

WELCOA® | MARCH 2019

# WELL BALANCED<sup>°</sup>

*The Nutrition  
Issue*

## CRUNCHY ROMAINE SALAD

WITH SWEET CORN &  
CILANTRO-HONEY  
DRESSING

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## YOUR 2019 GROCERY GUIDE

NAVIGATE THE  
AISLES

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## SET YOUR SIGHTS ON EYE HEALTH

4 BEST PRACTICES  
FOR PROTECTING  
YOUR VISION



# Crunchy ROMAINE SALAD

WITH SWEET CORN, CHERRY TOMATO,  
RADISH & CILANTRO-HONEY DRESSING

2 romaine hearts, chopped	.....
5 radishes, thinly sliced	.....
1 small can shoepeg corn, drained and rinsed (use fresh raw corn off the cob in the summer!)	.....
½ pint of cherry tomatoes, halved	.....
¼ cup finely chopped purple onion	.....

## DRESSING

¼ cup fresh lime juice	.....
¼ cup extra virgin olive oil	.....
2 Tbsp honey	.....
2 ½ Tbsp finely chopped fresh cilantro	.....
1 garlic clove, peeled and minced	.....
1 tsp chopped jalapeño pepper	.....

## DIRECTIONS

Combine all ingredients in a bowl. Drizzle with the desired amount of dressing. (Optional) Add black beans, avocado, and feta to create a main course salad. In the summer, toss in fresh peach slices or cubed watermelon for a delicious variation.

### Cilantro Honey Dressing

Combine all ingredients in a cup. Whisk together to emulsify and taste for seasoning. Adjust if too limey or oily by adding more of either, or by increasing honey. Can be stored in the fridge for up to 3 days.

SERVES: 4

NUTRITION INFO (PER SERVING):  
*Calories 213g, Fat 13.2g,  
 Carbs 21.5g, Protein 2g,  
 Sodium 163mg*



### Tasty Tomatoes

Tomatoes are a nutritional powerhouse - offering up a mighty supply of several prized nutrients including vitamin C, beta-carotene, B vitamins, potassium, and fiber. Even more, tomatoes are chock full of potent antioxidant carotenoid pigments, including world famous lycopene. Carotenoids are key players in lowering cancer risk, protecting our hearts and brains, as well as maintaining youthful and healthy skin. Keep in mind that the smaller and the redder the tomato, the greater the concentration of lycopene it offers.



**From the Kitchen of DR. ANN //** With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world. The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

**Dr. Ann**  
WELLNESS

For more, visit [DrAnnWellness.com](http://DrAnnWellness.com).

# Grocery Guide

by KAITLYN PAULY, MS, RD, LMNT

Whether you're trying to adopt a healthy eating pattern or maintain your current one, the grocery store can either be your best friend or your worst nightmare. With an estimated 60% of the food Americans buy categorized as highly processed<sup>1</sup>, healthy grocery shopping appears to be difficult for everyone these days. Here are tips that make navigating the aisles with your health in mind a bit less tricky.

**1 | COLOR YOUR CART.** With produce that is! If your goal is to eat more fruits and vegetables (which it should be!) aim to fill about half of your cart with colorful produce each visit. Choose a variety of green, orange, red, yellow, blue, purple, and white produce—either fresh, frozen or canned are great options. Look for locally sourced and seasonal if possible.

**2 | MAKE BULK BINS YOUR FRIEND.** Bulk bin items such as raw nuts, whole grains, dried beans, seeds, spices, and dried fruits are staples that not only add nutrients to your diet, they also cut back on packaging. If the idea of bulk bins scares you, ask a grocery store attendant to help you out. Learn how to take your own jars/bags so you can refill them every time you go. Look for items without added oils, salts, or sugar coatings such as old fashioned rolled oats, turmeric, quinoa, flax, chia seeds, wild rice, walnuts, lentils, and dried apricots.

