

ActiveYou

ActiveHealth® Management: Tips for well-being
September 2019



Feel good food

Fruits and vegetables

Fruits and vegetables are packed with vitamins and minerals that help you feel healthy and have energy. Plus, they're naturally low in calories. If you can't buy fresh, frozen fruits and veggies are fine. When buying canned, look for fruit in 100 percent fruit juice and low- or reduced-sodium veggies.

Grains

Aim for half of your grains to be whole grains. When buying breads, cereals and pastas, look for ones that list brown rice, whole oats, whole rye or whole wheat as the first ingredient. Limit refined grains like white bread, white rice and plain pasta. Try a whole grain you've never tried before. Think about brown rice or quinoa.

Dairy

Milk products contain calcium, potassium, vitamin D, and other nutrients to help keep your body going. Choose low fat (1% or skim) milk, yogurt, and cheese products. Look out for "low fat" dairy products that have added sugars.

Proteins

Proteins act like building blocks for healthy muscles, bones, skin and blood. Try to vary your protein choices and go with lean protein. Buy leaner cuts of meat and poultry like chicken or turkey. A medium egg has about 6 grams of protein. Plus, eggs are economical and easy to prepare. Good vegetarian or vegan sources of protein include nuts, seeds, beans, peas, and soy.

Plan to eat healthy

- Plan meals for the week and make a shopping list. Stick to the list.
- Shop for what's on the outer edges of the store where there's usually fresh and unprocessed foods.
- If you're shopping for packaged foods, read the "nutrition facts" label. Many packaged foods have hidden sodium (salt), saturated fats or sugars.
- Even foods labeled "natural" or "healthy" can be hiding sugar. Some other names for sugar are sucrose, high-fructose corn syrup, barley malt and dextrose.



Upcoming events

Wellness Webinar Series

Fall in Love with Veggies
September 17, 2019

9:00 am, 11:30 am, or 3:30 pm CT

<http://go.activehealth.com/wellness-webinars>

Corn casserole



Ingredients

- ½ cup onion, chopped
- 1½ teaspoons vegetable oil
- 1 can (about 15 ounces) low-sodium cream style corn
- ¾ cup yellow or white cornmeal
- ½ cup 1% low-fat milk
- 4 tablespoons egg mix
- ¼ cup all-purpose flour
- ½ teaspoon baking powder
- Nonstick cooking spray

Directions

1. Preheat oven to 350 degrees.
2. In a saucepan, cook onions over medium heat in vegetable oil until tender.
3. Open canned corn and drain liquid into a measuring cup.
4. Add liquid and cornmeal to the cooked onions in the saucepan. Stir until boiling.
5. Remove saucepan from heat. Mix in milk, corn and egg mix.
6. In a mixing bowl, mix flour and baking powder. Add cornmeal mixture. Mix well.
7. Spray a 9-inch baking pan with nonstick cooking spray. Pour mixture into baking pan. Bake for 25 to 30 minutes. Cut into 6 servings.

Source: A Harvest of Recipes with USDA Foods. Retrieved February 26, 2019, from: <https://whatscookina.fns.usda.gov/sites/default/files/featuredlinks/HarvestofRecipes.pdf>



Coach's corner

Meet Mallory. She's a Wellness Coach with ActiveHealth. Her approach to health is simple. Find fitness activities you enjoy and fuel your body with foods that make you feel your best. She encourages everyone to make their health a priority.



Mallory's tips for healthy meals on a budget:

You can eat a healthier diet on a tight budget. Look for foods that are high-nutrient and low-cost. Some of these "all-star" foods include:

- Protein: eggs, whole chicken, tofu
- Carbs: brown rice, beans, oats
- Vegetables: carrots, beets, romaine lettuce
- Fruits: bananas, oranges, seasonal berries
- Fats: extra virgin oil, peanuts, sunflower seeds
- Flavor upgrades: garlic, onion, citrus



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