

City Of Mission's *Live Well, Work Well*








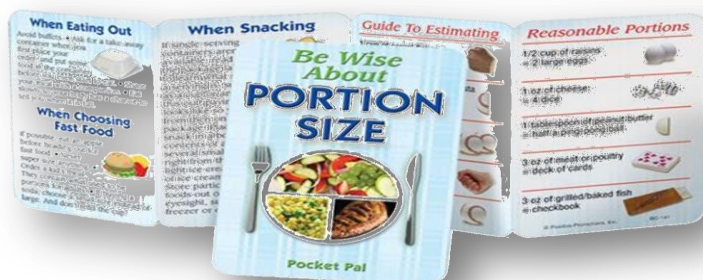
March 2017 Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Nutrition.

Be Wise About Portion Size

The key to reaching or maintaining a healthy weight is portion control. A portion is the amount of food you choose to eat at one time or the amount of food a restaurant gives you. It's not the same as a serving. A serving is the specific amount for which nutritional information is given on a food's Nutrition Facts panel. Comparing nutrition fact panels helps you to select what food to buy. However, the portions people take for themselves are often larger than one serving.

Large portions are a major contributor to our country's rise in obesity. This guide can teach you about controlling your portions:

-  **When Shopping** – Purchase 100% juice in individual containers that keep your portion to eight ounces. Select individual portions of light entrees from the frozen food section. Buy snack foods that are already divided into single servings so you are not tempted by the whole bag or box.
-  **When Dining at Home** – Start your meal with a low-calorie soup. Use smaller plates. Don't keep serving bowls of food on the table. Resist having second helpings. Remember that "cleaning your plate" is unhealthy if there's too much food on it.
-  **When Eating Out** – Avoid buffets. Ask for a take-away container when you first place your order, and put some food in the container before you even start to eat. Share your meal with a companion. Eat slowly so your body has a chance to tell you when it is full.
-  **When Choosing Fast Food** – If possible, eat an apple before heading out for fast food. Never super size anything. Order a kid's meal; they contain what used to be portions for adults. If buying a soda, choose a small size instead of large, and do not refill the cup.
-  **When Snacking** – If a single-serving containers aren't available, read the package label to learn what size a serving is, such as a cup or an ounce. Then measure this out, paying attention to what it looks like so you can "eyeball" it from then on. Don't eat from the package. Place a serving of the snack in a bowl, or divide the contents of a large package into several smaller containers right from the start. Choose light ice cream bars instead of ice cream by the gallon. Store particularly tempting foods out of immediate eyesight, such as at the back of the freezer or on a high shelf.



Source: Positive Promotions Inc.

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Next Month's Issue:

Workplace Safety



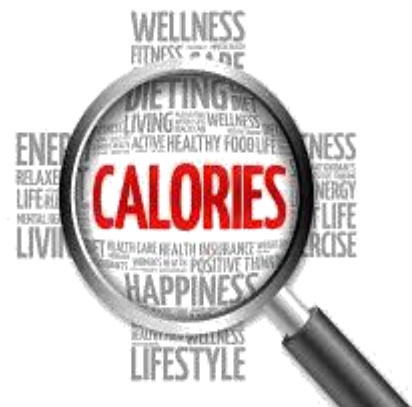
Step up to the Plate



Balancing Food And Calories

Eating healthy means eating the right amount of calories. It also means eating healthy foods more often than unhealthy foods. Here's what else you can do:

- Learn how many calories you need a day. Visit ChooseMyPlate.org to find what's right for you.
- Limit your intake of salt (sodium) and check food labels to see how much salt is in what you're eating.
- Cut back on sugary foods, such as cookies, cake and candy, and fatty, high-salt foods like hot dogs or bacon.
- Make half of your grains whole grains.
- Eat and drink fat-free or low-fat dairy products
- Fill half your plate with fruits and veggies
- Eat less food, but take your time and enjoy it.



Choose the right amount of calories, watch what you eat and add physical activity to your daily life.

Source: United States Department of Agriculture

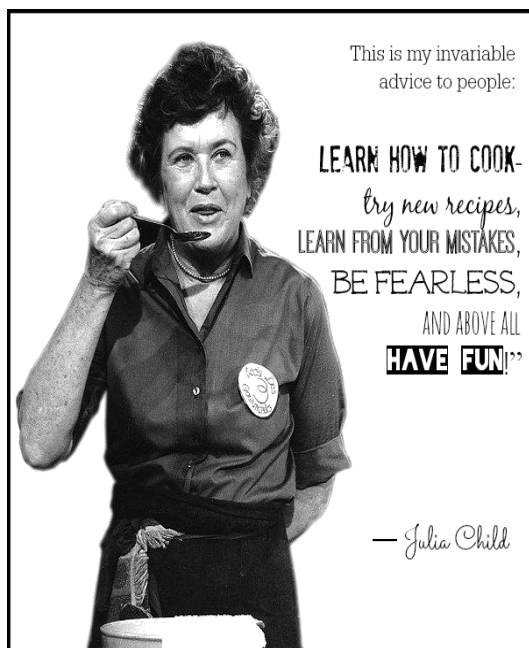
Sage Advice From The Cooking Goddess

When you think of kitchen icons, one of the first people likely to come to mind is Julia Child. The chef, author, and TV personality, who lived to be 91, may have had it all figured out when it comes to good home cooking and its role in lifelong health.

