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MONTHLY NEWS

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Seven Strategies to Encourage Healthy Nutrition at Work

A Wellworks For You Blog

The combination of long work hours and busy home lives doesn't typically encourage nutritional eating. Lack of time often leads to quick fixes—and fast food, overeating, or not eating the right food can be a common fallout. To help set employees up for success, the Wellworks For You online Wellness Portal offers a fitness and nutrition dashboard. It is full of nutrition advice and healthy eating tips, like the ones listed here:

Eliminate Multitasking During Lunch

Typically, multitasking is embraced in the workplace. When it comes to lunchtime nutrition advice, however, experts say it's better to focus simply on the meal. Eating slowly and mindfully can prevent overeating and weight gain and actually aid digestion.

Simmer Down Sodium Intake

Sadly, quick vending machine grabs and many fast food options are high in sodium. Although they're tempting to turn to during a busy workday, sodium-rich food is best to avoid in order to maintain a healthy heart.

Drink Water All Day

Not only is consuming water the best way to stay hydrated, it also can help make you feel fuller. At least eight, eight-ounce glasses of water per day is recommended for best health practices. Keep a full water bottle at your desk, and take note if you seem to be snacking less.

Pack Your Lunch

Packing your own lunch means having control of exactly what and how much goes into your bag.

Scrutinize Portion Size

While you can control portion sizes when packing lunch for yourself, it's more challenging when dining out. If you do go out for lunch, be mindful of the portion sizes. A helpful bit of restaurant nutrition advice: ask if your server could box half of your meal before bringing it out to you. This has become a more commonplace request as awareness of appropriate food portion sizes continues to increase.

Curtail Caffeine Consumption

On drowsy days at the office, nothing is more tempting than going on a caffeine run. A little caffeine won't hurt, but too much can cause sleep problems and tummy troubles, which, in turn, will impact your overall well-being.

Evaluate Your Motives

Boredom, fatigue, and stress can all trigger hunger. When the urge to snatch a candy bar strikes, think it through: Would a sweet apple with crunchy peanut butter serve as a better satisfier of this craving? Or a brisk walk around the building? Sometimes, shifting your mindset or engaging in physical activity can derail eating when your body truly isn't in need of food.

View more blogs at: <https://wellworksforyou.com>

MARCH HEALTH OBSERVANCE

National Nutrition Month

March 1 – March 31

MARCH IS NATIONAL NUTRITION MONTH

By Caitlyn Dracup; B.S. Health & Exercise Physiology, Wellworks For You Account Coordinator

Eating right can sometimes be a challenging and confusing task. With numerous "fad" diets being promoted and conflicting opinions regarding some foods and even food groups, it can feel nearly impossible to get it right. It is important to note that every person is different and so are their nutritional needs. What works for your friend, neighbor, sister, etc. may not be the best for you and what your body needs. A great place to start is by talking with your Primary Care Physician or a certified nutritionist to get an idea of what you should be eating.

Incorporating a variety of vegetables and fruits into your diet is vital to obtaining key vitamins and minerals that the body needs to function at its best. Fruits and vegetables are also voluminous and lower in calories than most other snack foods which can help aide weight loss while keeping you satiated. Swapping out regular pasta and bread for whole grain options is also part of maintaining a healthy diet and can be good for colon health. Vitamin D and calcium are important for bone health, especially in women as they get older. The body stops increasing bone strength in women after the age of 30 so it is important that you incorporate foods that support good bone and joint health.

These are just a few tips regarding your nutrition and nutritional needs. Take a look at your Wellworks For You portal for more health and nutrition tips and resources, as well as monthly healthy recipes and a grocery list.

Did you Know?

Lemons are considered one of the world's healthiest foods - one lemon contains your daily dose of vitamin C, it cleanses the liver, boosts your immunity and aids in weight loss. Try adding it to a mug of warm water to kick start your day!

Please Note: The Content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

MARCH IS ALSO NATIONAL KIDNEY MONTH

National Kidney Foundation

<https://www.kidney.org/news/national-kidney-month-take-five-your-kidneys>

The kidneys are a chemical factory within your body. They perform vital functions, such as filtering waste and controlling red blood cell production and blood pressure. Monitoring your kidney function proves to be extremely beneficial because over time, the kidneys can become damaged with little or no physical symptoms to warn you that your kidneys are in trouble.

It is estimated that 26 million American adults are unaware they have kidney disease. That's why understanding the risk factors of this disease can help you live a healthier lifestyle.

There are five essential steps you can take to lower your risk of kidney disease:

- **Get Tested!** Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Get screened for free through the National Kidney Foundation's KEEP Healthy program by visiting <http://www.kidney.org/KEEPHealthy>.
- **Reduce NSAIDs.** Over the counter pain medicines, such as NSAIDs (nonsteroidal anti-inflammatory drugs), may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease. Reduce your regular use of NSAIDs and never go over the recommended dosage.
- **Cut Out Processed Foods.** Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease. Try adopting the DASH diet to guide your healthy eating habits.
- **Exercise Regularly.** Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy. Getting active for at least 30 minutes a day can also help you control blood pressure and lower blood sugar, which is vital to kidney health.
- **Control Blood Pressure and Diabetes.** High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Managing high blood pressure and strict control of blood sugar levels can slow the progression of kidney disease. Speak with your doctor if you are having trouble managing diabetes or high blood pressure.

Kidney Facts:

- 1 in 3 American adults are at high risk for developing kidney disease today
- 1 in 9 American adults has kidney disease -- and most don't know it
- Early detection and treatment can slow or prevent the progression of kidney disease

Featured Recipe

BREAKFAST

Spinach & Egg Sweet Potato Toast

1 Serving

INGREDIENTS

- 1 large slice sweet potato (1/4 inch thick)
- 1/3 cup cooked spinach
- 1 large egg, fried or poached
- 1/2 teaspoon sliced fresh chives
- 1/2 teaspoon hot sauce

DIRECTIONS

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.

NUTRITION

Each serving contains about 124 calories; 5 g total fat; 1.6 g saturated fat; 186 mg cholesterol; 190 mg sodium. 555 mg potassium; 11.5 g carbohydrates; 2.9 g fiber; 3 g sugar; 8.9 g protein; 14756 IU vitamin a iu; 16 mg vitamin c; 114 mcg folate; 126 mg calcium; 3 mg iron; 70 mg magnesium;

Source: www.eatingwell.com

