

Mission In Motion

Health & Wellness Monthly Newsletter

March 2013—Nutrition



Add a healthy punch to your child's lunch

Today's myriad of tempting fast food options makes it difficult to compete with your child's appetite. But you can fill the lunchbox or bag with enticing and nutritious foods and beverages, and also set a good example at home with healthy eating habits. Introducing a diet high in whole grains, fruits and vegetables with fast food in moderation can help parents to model good behaviors that children will use for the rest of their lives. Lunch does not have to be limited to cold sandwiches. The more creative and flexible the choices, the easier it is to incorporate food groups based on the USDA food pyramid. If your child has access to a microwave at school, leftovers from the night before are a good choice. A lunchbox with a thermos to keep foods warm and an ice pack to keep foods cold will also extend your options.

Here are some brownbag ideas incorporating all food groups:

Grains - Instead of plain sandwich bread, try pita bread, bagels, tortilla wraps, potatoes, rice, leftover pasta, popcorn cakes, crackers or dry cereal.

Fruits - Apples, oranges and bananas can be exchanged for fruits that are in season, like mango or strawberries. Try a slice of pineapple on a ham and cheese sandwich or include some dried fruit, such as apricots and apples.

Vegetables - Carrots, jicama, bell pepper and broccoli are good for dipping in low-fat ranch dressing. Top sandwiches with tomatoes, lettuce, sprouts, cucumbers or onions.

Dairy - One serving of dairy products includes 8 ounces of milk or yogurt or 1½ ounces of cheese. Low-fat, milk-based pudding and chocolate milk are nice treats once in a while.

Meat - Change your selection of lean meats every day for variety. Good meat substitutes are beans, tuna fish, eggs, cheese, nuts, peanut butter, almond butter or hummus.

Children should also help make their own lunches once they are old enough. Kids who are involved in the preparation are far more likely to eat everything in their lunchboxes. It's also a good idea to provide a variety of healthy options and let the children decide what they want for lunch that day.

The days of peanut butter and jelly sandwiches as regular lunch fare may be gone. But when you offer creative, healthy options, your child can look forward to a lunch that's far from the plain brown bag it's packed in.

Source: *PersonalIMD.com*

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Nearby nutrition: Farmers' markets are the hot spot in town.

Heart-healthy eating is the best choice for year-round menu planning. With fruits and vegetables as the main course, small amounts of lean proteins and healthy whole grains, and healthier fats (polyunsaturated and monounsaturated fats), you have plenty of options to enjoy.

Simple Swaps for Eating Well

- Salmon instead of beef
- Fruit and nuts for snack instead of pastry
- Beans or soy for protein instead of meats
- Low-fat, low-salt popcorn instead of chips

Source: *Personal Best*

EATING THE SMART WAY

Good nutrition means having the right foods in the right amounts.

Enjoy something from all the food groups every day—and pay attention to how much you eat.

- Vary your vegetables, fruits, and sources of protein in order to get a complete range of nutrients.
- Opt for whole grains and choose low-fat or fat free dairy products.
- To avoid overeating, have reasonably sized portions and don't go back for seconds.
- For more tips about healthy eating at www.ChooseMyPlate.gov.

Source: *Positive Promotions*

THE BEST OF ALL POSSIBLE WORLDS

How to eat healthy when dining out at ethnic restaurants

There's no shortage of ethnic restaurants to satisfy your taste buds. Whether Chinese, Italian or Mexican, different types of ethnic cuisine can offer you a tasty treat even if you are counting calories and fat. The key to healthy dining out at ethnic restaurants is to be menu-savvy.

For example, when choosing Chinese fare, look for options that are steamed, jum (poached), kow (roasted), shu (barbequed). Also, it's best to choose steamed rice or brown rice rather than fried and to look for dishes without MSG added. Healthy Italian entrees to look for include red sauces, primavera (no cream), piccata (lemon), sun-dried or crushed tomatoes. Try menu items that are lightly sautéed or grilled. It's hard to resist Mexican food, and it is possible to dine out while avoiding fat-laden, high-calorie foods. Add spice to your meal with choices like salsa or picante, spicy chicken, rice, black beans and soft corn tortillas.

If you want to eat healthy and still have lots of different choices, take a taste adventure with ethnic foods. It will do you a world of good.

Anytime tips for eating out

Try these ideas to help make any restaurant dining experience both appetizing and good for you:

- Use margarine rather than butter
- Request skim milk instead of whole milk or cream
- Trim visible fat from poultry and other meats
- Omit butter, gravy or sauces from a dish
- Ask for salad dressing on the side
- Consider making special requests, such as less cooking oil

Source: *The National Heart, Lung and Blood Institute Obesity Guidelines*

City of Mission

Leo Pena Memorial Day 5K/2 Mile Walk

Date: Saturday, May 18, 2013

Time: 9:00 a.m.