Preparing food at home versus eating out may make meals more nutritious, because you control the ingredients and portions. However, many people don't spend much time in their kitchens. In an interactive poll of 2,503 adults, only 41% said they prepared meals at home five or more times each week. Vow to start cooking more of your meals, and discover the joy that comes from cooking.

Here are some words of wisdom from the culinary queen:

- Learn how to cook—try new recipes, learn from your mistakes, be fearless, and above all, have fun! Use the kitchen to be creative. Experiment with foods you've never had before, and don't worry about the way it looks. Taste is what counts.
- You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients. Focus on fruits and vegetables, whole grains, quality proteins, and healthy fats in sensible portions.



Source: Hope Health

Question & Answer



Are potato, corn, beans, and green peas good one's daily vegetable quota?

Answer: Unfortunately, they are not vegetables, they are starches. You need to add vegetables into your daily meal plan. However, the more variety in colour you add the better the variety of vitamins minerals. Red bell peppers, yellow squash, purple eggplant, green beans, orange pumpkin-try them all in a salad, soup, with your meat, in a stew or even with your rice as a pilaf.

Is it okay to skip meals if I have a heavy breakfast?

Answer: "Eat breakfast like a king, lunch like a lord, and dinner like a peasant" goes the old saying. However, our lifestyles have become much more sedentary since the feudal times. Eating a large breakfast If you are just going to be sitting at your desk the entire day isn't recommended. Instead, spread your calorie intake through the day. Large gaps between meals might lead to acidity.

Why should one eat every 2 - 3 hours even if not hungry? Won't eating so often cause weight gain?

Answer: If you wait until you are hungry, you will eat more than you should be eating. Eating wholesome, balanced meals and snacks every 2-3 hours helps keep your metabolism elevated (which is the key to fat loss), blood sugar levels stable, and energy levels high. It is important to spread your overall calorie intake through the day and include all sic food groups (starch, fruits, vegetables, meat/protein, dairy, and fats) in your daily meal plan.

Puzzle



**Congratulations to
last month's winner:**

*Jessica Garza
Utility Billing*

	7		9			8		
				4	5	2		
6		9	1					
	4			5	8			
	3							5
							8	4
2				9			1	
		3		7				9
			8		1			7

Let's Get Moving! Move Of the Month:

Six-Pack March

For the month of March, try this Six-Pack March challenge.



Six-Pack March
shrinkingjeans.net



#6packMarch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 sit-ups 5 push-ups 10 sec plank	2 10 sit-ups 5 push-ups 15 sec plank	3 15 sit-ups 7 push-ups 20 sec plank
4 rest	5 20 sit-ups 10 push-ups 25 sec plank	6 20 sit-ups 10 push-ups 30 sec plank	7 25 sit-ups 12 push-ups 30 sec plank	8 30 sit-ups 12 push-ups 40 sec plank	9 30 sit-ups 15 push-ups 45 sec plank	10 35 sit-ups 15 push-ups 50 sec plank
11 rest	12 40 sit-ups 17 push-ups 60 sec plank	13 45 sit-ups 17 push-ups 1m10s plank	14 45 sit-ups 18 push-ups 1m10s plank	15 50 sit-ups 20 push-ups 1m15s plank	16 50 sit-ups 20 push-ups 1m15s plank	17 55 sit-ups 22 push-ups 1m25s plank
18 rest	19 60 sit-ups 22 push-ups 1m30s plank	20 60 sit-ups 25 push-ups 1m40s plank	21 65 sit-ups 25 push-ups 1m40s plank	22 70 sit-ups 27 push-ups 1m45s plank	23 75 sit-ups 27 push-ups 1m50s plank	24 80 sit-ups 30 push-ups 2 min plank
25 rest	26 80 sit-ups 30 push-ups 2m plank	27 85 sit-ups 30 push-ups 2m15s plank	28 85 sit-ups 33 push-ups 2m15s plank	29 90 sit-ups 33 push-ups 2m15s plank	30 95 sit-ups 33 push-ups 2m15s plank	31 100 sit-ups 35 push-ups 2m30s plank

**Complete the puzzle and turn it in to Human Resources
by March 17, 2017 by 12:00 p.m. to be entered into a
raffle for a \$10 gift card!**

Ripe For The Picking

Tips for Eating More Fruit

Many of us don't always eat enough fruit. Unfortunately, skipping daily servings of these healthy foods also means skipping vital vitamins, fiber and other things our bodies need.

Here are a few tips to help you eat more fruit:

- 🍌 Keep bowls of whole fruit within easy reach.
- 🍌 Buy fresh, frozen or dried fruit so you always have some on hand
- 🍌 Pick varied colors of fruit to make sure you get all the nutrients you need.
- 🍌 Try to add fruit to meat and salad dishes.
- 🍌 Eat fresh fruit for dessert.