**3 | BE CONDIMENTS SMART.** Condiments can pack a mighty and flavorful punch to any dish. They can also be a sneaky source of added fat, sodium and sugar. Healthier options include mustards, vinegars, light soy sauce or Bragg's liquid amino acids, salsa or pico de gallo, hot pepper sauce/sriracha, dill relish, hummus, horseradish, pesto and wasabi. Limit pre-made salad dressings or sauces with ingredient lists that are miles long. Specifically, watch out for the words "partially hydrogenated," "soda or sodium," "syrup," "nectar," and words ending in "-ose."

**4 | PICK PROTEIN WISELY.** The Physicians Committee for Responsible Medicine, the American College of Lifestyle Medicine and the Academy of Nutrition and Dietetics have all recognized the benefits of plant-based diets for disease prevention and reversal. Despite this, in America, meat is consumed more than three times the global average<sup>2</sup> and according to the USDA we are on track for a record high consumption in 2018<sup>3</sup>. Reduce your

## SOURCES

<sup>1</sup> "Highly processed foods dominate U. S. Grocery Purchases." Science Daily, Science Daily, 29 Mar. 2015, www.sciencedaily.com/releases/2015/03/150329141017.htm.

<sup>2</sup> Daniel, C. R. (2011). Trends in meat consumption in the USA. *Public Health Nutrition* 14(4), 575-583.

<sup>3</sup> Haley, Mildred. Livestock, Dairy and Poultry Outlook: December 2017. United States Department of Agriculture Economic Research Service. (2017) www.ers.usda.gov/publications/pub-details/?pubid=86242.



## DID YOU KNOW?

The definition of food is "any nutritious substance that people or animals eat or drink... in order to maintain life and growth." Knowing this, do you look at the "food" at the grocery store any differently?

risk of several chronic diseases by purchasing and eating more plant-based proteins such as beans, nuts, lentils, peas, tempeh, or tofu. If you do select animal proteins, choose grass-fed, free-range, cage-free, omega-3 rich, or wild-caught—which have less pro-inflammatory fat profiles.

## Food for Thought

Canned and frozen vegetables and fruits can be good alternatives to fresh! Frozen vegetables and fruits (with no added sauces, sugars or salts) can be more nutrient dense than fresh. That's because the produce is picked at peak freshness and flash frozen, preserving most of the nutrients. Due to the seasonality of produce and the average length of time that it takes to reach shelves, frozen may be your best bet at times. BPA-free canned items with no salt or sugar added are great shelf-stable items to keep around too.



### About KAITLYN PAULY, MS, RD, LMNT

Kaitlyn Pauly brings her experience as a Registered Dietitian Nutritionist to her role as the Associate Director of Membership and Education at the American College of Lifestyle Medicine (ACLM). She combines her clinical background in weight management and integrated nutrition, with her non-clinical experiences as a college Nutrition Instructor, a freelance writer, a food service dietitian and with WELCOA to bring a diverse perspective to the field of Lifestyle Medicine.

# FRUITS+VEGGIES TO IMPROVE BONE HEALTH

by AMY RIOLO



Osteoporosis and low bone mass affect approximately 44 million people in the United States. Osteoporosis is not just a sign of bone weakness, but a result of systemic imbalances. A plan to combat inflammation and oxidative stress will help, and the best place to start is eating lots of fruits and vegetables.

In addition to regular exercise and hormonal balance, bone health requires a diet which ensures enough vitamin D, protein, calcium, magnesium, phosphorus, and manganese.

## CALCIUM

Calcium has been shown to have beneficial effects on bone mass in people of all ages, and is present in many plant-based foods—fruits, vegetables, nuts, legumes and olives. The recommended daily intake (RDI) of calcium is 1,300 mg for children 9-18 years of age. From 19-50 years of age 1,000 mg becomes the daily requirement for men and women. From ages 51-70 1,000 mg is still recommended for men, but 1,200

for women, and for those over 71 years 1,200 mg is recommended daily.

Spinach and kale are great choices not only for calcium—but for a myriad of health-boosting nutrients as well.

