your health regimen and keeps your spirits lifted during this uncertain time. Connect with us on social media via Facebook, Twitter, and Instagram @GoWellnessAtoZ and tag us #LiveWellNow. We would love to see how you are staying healthy!

Weekly wellness tip: Focus on how you feel after you eat a meal. If you eat healthy, you're likely to feel better and more energized!

Healthy recipe of the week: Have a crunchy snack with this roasted chickpea recipe!



LiveWELL Now!

Best practices for working from home



Mindfulness: Get outside and spend time in nature.

Find balance: Find something else to do when you take breaks, such as reading.

Stay active: Involve the whole family in staying fit with a walk or run around your neighborhood.

Social distancing: Plan a drive-by celebration or virtual party.

Hydration: Drink water before and after exercise.

Healthy meals: Check out this week's LiveWell Now! for a deep dive on healthy meals.

Family Time: Tackle a home project together, like painting a room!

Balancing work with kids at home: Take a family walk during your work breaks or take your office outside while the kids play.

Stay safe in the sun: Be cautious with surfaces that reflect sun rays like water, sand, and concrete. Always wear sunscreen when you're outside.

Transition back to the office: Give yourself an extra hour in the morning to get ready.



BUILD A FOUNDATION FOR HEALTHY LIVING!

Healthy eating can help you feel great, maintain energy levels, improve your overall health, and boost your mood. When starting or continuing on your healthy eating journey, remember that it's not about restricting foods, it's about treating food as fuel for your body and mind. There is a lot of conflicting information about nutrition, but the most fundamental thing to know about healthy eating is to focus on fresh, whole foods and minimize the processed foods in your diet.

You probably hear the phrase "well-balanced diet" a lot. Let's break down some basics of nutrition and review how to have a balanced diet.

Protein: Protein gives you the energy to keep you going throughout the day and supports your mood and cognitive function. Help Guide shares examples of good sources of protein: fish, poultry, dairy products, beans, nuts and seeds, and tofu and soy products. According to Health Guide, "Adults should eat at least 0.8g of protein per kilogram (2.2lb) of body weight per day". For example, a 180lb man should consume at least 65g of healthy protein.

Fat: Fats tend to have a bad reputation. However, there are good fats. Good fats will protect your brain and heart and help improve your mood, boost your well-being, and reduce your waistline. Help Guide provides examples of healthy fat foods: nuts and nut butter, flax seeds, avocados, olives, soy milk, and fish like salmon, tuna, trout, and sardines. The American Heart Association recommends that individuals try to eat at least two, 3.5oz servings of fish per week.

Fiber: Foods that are high in fiber can help you improve your skin, lose weight, and lower your risk of certain health conditions like heart disease, stroke, and diabetes. According to Help Guide, you can increase your fiber intake by eating foods like bran cereal, prunes, berries, apples, pears, kidney beans, black beans, lentils, and peas. The amount of fiber each individual needs vary by age and gender.

Calcium: Most people know that calcium supports bone health. When our bodies do not get enough calcium, it can lead to osteoporosis and contribute to mental health issues like trouble sleeping, anxiety, and depression. Add more calcium to your diet with these some of these tips from Help Guide: eat dairy products (like Mozzarella and cottage cheese) and leafy greens (like kale and broccoli). The amount of calcium each individual needs vary by age and gender. Please view this chart provided by the National Institute of Health to check how much calcium you need.

Carbohydrates: Carbohydrates or carbs play an important role as one of our body's main source of energy. However, it is important that you understand the difference between healthy and refined carbs. Check out these suggestions from Health Guide on unrefined carbs: multigrain bread, quinoa, oatmeal, spinach, green beans, Brussel sprouts, peas, beans, cashews, walnuts, apples, berries, citrus fruit, and bananas. The U.S Department of Health and Human Services suggest that 45-65% of your calories should come from healthy carbohydrates.

Information derived from helpguide.org

Please consult with your doctor to find the best healthy eating options for you. Intake of each food category is unique to each individual's state of health.





TAKE OUT, BUT MAKE IT HEALTHY!

If want to support local businesses or just need a break from cooking, here are some quick tips on how to make your take-out orders healthier.

If you're ordering pizza:

- Pile on vegetables for topping such as mushrooms, broccoli, peppers, tomatoes, and onions, or add a salad on the side.
- Keep the meat light. Meat toppings tend to have high sodium and fat levels.
- Try ordering a pizza with a whole wheat or thin crust.

If you're ordering diner food:

- Try substituting French fries for a side salad, steamed veggies, or plain baked potato.
- Instead of a ground beef burger, opt for a turkey or veggie burger.
- Avoid tuna or chicken salads, and say yes to a grilled chicken on pita or turkey sandwich.

If you're ordering Mexican food:

- Avoid refried beans as they are usually cooked with lard or pork—black beans are a great alternative.
- If you are trying to limit carbs, instead of eating the tortilla when you order a burrito or tacos, just eat the fillings or ask for a lettuce wrap instead.
- Select a dish that contains vegetables, salsa, lean proteins (shrimp or chicken), and ask for cheese on the side.

If you're ordering Chinese food:

- Choose steamed entrees like shrimp or chicken with vegetables. Tip: order your sauce on the side.
- Order brown rice instead of white rice.
- Add fiber-rich bok choy, string beans, and/or broccoli.