Location: Bentsen Palm Community Park, 1801 S. Inspiration Rd, Mission, TX

Registration: Mission Parks & Recreation through May 1, 2013 (12:00 p.m.) 721 N. Bryan Rd., Mission, TX 78572
\$10.00 / Students \$5.00

Race Day: Registration starts at 8:00 a.m. Bentsen Palm Community Park

Late Registration \$12.00—Students \$6.00

T-Shirts: To first 100 registrants

Awards: Medals for 1st, 2nd & 3rd place finishers in each Division

For more information call (956) 580-8615 or (956) 580-8762

We've all heard that it's important to eat three square meals a day. The fact is people come in all shapes and sizes, and men, women and children all have different nutritional needs and daily calorie requirements. **Make sure you follow good nutrition guidelines** that fit your personal lifestyle, and take these steps to get the necessary nutrients for good health:

- Eat a variety of healthy foods and snacks
- Follow national recommendations, such as the USDA Food Guide Pyramid
- Limit your intake of saturated fat, cholesterol and sodium
- Keep your food portions in check
- Fit more fiber into your diet

Want to make sure your future shapes up to be a healthy one? Visit Blue Access® for Members on our Web site to learn more about what good nutrition can do for you.

www.bcbstx.com

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FOOD DIGESTION

How long does it take to digest food – from the time you eat it to the time you excrete it?

Digestion time varies between individuals and between men and women. After you eat, it takes about six to eight hours for food to pass through your stomach and small intestine. Food then enters your large intestine (colon) for further digestion, absorption of water and, finally, elimination of undigested food.

In the 1980s, Mayo Clinic researchers measured digestion time in 21 healthy people. Total transit time, from eating to elimination in stool, averaged 53 hours (although that figure is a little overstated, because the markers used by the researchers passed more slowly through the stomach than actual food). The average transit time through just the large intestine (colon) was 40 hours, with significant difference between men and women: 33 hours for men, 47 hours for women.

Two British doctors studied digestion time in children. They fed 35 children juice containing a red marker and asked the children's mothers to note when the stool first turned red. The mean time of transit from mouth to anus for the group was 33 hours (meaning half the children had digestion times slower than this and half had digestion times greater than this).

Source: [By Mayo Clinic staff](#). Answer from Michael F. Picco, M.D.

MONTHLY SMARTS

FOOD SMARTS

Be sure you're eating plenty of foods and beverages that provide potassium, vitamin D, and calcium—nutrients that many people lack.

HEALTHCARE CONSUMER SMARTS

Consider purchasing frozen fruits instead of fresh ones. Frozen varieties have the same nutritional value—often at a lower price—and are less apt to spoil before you can eat them.

SAFETY SMARTS

Keep your food safe. Wash your hands as well as knives, utensils, and cutting boards after contact with raw meat, poultry, seafood, and eggs. When done eating, put leftover foods in a cooler or refrigerator within two hours.

Source: Positive Promotions





March Health & Wellness Seminar:

Topic: Nutrition

Date: March 28, 2013

Time: 2:30–3:30 pm

Speaker : To be announced

Location: City Hall—Council Chambers

Pasta with spinach, garbanzos and raisins

Serves 6

Ingredients

- 8 ounces farfalle (bow tie) pasta
- 2 tablespoons olive oil
- 4 garlic cloves, crushed
- 1/2 can (19 ounces) garbanzos, rinsed and drained
- 1/2 cup unsalted chicken broth
- 1/2 cup golden raisins
- 4 cups fresh spinach, chopped
- 2 tablespoons Parmesan cheese
- Cracked black peppercorns, to taste

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

In a large skillet, heat the olive oil and garlic over medium heat. Add the garbanzos and chicken broth. Stir until warmed through. Add the raisins and spinach. Heat just until spinach is wilted, about 3 minutes. Don't overcook.

Divide the pasta among the plates. Top each serving with 1/6 of the sauce, 1 teaspoon Parmesan cheese and peppercorns to taste. Serve immediately.

Nutritional analysis per serving:

Calories	347	Sodium	341 mg
Total fat	7 g	Total carbohydrate	62 g
Saturated fat	1 g	Dietary fiber	7 g
Monounsaturated fat	4 g	Protein	11 g
Cholesterol	1 mg		

Cartoon Corner



"Snow White was poisoned by an apple. Jack found a giant in his beanstalk, and look what happened to Alice when she ate the mushroom! And you wonder why I won't eat fruit and vegetables?!"

Health & Wellness Seminars

April 2013—Asthma and Allergies

May 2013—Stroke Awareness

(Topics subject to change)

*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630.

Burn Calculator: Yoga

30 Calories → 10 minutes

- ⇒ Simple Swap: TV vs. Yoga DVD
- ⇒ Yoga stretched your muscles and helps you relax—great for mental fitness and well-being.

Mission In Motion

Our mission is to promote health awareness and

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