**Spinach** contains 29 mg of calcium per one cup raw serving, as well as 70 mg of magnesium (also important for bone health), iron, dietary fiber and vitamins.



### *Cure All Calcium*

Many of us are aware that calcium-rich foods are great for staving off osteoporosis and for boosting overall bone health. However, it is the variety of dietary sources of calcium that surprises people. Calcium is present in many fruits and vegetables.

**Kale** is a healthful ingredient that gives you a lot of bang for your buck nutritionally. One cup of chopped kale contains 33 calories and 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C and a whopping 684% of vitamin K.

Try using kale and spinach as bases for your salads, add them to soups and stews, or stir-fry and sauté them to serve with pasta, rice, and quinoa. Or use them in place of basil with walnuts or almonds to create a fresh, creamy pesto sauce.

Chickpeas are also a good source of protein, calcium, iron, phosphate and magnesium which are all important for bone structure. Consider adding them to salads, soups, pastas, rice, dips and couscous dishes. You can even use chickpeas and chickpea flour as an alternative to wheat-based flours when baking.

Tomatoes also contain calcium—10% of the RDI—when stewed. Unlike most fruits and vegetables, which are best eaten

raw—the calcium content of tomatoes actually increases while stewing. Tomatoes make a great addition to most meals, and flash roasting them brings out their sweetness.

## MAGNESIUM

Green leafy vegetables are high in magnesium, manganese, calcium and many other nutrients, and have a low glycemic index. Legumes and nuts contain large amounts of vitamins B12 and B6, protein, iron, magnesium, zinc, thiamin, niacin and phosphorus. As mentioned above, kale and spinach are also wonderful sources of calcium and magnesium.

## MANGANESE

Manganese is also very beneficial to calcium absorption rates. Pineapples are rich in vitamin C and manganese. Green leafy vegetables tend to also be a great source of manganese, just as they are calcium and magnesium, so they are an easy addition to daily meal

plans. Eggplant is low in carbohydrates and contains a significant amount of manganese, magnesium, phosphorus, potassium, and thiamin. Eggplants can be stewed, baked, and made into purees, terrines, stews, parmigiana, and meat-substitute dishes.

## VITAMIN D

Vitamin D is essential to helping the body absorb calcium and other nutrients. Mushrooms are the only vegetarian food that can make vitamin D. They provide many of the nutritional benefits found in produce, meats, beans and grains, which is why they are a popular meat substitute. In addition to vitamin D, they also contain selenium, potassium, riboflavin, niacin, and more.

Commercially cultivated mushrooms are almost always grown indoors in the dark, so they usually have negligible amounts of vitamin D. Wild mushrooms, on the other hand, such as chanterelles, morels, maitake, chicken mushrooms, giant puffballs and wild Asian mushrooms are best because they get sun exposure.

## Vitamin D-licious

For optimal bone-friendly and delicious dishes, try combining baby spinach, baby kale, wild mushrooms and fresh pineapple in a salad, or sauté or stir-fry them and serve with cooked quinoa, wild rice or barley. Roasted eggplant and mushroom "burgers" with a pineapple salsa or chickpea stew with tomatoes, spinach and mushrooms are additional savory and satisfying ways of increasing your calcium, magnesium, manganese and vitamin D intake.



**REMEMBER**  
Talk with your doctor if you have any concerns about your health.

### ABOUT AMY RIOLO //



Amy is a member of the American College of Lifestyle Medicine and an award-winning author, chef, television personality, cuisine and culture expert based in the Washington, D.C. area.

### ABOUT ACLM //

ACLM is the nation's professional medical association for those dedicated to the advancement and clinical practice of lifestyle medicine as the foundation of a transformed and sustainable healthcare system. Become part of one of the most important movements of our time. Learn more at [www.lifestylemedicine.org](http://www.lifestylemedicine.org).

