

Health & Wellness Seminar

March 2016



Nutrition

The Human Resources Department, in conjunction with Mission Regional Medical Center and other vendors, hosts health and wellness seminars each month. Employees receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing achapa@missiontexas.us

Our mission is to promote health awareness and to encourage healthy lifestyles.

Make Nutrition Your Ambition

There are many different approaches to nutrition, such as low-carb, low-fat, and glycemic index, just to name a few. But it's hard to know what the best strategy for feeling and looking your healthiest is. While a lot of these approaches can work, a good, old-fashioned balanced diet with thoughtful food choices is an easy way to make nutrients work in your favor. All you need are a few helpful ideas to incorporate into your daily lifestyle and you'll be well on your way to better health.

Nutrition Tips

You have the power to make healthy nutrition choices every day. Remember these basic building blocks for taking care of your health:

- Drink enough water each day
- Choose healthy snacks in 100-calorie or less servings
- Opt for healthy, low-fat meals at fast-food restaurants
- Use monounsaturated and polyunsaturated fats in your diet
- Check food labels for serving size/number of servings and nutritional content

Go With The Grain:

Choose whole grains, which are higher in nutrition and fiber and lower in fat than refined grains, like white rice or white flour. A high-fiber diet can help lower your risk of heart disease, cancer, diabetes and other disorders related to your digestive system. Good choices include bran flakes, oatmeal, whole-wheat toast, wild rice or barley, whole-grain breads, kasha and whole-wheat tortillas.

Wake Up To Breakfast:

When the alarm clock goes off, your body's alarm also signals the need for nourishment. Refuel in the morning with a wholesome breakfast that provides complex carbohydrates, protein and a small amount of fat — a combination that delays hunger symptoms for hours. Whether you opt for traditional fare, such as yogurt, whole-grain muffins or cereal, or less typical foods like leftover vegetable pizza or a fruit smoothie, you can get the nutrients and energy you need to start your day.

Claim A Healthy Frame:

Calcium plays an important role in maintaining bone. Calcium alone cannot prevent or cure osteoporosis, but it is an important part of an overall prevention or treatment program. You can increase the amount of calcium in your diet by eating calcium-rich foods like low-fat milk, cheese, broccoli and others. Many foods are fortified with calcium and readily available and affordable.

Source: Centers for Disease and Control Prevention, Mayo Clinic



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Thursday, March 17, 2016
2:30 p.m. – 3:30 p.m.
Council Chambers
Presented by:
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