

# WELL BALANCED<sup>o</sup>



**CUT THROUGH THE  
MONKEY  
BUSINESS:**  
TIPS FOR  
CHOOSING  
**THE RIGHT  
FOOD**

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**KILL THEM WITH  
KINDNESS:**  
BOOST YOUR  
**WELLBEING**  
IMMEDIATELY

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**WHEN LIFE  
GIVES YOU  
LEMONS  
TRY THEM  
ON A  
SALAD**

The unassuming cauliflower shines when roasted until crispy and caramelized but is also wonderful when left raw and crunchy—this salad combines the best of both styles, all wrapped up in a tart vinaigrette.

- 1 medium head of cauliflower
- 1 tablespoon neutral oil such as avocado or canola oil
- kosher salt
- fresh cracked black pepper
- 7 ounces arugula
- 2 Tbsp minced preserved lemon peel (or use the juice of 1 lemon and an extra pinch of salt)
- 2 Tbsp minced shallot
- 1 tsp sugar or honey
- 1/3 cup white wine vinegar
- 1 tsp Dijon mustard
- 2/3 cup extra virgin olive oil
- 1 Tbsp finely chopped tender herbs (chives, parsley, dill, basil)
- 2 Tbsp almonds, toasted and roughly chopped
- A few thin slices of watermelon radish, optional

## DIRECTIONS

Preheat the oven to 450° F. Cut the head of cauliflower in quarters, remove the core and any exterior leaves. With three of the quarters, chop or break the florets into 1 inch pieces. Put chopped cauliflower on a sheet pan, toss with the 1 tablespoon of oil plus salt and pepper to taste. Place sheet pan in oven, roast until golden and tender, about 20 minutes. While the cauliflower is roasting, thinly slice the remaining cauliflower either on a mandolin or with a sharp knife.

*To make the dressing:* In a bowl, whisk the preserved lemon, minced shallot, sugar, vinegar, and Dijon. Then slowly whisk in the oil. Stir in the chopped herbs and season the vinaigrette. Add a few cracks of black pepper. Taste, adjust seasonings as desired.

*To assemble the salad:* Toss arugula, roasted & raw cauliflower, almonds, and radish (if using) in a medium bowl until well combined. Add desired amount of preserved lemon dressing (you will likely have some extra!) and gently toss.

**SERVES:** 2 as a main dish, 4 as a side

**NUTRITION INFO:** (1/4 of salad with 1 ounce of dressing)  
Cal 262, Fat 23g, Carbs 18.5g, Protein 6g, Sodium 294mg

# Roasted & Raw Cauliflower Salad

*with* PRESERVED LEMON  
VINAIGRETTE



## Did You Know?

Preserved lemons are pickled in salt and can be made at home or found in gourmet or ethnic grocery stores. Their savory notes and tart flavor will elevate sauces, grain or yogurt bowls, salads, soups, roasted vegetables or braised meats.



## From the Kitchen of

MALLORY UBBELOHDE, MPH, RDN, CD

Based in Salt Lake City, Utah, Mallory Ubbelohde is a registered dietitian nutritionist, nutrition communicator, recipe developer, food photographer, and home-cooked meal advocate. You can connect with Mallory on Instagram (@Mallory.RDN) where she shares daily meal inspiration.

# THIS IS BANANAS...

by MAGGIE GOUGH, RD



Who has seen the ad that pops up on the side of your computer screen with the chubby belly that jiggles every few minutes? It usually has a caption that reads something like, “The 5 Foods You Should Never Eat Again!” Once, out of curiosity, I clicked on this jiggly belly. One of the foods that we should NEVER EAT AGAIN was bananas. Bananas! Are you kidding me?!

I know that it can be tough to sift through and stay abreast of the onslaught of health news that constantly bombards our media. However, bananas are not the culprit of our health crisis. And we know this. Yet, we certainly like hearing advice that gives us permission to stop eating bananas and never mind our soda obsession.