## Ask the Expert...



**Q** What's trending in nutrition?

**A** Weight loss does not equal health.

Weight loss and health: two different words that are often used interchangeably. While weight loss often improves lab values, many people rely on short-term, restrictive diets to achieve results. These diets often lack vitamins, minerals and antioxidants that protect the body from illness and disease. Due to our neurobiology's role in maintaining homeostasis, a restrictive dieter is also likely to regain weight. Instead of dieting, try a self-care and mindfulness-based approach to weight loss that is grounded in value-centered lifestyle changes.



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If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue\*.

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# THE 3 C's OF *Wellbeing*

by RACHEL DRUCKENMILLER

When it comes to being healthy, what really matters? Most of our conversations revolve around the latest diet or fitness trends and losing weight. But, is that all there is to being well?

We've learned quite a bit about what works and what doesn't when it comes to changing behaviors and improving our health, but we often miss the most obvious ways to better our lives. Over the past decade, I've worked with dozens of companies to help support the health and wellbeing of their employees. What I've learned during that time is shaping my approach and I've started thinking, talking and doing things differently.

This new approach is rooted in three principles. I believe three things are necessary if we want to become the best versions of ourselves—curiosity, connection, and contribution.

## *Curiosity*

Think back to when you were a little kid. What one-word question did you ask repeatedly? Why. We were eager to learn, sponges for information and knowledge. We made few assumptions and approached each day as an adventure. Along the way, something changed. We became adults and were told it was important to have the answers or risk being viewed as incompetent. But we need to start asking why again. We need to get curious. Curiosity is about noticing without judging. It's about exploring and being open. It's about searching deeper and seeking to understand.

A few years ago, I went through a process of getting curious when I was dealing with some personal health issues. For ten years I was on medication for acid reflux, but instead of assuming I had to stay medicated, I started to get curious. I experimented with my diet and began to notice what made me feel good and what didn't. I'm happy to say that I'm officially five years medication-free.

What if we stopped making assumptions and started asking questions? If we want to be effective, we have to stop making assumptions and start getting curious.

## *Connection*

At a time when we are so digitally connected, yet more intimately disconnected than ever before, people are craving authentic, meaningful connection. We are hard-wired for connection that

makes us feel known, loved, and accepted. We can trick ourselves into thinking we're connected by looking at the number of Facebook friends, LinkedIn connections, Instagram followers, or contacts in our phones, but meaningful connection comes from spending focused time with people, often in person.

Connecting takes sacrifice and intention. It requires us to stop thinking about ourselves and focus our attention on others. It demands us to put our phones away when we're with another person. To take time to notice people and actually listen to their response.

### → Looking for some ideas for how you can connect?

Put your phone down and your head up. Spend time with those closest to you and with people you want to get to know better. Take a cooking class or go for a walk, hike or bike ride.

## *Contribution*

Each of us wants to feel like we are part of something larger than ourselves. We want to know that our life matters and that we made a difference and will leave behind a legacy one day. One of the primary ways we do this is by giving back and contributing to others and our community. Research tells us we can benefit by a boost in our mental, physical and emotional health when we contribute to the greater good. People who regularly volunteer and give back have a reduced risk of depression and enhanced happiness and wellbeing.

Imagine each of us is carrying around a bucket each day. We can be bucket fillers using kindness, appreciation, thoughtfulness, and encouragement, or we can be bucket dippers through negativity, cynicism, criticism, and unkindness. We have a choice. Look for ways to contribute, to give back and to volunteer for a cause or causes that are meaningful to you.



*About* RACHEL DRUCKENMILLER, MS

Director of Wellbeing, Alera Group

Rachel is a thriving workplace culture coach and a catalyst who releases possibilities in people and in organizations. As a nationally recognized influencer, writer and speaker with over a decade of experience in the health and wellness field, Rachel is on a mission to transform and rehumanize the workplace. Connect with Rachel on social media @rachelsnourishingkitchen.