How much fruit is needed daily?

The amount of fruit you need to eat depends on age, gender and level of physical activity.

Daily recommendation*		
Children	2 - 3 years old 4 - 8 years old	1 cup 1 to 1 ½ cups
Girls	9 - 13 years old 14 - 18 years old	1 ½ cups 1 ½ cups
Boys	9 - 13 years old 14 - 18 years old	1 ½ cups 2 cups
Women	19 - 30 years old 31 - 50 years old 51+ years old	2 cups 1 ½ cups 1 ½ cups
Men	19 - 30 years old 31 - 50 years old 51+ years old	2 cups 2 cups 2 cups

Eat healthy the veggie way

You've always heard that you should eat your vegetables, and with good reason. These foods are low in calories and fat and offer tons of healthful nutrients.

Want to know some ways to get more veggies? Here's what you can do:

- 🍌 Keep cut up veggies on hand for a snack.
- 🍌 Choose low- or no-salt canned veggies.
- 🍌 Try low-fat dip with carrots, broccoli or cauliflower for a tasty treat.
- 🍌 Get children involved with shopping for and cooking food.
- 🍌 Add shredded, chopped, or pureed veggies in soups, stews, casseroles, sauces and other dishes.
- 🍌 Buy Vegetables that are easy to cook, along with prepackaged or precut ones.

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Men	19 - 30 years old 31 - 50 years old 51+ years old	3 cups 3 cups 2 ½ cups

Source: U.S. Dept of Agriculture

Take A Time's Up Approach to Eating for Weight Control

Three meals a day? No way. Many Americans likely are grazing throughout the day, with chow-downs spread over 15 hours or more, according to one study.

Researchers found that:

- 🍌 Less than a quarter of daily calorie consumption occurred before noon.
- 🍌 More than one-third occurred after 6 p.m.

A follow-up experiment showed that limiting eating to 10 hours a day resulted in weight loss. Basically this new study helps confirm what we already suspect. Eating sporadically and at all hours is just not good for our health.



Instead, the recommendation is to make an effort to plan ahead for regularly scheduled meals and to avoid eating after dinner.

Source: healthfinder.gov

Smart Eating On The Go

Eating healthy can be tricky when dining out or hurrying to grab food on the run. Sometimes we don't make the best nutrition choices when eating away from home.

Take these smart steps when making on-the-go choices:

- 🍌 Order sandwiches with whole-wheat bread
- 🍌 Choose main dishes with vegetables.
- 🍌 Order water, fat-free or low-fat milk or other drinks without added sugars.
- 🍌 Avoid fried or sautéed foods.
- 🍌 Have a serving of fruit for dessert.
- 🍌 Skip large portions and order small or medium ones.
- 🍌 Order from the menu instead of all-you-can-eat buffets.
- 🍌 Share a dish with a friend or eat half and take the other half home.



When you eat on the go, remember to give healthy choices a go, too.

Source: U.S. Dept of Agriculture, Centers for Disease Control & Prevention

Healthy Recipe

Apricot Pecan Bars

Unlike many packaged granola bars, our recipe contains whole grain oats, loaded with soluble fiber, selenium and B vitamins. Eating whole-grain snacks is a great way to get more fiber into your family; a diet for long-lasting energy and lower cancer risk. Real dried apricots pack vitamin A and potassium while pecans add a hearty crunch and, with silken tofu, gives extra protein power.

Makes 6 Servings

Per serving: 190 calories, 8 g total fat (<1 g saturated fat), 29 g carbohydrate, 4 g protein, 3 g dietary fiber, 55 mg sodium



Ingredients:

- 🍌 3 cups quick cooking oats
- 🍌 ½ cup pecans, chopped
- 🍌 3 cups unsweetened grain cereal
- 🍌 2 dried apricots, chopped
- 🍌 ¼ cup whole-wheat flour
- 🍌 12 ounces silken tofu, drained
- 🍌 1 large egg
- 🍌 ½ cup applesauce
- 🍌 ½ cup canola oil
- 🍌 ¾ cup honey
- 🍌 ½ tsp. salt
- 🍌 1 Tbsp. lemon zest, freshly grated
- 🍌 1 Tbsp. vanilla extract
- 🍌 Cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. Spread oats and pecans on large baking dish. Bake until lightly brown and fragrant 8 to 10 minutes.
3. Transfer to large mixing bowl and add cereal, apricots and flour; stir to combine.
4. Puree tofu, egg, applesauce, oil, honey, vanilla and lemon zest in a blender until smooth. Make a well in the center of the oat mixture and fold in the tofu mixture until combined. Coat 9X13 baking dish with cooking spray and spread the mixture uniformly in the dish.
5. Bake until firm in the center and golden brown, approximately 35 to 40 minutes. Let cool completely in the dish before cutting into bars with a sharp knife.

Last Month's Events



*February's
Healthy Heart Seminar*

*February's
Birthday
Celebration!*



Save the Date!

Health & Wellness Seminar – March 23, 2017