Just to set the record straight, bananas do have more sugar than other fruits. A banana has about 30 grams of

carbohydrates—19 of which are fiber—more than a slice of most whole grain breads. On the other hand, a 20oz Pepsi has 69 grams of carbohydrates—69 of which are sugar. Pepsi has no fiber, no vitamins, and no minerals.

These crazy health ads are there to sell you something, and make you feel good about the advice provided. You might think, “This is the kind of advice I have been looking for; tips that don’t make me feel miserable about my choices.” When this moment occurs, I need you to get curious about the real motivation behind your desire to validate what you’ve just read. Ask yourself, “Is this a trusted source for nutrition advice? What am I really hoping for by believing this?” Getting curious gives us pause to think more clearly rather than on impulse.

## *Cut Through the Monkey Business*

	CALORIES	CARBOHYDRATES (G)	SUGAR (G)	FIBER (G)
Pepsi	250	69g	69g	0g
Sweet Potato	105	24g	6g	4g
Whole Grain Bread	100	15g	3g	2g
Bananas	90	30g	19g	3g
Apple	80	30g	16g	4g

Stay the course. Don’t click on ads and articles that promise big results with little effort. As Dr. David Katz, Director of the Yale Prevention Research Center, said, “It’s not what we don’t know about diet that most threatens our health; it’s the constant misrepresentations of what we do know.” Stay strong, click through to the right sources and ignore the sources that you know are bananas.



### *Want More Info?*

If you’re seeking expert advice on sound health information explore [SparkPeople.com](http://SparkPeople.com), [ChooseMyPlate.gov](http://ChooseMyPlate.gov), or [Eatright.org](http://Eatright.org).



### *About* MAGGIE GOUGH, RD

Maggie Gough has developed consumer-facing health and wellness platforms, created and implemented wellness programs and provided consulting to clients about how to create more meaningful wellness initiatives. Her mission is to create workplaces that allow people to live fully into their divine human experience. Maggie lives in Kentucky with her husband Brad and their three kids. For more information on Maggie and her holistic approach to healthy eating, visit her Facebook page—[www.facebook.com/realizewellbeing](http://www.facebook.com/realizewellbeing)

# GET YOUR CHOLESTEROL IN CHECK!



## Super Simple Ways to Maintain a Healthy Cholesterol

Cholesterol is a waxy substance that helps your body make hormones, vitamin D, and substances that help you digest foods. Your body naturally produces most cholesterol on its own. However, factors like smoking, diet, obesity, physical activity, age, family history and even certain medications can have an impact on your cholesterol. Too much or too little cholesterol can increase your risk of developing serious conditions like clogged arteries and heart disease.

Although heredity and family history play a role in your cholesterol level, lifestyle choices and habits can significantly increase “good” cholesterol and decrease the harmful kind.

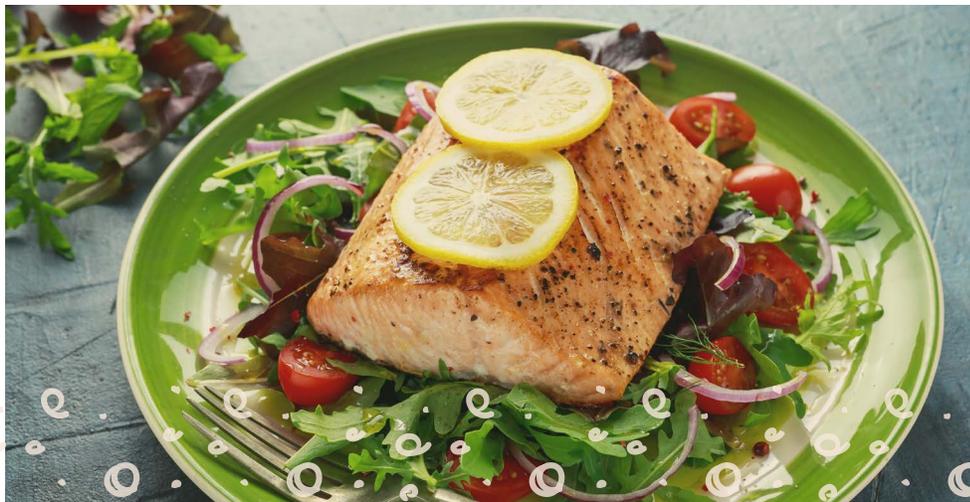
**1. FOCUS ON THE RIGHT TYPE OF FATS.** Certain foods in your diet can help or worsen your blood cholesterol. Consuming the right type of fats and avoiding others is key.