# How to keep YOUR EYES HEALTHY

by CARIE MAGUIRE

Getting regular eye exams is critical to your eye health, even if you currently don't have any vision problems and think your vision is fine. Eye exams allow an eye care professional to monitor your eyes for common vision problems and signs of disease. This is really important because some of the most common eye diseases don't cause symptoms or have early warning signs. The only way to detect and diagnose any issues is to be seen by an eye care professional.



## SET YOUR SIGHTS ON AN EXAM

Make sure you are diligent with your eye health. Schedule regular eye exams (your eye doctor will recommend how often you should be checked) to catch issues early. If

your eye care professional finds a problem early, you have the best treatment options and the best chance of preserving good vision. A comprehensive exam will often include eye dilation. After checking your vision sharpness, the doctor places drops in your eyes to dilate (widen) the dark center of your eyes, called the pupil. This allows more light into your eyes, just like opening a door lets light into a dark room. Then the doctor can examine the inside of the eye.

Also, simple actions can go a long way to protect your eye health. These include not smoking, eating a healthy diet (especially dark leafy greens like spinach or kale), and maintaining a healthy weight. Also, know your family's eye health problems. Certain diseases can run in families. Make sure to wear sunglasses to block harmful sun rays

and protective eyewear for activities like sports and home improvement projects.



## SCREEN TIME AND EYE HEALTH

People of all ages are spending more time focused on digital screens, giving their eyes a marathon of a workout every day. Experts caution that if you spend more than two hours a day on a computer, you may have a condition called Computer Vision Syndrome (CVS). CVS is similar to carpal tunnel syndrome and other repetitive motion injuries. It happens because your eyes follow the same path over and over. Fortunately, CVS doesn't cause permanent eye damage, but the effects of the condition can prove unpleasant and worsen if you don't take the right steps to address it.

## Take note of these best practices when it comes to screen time and keeping your eyes healthy.



→ **Change the lighting around you to reduce glare.** Too much light competing with a screen's light creates glare. If light from a nearby window casts a glare, move your monitor and close the shades. Consider a desk lamp with a moveable shade that casts light evenly over your desk.

→ **Take eye breaks with the 20-20-20 rule.** Look away from the screen every 20 minutes or so and look at something around 20 feet away for about 20 seconds. Also make a conscious effort to blink often to keep your eyes moist.

→ **Adjust your screen resolution.** Set your monitor to a high-resolution display. A higher resolution produces clearer images, reducing eye strain.

→ **Try massage or eye cupping.** Massaging the area around your eyes is soothing and can help relax the muscles. Rub your hands together to create warmth, then gently cup your palms over your closed eyes for a minute or two.



### About CARIE MAGUIRE

Carie Maguire is a health writer who has a long history with WELCOA. Having written and edited hundreds of articles and various pieces of health information, Carie is one of the most respected health writers in the U.S.



## EMPLOYEE HEALTH & WELLNESS PROGRAM

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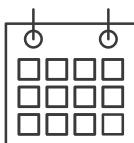
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Food is "any nutritious substance that people or animals eat or drink... in order to maintain life and growth."

### BULK UP ON YOUR HEALTH

On your next visit to the grocery store take your own jars/bags so you can refill them every time you go. Automatically add nutrients to your diet and cut back on packaging.



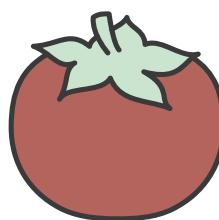
### CONSCIOUS CONNECTING

Keep your head up, and your phone down. Connect with peers through a cooking class, a brief walk, or a paint night with a group of close friends.



### DITCH THE FAD DIET

Instead of dieting, try a self-care and mindfulness-based approach to weight loss that is grounded in value-centered lifestyle changes.



### THE REDDER THE TOMATO

The smaller and the redder the tomato, the greater the concentration of lycopene, which helps protect our hearts and brains.

### GIVE YOUR EYES A BREAK WITH THE 20-20-20 RULE

Remember to take regular breaks from your computer screen by looking away every 20 minutes at something 20 feet away for 20 seconds.

