



Nutrition

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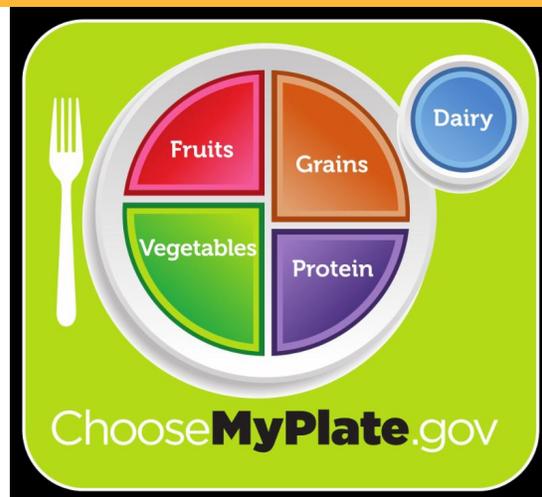
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Nutrition 101



Dining Out Healthfully



Eating out can be an enjoyable experience. You get a new ambiance away from your kitchen, you can try delicious new foods, you save time preparing, and there is no clean up!

Americans are eating out a lot these days! In fact, according to data released by the USDA Economic Research Service, Americans spend 50% of their eating budget on foods consumed away from home at establishments

It has been a few years since the two-decade old food "pyramid" got the ax, and few nutritionists mourn its loss. While the food pyramid is instantly recognized by school children, parents, and consumers, it was dismissed by many nutritionists because it led to too much confusion and was deeply flawed; it did not do a good job at distinguishing healthy from unhealthy food choices. With so many food options available, it is often difficult to determine the best foods to put on our plates when building a healthy meal. To resolve this, the food pyramid was replaced with [Choose MyPlate](#) as an uncomplicated icon to help remind us to think about our food choices. This effort is about more than just providing information; it is a matter of helping Americans understand that there are options and practical ways to apply the food groups to daily life. The plate is meant to give the population a fast and simple understanding to the basics of a healthy diet. Most Americans do not consume enough servings of produce on a daily basis. The plate shows that fifty percent of your meal should consist of fruits and vegetables. The other two plate wedges show grains, and a smaller portion of protein. Beside the plate is a small circle that represents dairy, suggesting a glass of low-fat milk or serving of yogurt.

like coffee shops, cafeterias, sit-down restaurants, and fast food chains. However, opting to dine out may mean you are unintentionally adding unwanted calories, saturated fat, sugar, and salt to your diet. Restaurants are focused on making their food taste good to gain popularity in a competitive industry, not on your diet! According to the Journal of Public Health Nutrition, people who eat at full-service restaurants consume, per day, on average 205 more calories, 2.5 grams more saturated fat, and 451 milligrams more sodium than those who eat at home. These findings are consistent with several other studies, which find that eating out is linked with obesity, higher body fat, and lower intake of fruits and vegetables.

How you can enjoy dining out healthfully-You don't need to give up dining out entirely. You can enjoy restaurant food without the calorie jolt by implementing a few strategies:

- Focus on menu items that are steamed, baked broiled, or grilled. Popular fried foods will be higher in calories due to the oils used.
- Choose vegetable based over cream based. Vegetable based sauces, soups, and condiments are typically lower in calories and saturated fat.
- Watch out for sauces. Many dipping sauces, dressings, and condiments can be high in calories, saturated fat, and sodium. Ask for sauces on the side so that you can be in control of how much is added.
- Reduce your portion sizes. Often restaurants offer monstrous portion sizes as a marketing ploy to add value to the meal. Consider sharing an entree with a friend or loved one. Or ask for a to-go box and put half of your meal away before eating. This will help you avoid the temptation to pick at your food after eating the appropriate portion.
- Be mindful of beverages. Sugary cocktails, sodas, or shakes can quickly add up empty calories.

For more information and resources on this topic please visit [The American Heart](#)

Please review the recommendations below on how to fill your plate:

Fruit Group

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Buy Fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are fresh, dried, frozen, and canned (in water or 100% juice).