Modified from stylecaster.com

TOP HEALTHY FOODS!

Eating healthy can be intimidating. It's hard to know where to get started and what to buy to stock your kitchen. Check out this list of top healthy foods that you can add to your grocery cart and your kitchen!

Edamame (Soybeans)

Soybeans are rich in plant derived-estrogen substance known as isoflavones, which is known to have anti-inflammatory, antioxidant, anti-cancer, and antimicrobial properties.

Tofu (Soybean curd)

This soy product is also rich in isoflavones (just like soybeans), but it's also a good source of protein and amino acids that support your body. Tofu is a excellent source of other minerals such as calcium, iron, manganese, zinc, and copper. These minerals help keep your teeth and bones healthy.

Carrots

Carrots contain a pigmentation called Beta-carotene, which bodies convert into Vitamin A. This is great news—because human bodies don't produce Vitamin A. According to the National Institute of Health (NIH), Vitamin A is important for immune function, vision, reproduction, and cellular communication.

Brassica Vegetables

Some examples of brassica vegetables include cabbage, broccoli, Brussel sprouts, cauliflower, bok choy, radish, and kale. The green foods are rich in nutrients such as Vitamins C, E, and K and contain vital minerals such as potassium, calcium, and selenium. Each one of these foods has specific benefits for different areas of our health—supporting heart health and regulating your blood sugar levels.

Salmon

Salmon has lots of benefits, including being rich in omega-3 fatty acids, which are beneficial for eyesight and brain health. It also contains a mineral known as selenium. Selenium is good for the thyroid gland, which helps support a healthy metabolism and regulates hormones.

Citrus fruits

Citrus fruits are rich in antioxidants, which help fight off infections and reduce inflammatory damage. These fruits also contain organic compounds such as flavonoids, coumarins, and carotenoids, which have protective effects against cancer, cardiovascular diseases, and neurodegenerative diseases.

From medicalnewstoday.com





HEALTHY WORK FROM HOME SNACK RECIPES

Many people experience mid-morning and mid-afternoon snack cravings! Especially now, with easy access to your kitchen, the choices are endless. The great thing about working from home is that you have the opportunity to create healthy snacks for yourself and your family when those mid-morning and mid-afternoon cravings hit. Check out the recipes below for some ideas.

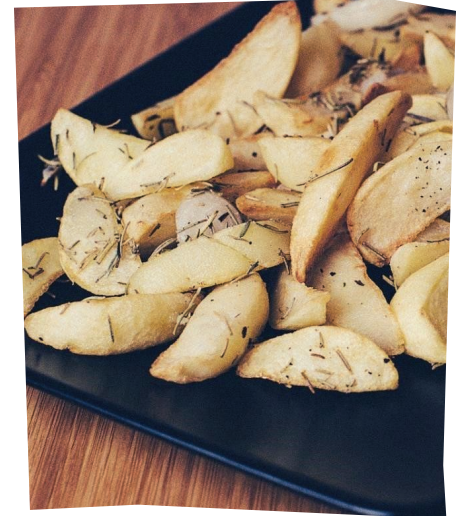
ROASTED SWEET POTATO WEDGES

Ingredients

- 2 Medium Sweet Potatoes, peeled and cut lengthwise into 6 wedges.
- 1 teaspoon granulated garlic
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ¼ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

Directions

1. Preheat oven to 425°F. Line a large baking sheet with parchment paper. Place potato wedges in a steamer basket in a large saucepan. Add water to saucepan just below basket. Bring to boiling. Steam, covered, 7 minutes or until just tender.
2. Arrange potato wedges on the prepared baking sheet in a single layer. In a small bowl stir together the remaining ingredients. Sprinkle spice mixture over potato wedges.
3. Roast 15 to 20 minutes or until browned and tender, turning once halfway through cooking. Serve hot.



BAKED APPLE CHIPS

Ingredients

- 2 large unpeeled apples
- ½ teaspoon ground cinnamon
- ¼ date sugar
- ¼ teaspoon ground nutmeg

Directions

1. Preheat oven to 200°F. Line two large baking sheets with parchment paper.
2. Cut apples crosswise into ⅛-inch-thick slices. Arrange slices in a single layer on the prepared baking sheets.
3. In a small bowl stir together sugar, cinnamon, and nutmeg.
4. Sprinkle apples with half of the sugar mixture and, if desired, brush with a pastry brush to cover evenly. Turn apples and repeat with the remaining sugar mixture.
5. Bake 2 to 2½ hours or until crisp, turning apples and rotating pans every 30 minutes. Cool on wire racks.

OIL-FREE HUMMUS

Ingredients

- 2 cans chickpeas, rinsed and drained
- 3 cloves garlic
- Juice of 1 lemon
- 2 teaspoons ground cumin
- 2 teaspoons Bragg Liquid Aminos
- ¼ cup water or vegetable broth

Directions

1. Blend all ingredients into a thick paste.
2. You can also personalize your hummus with any of these: 2 tablespoons toasted sesame seeds; 1 fresh jalapeño, seeded and chopped; 1 roasted and chopped red bell pepper; 1 cup Kalamata olives; 1 bunch fresh mint; 1 cup fresh spinach; 1 cup cooked eggplant

