

City Of Mission's



Healthline

March 2016



Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Nutrition*.



Save the Date!

Upcoming Events:

March 17, 2016

Health & Wellness Seminar

Topic: Nutrition

Where: Council Chambers

Time: 2:30p.m. – 3:30 p.m.

Turn The Tables On Unhealthy Eating

It's never too late to stop bad eating habits — or to lose the weight gained from them. Even if you have carried bad habits from childhood, start by challenging yourself to break one or two of them and replace them with good habits.

Beef up your protein choices

- Choose meat or poultry that is lean, and trim away fat or skin.
- Make beans, peas or soy products your main dish and don't add fats.
- Eat unsalted nuts in place of meat or poultry.
- Limit breading and high-fat sauces and gravies.

Learn about Food Triggers

Watch out for triggers that can trip you up, such as:

- Walking by a candy dish at work or home
- Driving by the coffee shop on your way to work
- Forgetting to plan ahead for dinner
- Keeping your favorite snack in the pantry
- Passing by a vending machine regularly
- Snacking while watching TV
- Grocery shopping while hungry

Take Control of How Much You Eat

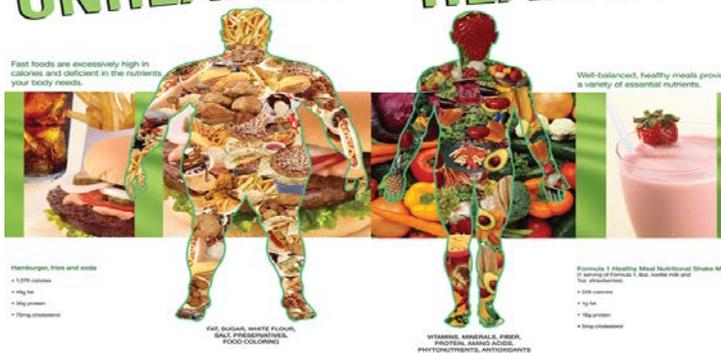
Try these pointers:

- Keep serving dishes off the table.
- Serve meals and snacks on smaller dishes.
- Choose a single serving snack rather than snacking from the whole package.
- Store tempting foods out of easy reach.

Put Serving Sizes Back In Check

- Order regular, not super-size meals when eating out.
- Take half your meal home from restaurants.
- Round out your meal by ordering healthy side dishes, such as a side salad with low-fat dressing or fruit.
- Eat one serving and not the whole box or package.
- Making serving sizes smaller can add up to healthier meals.

UNHEALTHY HEALTHY



Source: Centers for Disease and Control Prevention; U.S. Department of Agriculture

Meal Planning Tips That Work

Did you know the amount of food you consume, not the calories, is what makes you feel full? Try these low-calorie tips for healthy meal makeovers:

- 🍷 Use low-fat soup in sauces or casseroles that call for cream soups.
- 🍷 Sauté with non-stick cooking spray or a little olive oil instead of butter.
- 🍷 Make meat dishes with lean cuts and drain fat after browning.
- 🍷 Include high-fiber, low-fat foods, such as veggies and fruit.
- 🍷 Try low-fat mayo, dressings and butter.
- 🍷 Extend recipes and their nutrition by adding dry or canned beans.

With good meal planning, you can give nutrition a push in the right direction.

Be a smart cookie about comfort food

While high in fat, sugar and calories, comfort foods aren't off limits when you follow these tips:

- 🍷 Eat less, such as half a candy bar.
- 🍷 Consume a treat once a week instead of daily.
- 🍷 Try a lighter version, such as low-fat macaroni and cheese.

Good choices for your meal plan

Stay positive when planning meals and think about the variety of new, healthful foods you can eat. Make a shopping list to help you:

- 🍷 Restock your pantry and fridge with healthier choices.
- 🍷 Keep a stash of wholesome, non-spoilable snacks in your office desk drawer or car glove box.
- 🍷 Plan low-calorie meals several nights per week.
- 🍷 For helpful ideas go to fruitsandveggiesmorematters.org.

Empty calories

Empty calories from solid fats and added sugars add to total calories, but provide no vitamins or minerals. In some foods all the calories are empty calories, but they can also be found in other foods. Consider empty calories when planning meals.