Vegetable Group

- Vary your veggie choices to keep meals interesting.
- Try crunchy vegetables, raw or lightly steamed.
- For the best nutritional value select vegetables with more potassium such as; sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.

Grains Group

- Make half of your grains whole grains.
- Eat whole-wheat bread instead of white bread and brown rice instead of white rice.
- Look for whole-grain ingredients which are listed first and look for keywords such as: "whole-grain", "whole wheat," "buckwheat," "bulgur," "wild rice," or "whole oats."

Protein Group

- Choose extra lean ground beef that is at least "90-93% lean."
- Buy skinless poultry.
- Choose lean turkey or ham over bologna or salami.
- Trim away visible fat from meat and poultry before cooking.
- Choose meats that are baked, broiled, or boiled, and limit fried and breaded options.
- Choose plant based proteins like beans, peas, and nuts.

Dairy Group

- Choose either water or low-fat milk to drink.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Have fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables from yogurt.
- Always choose low-fat dairy products.

Please click [here](#) to see the current Dietary Guidelines for Americans.

Avoid the "Hangers!"

Health Coaching



Are you ready to make a change?

A Health Coach can help you reach your goals and make this year your healthiest yet!

A Delta TeamCare Health Coach is someone who can help you start making changes to improve and maintain your health. Making any kind of change to your normal routine can be difficult. Working in collaboration with a Health Coach, you will create a personalized plan to help you achieve your health goals. You will identify goals with activities and brainstorm solutions to obstacles that you may face on your journey to a healthier life.

Our philosophy is simple: "Everything one step and one day at a time." We firmly believe in baby steps when it comes to making lasting changes. Permanent change takes time, patience, practice and persistence.

If you are ready to make a change, our coaches can work with you to manage your weight, improve your nutrition, increase your physical activity, quit tobacco use, have a healthy pregnancy and manage your stress.

To join our Health Coaching program please call Delta TeamCare at **866-724-0032** or send an email to teamcare@delapro.com.

Fit From Head to Toe - Kettleball Squat with Rotation

Diets are hard! No one likes to feel "Hangry" (a term used when hunger leads to anger!) But why do we often feel cranky or irritable when dieting?

Without nutrients,

your brain relaxes impulse control- this may cause you to react to trivial matters. A study conducted to measure aggression gave participants voodoo dolls. Scientists found that people with low blood sugar from skipping meals poked the dolls significantly more! This is one of many reasons why most fad diets do not work. Instead of dieting, create a healthy lifestyle to yield the healthiest and most sustainable weight loss results. Never skip meals or deprive yourself when you are feeling hungry. Avoid "hanger" by eating at three or four hour intervals to keep your blood levels even. Fill up on slowly digested nutrients like protein, fiber, and healthy fats. Eating foods high in sugar and processed carbs such as white pasta, chips, and cookies will make you hungry much faster!

Tips for losing weight:

- Aim to lose no more than 0.5-2 pounds a week for sustainable weight loss.
- Losing weight slowly decreases the chances of gaining it back.
- To lose ½ -1 pound, you need a deficit of 250-500 calories per day.
- One pound of fat is equal to 3,500 calories.



Ask the Health Educator

Each month we feature a reader's question. To submit your question to a health educator, email teamcare@delapro.com and enter "Ask the Health Educator" in the subject line. All questions will be answered and any shared in this column will be done so anonymously.



Question: When should I get tested for a vitamin deficiency?

Answer: If you are regularly eating healthy, balanced meals and feel good overall, you are likely fine. On the other hand, if your eating habits have been worse than usual or you have been feeling fatigued, it may be a good idea to get checked. Both poor eating and fatigue are linked to vitamin deficiencies. Other indicators are heavy menstrual cycles and shortness of breath. Do you chew ice?



This is a great full body exercise that will work your legs, glutes, core, arms, and shoulders in a single rep! Hold a kettlebell or dumbbell with both hands in front of your chest. Stand with your feet slightly more than shoulder-width apart. While engaging your core, sit your hips back and bend your knees, lowering into a deep squat. To stand, press through your heels and rotate your torso to the left and press the weight overhead until your arms are fully extended. Reverse the movement back into the squat, then repeat on the other side. That is one rep. Aim to do 10.