Food with <u>some</u> empty calories	Food with <u>no</u> empty calories
Sweetened applesauce 68 empty calories in 1 cup	Unsweetened applesauce
Regular ground beef (80 percent lean) 63 empty calories in 3 ounces	Extra lean ground beef (95 percent or more lean)
Fried chicken 382 empty calories in 3 medium wings	Baked chicken breast without skin
Sugar-sweetened cereals 56 empty calories per cup	Unsweetened cereals
Whole milk 63 empty calories per cup	Fat-free milk

Source:

U.S. Department of Agriculture, Centers for Disease Control & Prevention



Hidden Fats And Calories In Beverages



Calories from drinks can add up fast, and that can derail your weight loss goals. Review your daily meal plan and simply replace regular unhealthy drink choices with healthy ones to cut calories.

Choosing low-fat or fat-free milk is a good way to reduce your calorie intake and still get the nutrients that milk contains.

Think about what you drink and follow these tips:

- 🍷 Skip soda and drink water when thirsty.
- 🍷 Enjoy your drink of choice in small amounts and less often.
- 🍷 Choose fat-free or low-fat dairy drinks.
- 🍷 Check the Nutrition Facts label at the grocery store and watch for sugar, fat and calories.

Source:

U.S. Department of Agriculture; Centers for Disease Control and Prevention

Smart beverage choices
can help cut calories



Rethink Your Drink

If you've ever tried to lose weight, you probably focused solely on food. But another way to cut calories may be to think about what you drink. Calories in drinks are not hidden. They're listed on the Nutrition Facts label. Yet many people don't realize how these calories can add up each day. Try these healthful substitutes the next time you're ready to grab a drink:

- ☞ Sparkling water with natural lemon flavor (not sweetened) instead of sweetened iced tea from the vending machine
- ☞ Water with a slice of lemon or lime rather than a glass of lemonade
- ☞ Bottled water or diet soda in place of a 20-ounce bottle of regular cola
- ☞ Small café latte (12 ounces) made with fat-free milk instead of a medium café latte (16 ounces) made with whole milk

Source:

Centers For Disease Control and Prevention

Question & Answer



What is a "Healthy Diet"?

Answer: A healthy eating pattern is one that provides enough of each essential nutrient from nutrient-dense foods, contains a variety of foods from all of the basic food groups, and focuses on balancing calories consumed with calories expended to help you achieve and sustain a healthy weight. This eating pattern limits intake of solid fats, sugar, salt (sodium) and alcohol.

Who should I talk to for advice about my eating habits?

Answer: Registered Dietitians (RD) are health professionals who are trained to provide counseling on nutrition and eating habits. An RD can provide personalized dietary advice taking into consideration your health status, lifestyle, and food likes and dislikes.

I know there are different types of fiber in foods and that they have different effects on the body. Can you tell me about them? How much fiber should I eat?

Yes, the fiber in foods is generally broken down into two broad types - soluble (also called "viscous") and insoluble. Both types have important health effects. According to the DRIs, the recommended intake for total fiber for adults up to 50 years of age is 25 grams per day for women and 38 grams for men. For those over 50, the recommended intake is 21 grams for women and 30 grams for men.

Choose Sides

The Fruits of Eating Healthy

Want to lower your chances of disease? Then eat your fruits and vegetables. Eating healthy servings of them each day can help fight off heart disease, heart attack, obesity, stroke, Type 2 diabetes and some cancers. Make sure your sides include fruits and veggies. Here are a few ways that fruits and vegetables can help you:

- 🍷 Fiber helps lower your chances of certain health problems and helps keep you feeling fuller longer.
- 🍷 They are low in fat and calories.
- 🍷 Potassium-rich fruits and vegetables can help lower blood pressure and your chances of having kidney stones or bone loss.

Remember to make half your plate fruits and vegetables. Put good eating habits on your side with daily servings of fruits and vegetables.