Check out this [video clip](#) for a brief demonstration.

Spinach Salad with Ginger Dressing

This refreshing salad is tossed with a ginger dressing for a spunky addition to any meal!

Ingredients-serves 4

- 3 Tbsp minced onion
- 3 Tbsp peanut or canola oil
- 2 Tbsp distilled white vinegar
- 1 1/2 Tbsp grated fresh ginger
- 1 Tbsp ketchup
- 1 Tbsp reduced-sodium soy sauce
- 1/4 Tbsp minced garlic
- 1/4 tsp salt
- Freshly ground pepper, to taste
- 10 ounces fresh spinach
- 1 large carrot, grated
- 1 medium red bell pepper, very thinly sliced



New findings show that this is an odd, unexplained phenomenon called pica, which could mean you are iron deficient. A smoother than usual tongue or tingling sensations in the hands and feet are signs that you may be deficient in vitamin B12, a common deficiency for vegans and vegetarians. Spring is near, but the long winter may have left you deficient in vitamin D which comes from sun exposure. If you feel that something is off, consult your physician. He or she will be able to analyze your symptoms and determine whether you have a deficiency or not.

A health coach can be your partner and guide for a healthy lifestyle. If you are interested in working with a health coach please contact us at 866-724-0032 or teamcare@delapro.com.

The information presented in "Ask the Health Educator" is for informational purposes only and should not substitute medical advice, diagnosis and/or treatment.

Japanese Chicken-Scallion Rice Bowl



This recipe is the essence of Japanese home cooking: an aromatic, protein-rich broth served over rice. Admittedly, Japanese cooking leans heavily on sugar - for a less traditional taste, you could reduce or even omit the sugar. Pair with the spinach salad with ginger dressing in

this issue for a delicious alternative to soup and salad meal!

Ingredients| Serves 4

- 1 1/2 cups instant brown rice
- 1 cup reduced-sodium chicken broth
- 1 1/2 tablespoons sugar
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon mirin, (see Ingredient note)
- 2 large egg whites
- 1 large egg
- 8 ounces boneless, skinless chicken breasts, cut into 1/2-inch pieces
- 6 scallions, trimmed and thinly sliced

Preparation

1. Prepare instant brown rice according to package directions.
2. Pour broth into a heavy medium saucepan, along with sugar, soy sauce and mirin. Bring to a boil; reduce heat to medium-low.
3. Stir egg whites and whole egg in a small bowl until just mixed.

Preparation

1. Combine onion, oil, vinegar, ginger, ketchup, soy sauce, garlic, salt and pepper in a blender. Process until combined.
2. Toss spinach, carrot and bell pepper with the dressing in a large bowl until evenly coated.

Nutrition per serving: 135 calories; 11g fat;(2g sat; 5 g mono); 0mg cholesterol; 9g carb; 3g protein; 3 g fiber; 407mg sodium; 559mg potassium

Miss the Webinar? No Problem!



The New Year brings change and for many, the change to be healthier is top priority on their list. One popular resolution is to achieve Nicotine Cessation. Have you made a New Year's resolution to quit Nicotine use? Please click [here](#) to watch the recording of the 1st Quarter Webinar, **Nicotine Cessation- "A Path to Quit!"** to learn strategies and techniques to support your effort of achieving Nicotine Cessation for a healthier lifestyle in 2016!

Add chicken to the simmering broth. Gently pour in the egg mixture, without stirring. Sprinkle scallions on top. When the egg starts to firm up, after about 3 minutes, stir it with chopsticks or a knife. (The chicken will be cooked by now.) Divide the rice among 4 deep soup bowls and top with the chicken mixture.

Nutrition Per serving: 262 calories; 3g fat (1g sat, 1g mono); 87mg Cholesterol; 47g Carb;; 22g protein; 3g

Ingredient Note: Mirin is a low-alcohol rice wine essential to Japanese cooking. Look for it in your supermarket with the Asian or gourmet ingredients. An equal portion of sherry or white wine with a pinch of sugar may be substituted for mirin.

For more recipes and tips visit [EatingWell](#).



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