Choosing the right grains for your plate

Grains are good for you, especially whole grains such as brown rice, whole-wheat bread or oat flour. When you add them as part of your healthy eating, you help fight off certain health problems while getting key vitamins and nutrients your body needs. When you learn the 'whole' truth about grains you'll know which ones are good for you.

At least half the grains you eat should be whole grains. It's a win-win for your health because they:

- 🍷 Are a source of fiber, B vitamins and key minerals
- 🍷 Help build bone and free energy from muscles
- 🍷 Boost your immune system
- 🍷 Lower constipation
- 🍷 Help curb hunger



Source:

United States Department of Agriculture

Healthy Recipe

Hazelnut Chocolate Blini With Raspberry Drizzle

This beautiful dessert is perfect for brunch. Blini are crepe-like pancakes made without a leavening agent. This recipe features hazelnut flour, sweet raspberry sauce and dark chocolate.

Makes 8 Blini, 4 servings

Per serving: 227 calories, 18 g total fat (5 g saturated fat), 25 g carbohydrate, 6 g protein, 5.5 g dietary fiber, 157 mg sodium.



Ingredients:

- 🍷 6oz. fresh raspberries
- 🍷 3 Tbsp. sugar, divided
- 🍷 ¼ cup whole hazelnuts, chopped
- 🍷 1 tbsp. unbleached all purpose flour
- 🍷 1 tsp baking powder
- 🍷 2 oz dark chocolate
- 🍷 2 tsp canola oil, divided
- 🍷 1 large egg
- 🍷 2 tbsp hazelnut flour
- 🍷 2 large egg white
- 🍷 Pinch of salt
- 🍷 1 tsp butter

Directions:

1. Set aside 12 whole raspberries. Puree remaining berries in mini food processor. Place strainer over bowl, add berry puree and strain to remove seeds; there should be about 1/3 cup puree in bowl. Mix in 1 tablespoon sugar. Drizzle 1 tablespoon puree in a ring, avoiding the center, in 4 shallow soup bowls. Sprinkle 1 tablespoon chopped nuts over raspberry sauce in each bowl. Set bowls aside.
2. In small bowl, combine all-purpose flour and baking soda. Set aside.
3. In medium bowl, microwave chocolate with 1/2 teaspoon oil. Stir melted chocolate and cool to room temperature.
4. Separate egg, placing white into an impeccably clean mixing bowl. Add yolk to melted chocolate, stirring to combine. Stir in hazelnut flour; mixture will become grainy and thick. Set aside.
5. To bowl with egg white, add second white and salt. With whisk or electric mixer on medium-high, beat whites until they look white. While beating, slowly add remaining 2 tablespoons sugar and continue beating until soft peaks form.
6. Add one-fourth of whites to chocolate mixture, using soft spatula to fold and mix, scooping chocolate up from bottom of bowl, until combined but still quite streaky. Add remaining whites and gently fold to combine, leaving mixture slightly streaky. Sprinkle on flour and baking soda mixture and very gently fold until almost combined. Mixture will collapse somewhat; do not over mix.
7. In heavy medium skillet, melt butter with 1 teaspoon remaining oil until water drops sizzle when flicked into pan. Dollop a heaping tablespoon of batter into pan, nudging edges to form 2½ -inch blini. Repeat, making 4 blini. Cook until tops are shiny, puffed and some bubbles appear on surface, 2 to 2½ minutes. Watch carefully, adjusting heat so blini do not burn. When blini are almost set but still flexible, use pancake turner to carefully turn them. Cook until blini resist a finger pressed gently into center of top, 1 to 1½ minutes, adjusting heat as needed.
8. Place 2 blini each in center of 2 bowls. Garnish each with 3 whole raspberries. Repeat, rubbing pan with 1/2 tsp remaining oil and making 4 more blini with remaining batter. Serve immediately.

Move Of the Month:

Walking Lunges



The walking lunge is a simple (but nasty) little modification to the static lunge that will work the glutes, hamstrings and quads. You can perform the walking lunge with your hands placed on your hips or out to the side if you feel you need the balance.

- With a set distance in front of you, stand up straight and upright, both feet together.
- Take a controlled step forward with one leg and make sure that you take a decent lunge or stride forward.
- Lower your hips towards the floor bending both knees to almost 90 degrees.

Pointers: The back knee should come close but never actually touch the ground, whilst the front knee should be directly over the ankle but not in front of your toe.

Complete the puzzle and turn in to Human Resources by March 11, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

Puzzle

Complete the crossword below

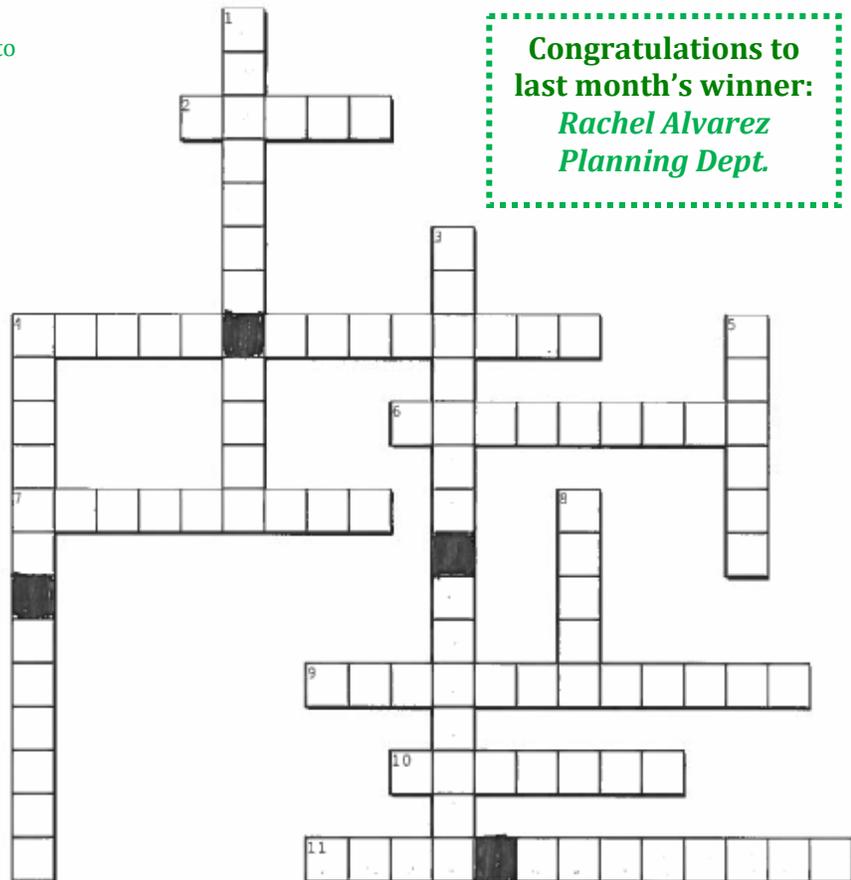
DOWN:

- Eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy.
- Understanding how much a serving size of food is and how many calories or how much food energy a serving contains
- Habitual decisions an individual or culture makes when choosing what foods to eat
- A feeling of discomfort or weakness caused by lack of food, coupled with the desire to eat
- Plant material that cannot be digested but that helps you to digest other food

ACROSS:

- One of various substances found in foods (such as bread, rice, and potatoes) that provide your body with heat and energy and are made of carbon, hydrogen, and oxygen
- From solid fats and added sugars in foods and beverages, they add to total calories, but provide no vitamins or minerals.
- A person whose job is to give people advice about what to eat in order to be healthy
- The process of eating the right kind of food so you can grow properly and be healthy
- Lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat.
- Substance found in foods (such as meat, milk, eggs, and beans) that is an important part of the human diet
- Preparing food for eating, generally requires selection, measurement and combination of ingredients in an ordered procedure so as to achieve desired results

Congratulations to last month's winner:
Rachel Alvarez
Planning Dept.



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Human Resources Department
1201 E. 8th Street, Mission, Texas 78572 – (956) 580-8630

Noemi Munguia
Nereyda Peña
Catherine N. Hernandez
Anais Chapa

Human Resources Director
Benefits Coordinator
Human Resources Coordinator
Insurance Benefits Specialist

Next Month's Issue:

Workplace Safety