**2. MOVE TO MONOUNSATURATED FATS.** Monounsaturated fats have been found to decrease harmful LDL cholesterol while increasing good HDL cholesterol. In fact, a recent study published in the Canadian Medical Association Journal found that adults with high blood cholesterol who ate a diet high in monounsaturated fat increased beneficial HDL by 12 percent, compared to a diet low in saturated fat. Monounsaturated fats can be found in olive oil, canola oil, tree nuts and avocados.

**3. INCORPORATE OMEGA 3 FATS.** Omega-3 fatty acids are an especially heart-healthy type of polyunsaturated fat. Polyunsaturated fats behave differently in the body than saturated fats. Research shows that polyunsaturated fats reduce “bad” LDL cholesterol and decrease the risk of heart disease. Omega-3 fats are found in high amounts in fatty fish like salmon, mackerel, herring tuna and seeds and tree nuts.

**4. AVOID TRANS FATS.** Many experts tout trans as the worst type of fat you can eat. Trans fats are unsaturated fats that have been modified by a process called hydrogenation. Unlike other dietary fats, trans fats can raise your LDL (“bad”) cholesterol and lowers your HDL (“good”) cholesterol. In fact, some research has found that trans fats can decrease beneficial HDL by as much as 20 percent. Trans fats are found in many



packaged baked goods and snacks as well as fried foods and margarines. Try to eliminate or reduce your consumption of trans fats. Stick to whole, non-processed foods, and if you do eat processed foods, check the nutrition label to avoid trans fats.



**5. FILL UP ON FIBER.** Research suggests that increasing soluble fiber intake can lower your LDL cholesterol. The American Heart Association suggests total dietary fiber intake should be 25 to 30 grams a day from food (not supplements). Start the day with a cup of oatmeal (opt for the plain, non-sweetened variety), add some beans to your salad at lunch, eat broccoli with dinner and snack on an apple or a pear and you'll meet the target range.

**6. MOVE AS MUCH AS YOU CAN.** Aim to get some form of exercise every day—the more the better—but even 10-minute blocks of activity count. Physical activity is key to raising your HDL and reducing your LDL and triglycerides.



**7. DO SOMETHING TO RELAX EVERY DAY.** Chronic, unmanaged stress can contribute to unhealthy cholesterol levels. Take time every day to unwind and manage stress—take a walk, read a book, meet a friend for lunch, take a relaxing bath, etc. It'll help keep your cholesterol in check.

## Ask the Expert...

### Can I lower my cholesterol without medication?

In short, yes! Research has shown that individuals can lower their cholesterol by replacing animal foods with a minimally processed, whole food, plant-based diet of fruits, vegetables, grains, beans, legumes, nuts and seeds. This approach has been shown to have the same effectiveness as medication. This diet also can decrease cardio-CRP, a measure of blood vessel inflammation which may be more important than cholesterol numbers.

### 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).

WELL BALANCED™ has an impeccable reputation for providing trustworthy information to improve your well-being and create healthier work cultures. Our network of physicians, dietitians, wellness professionals, and more are here to answer your crucial health questions.

*Have a question?* Ask our experts by going to [welcoa.org/expert](http://welcoa.org/expert). If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue\*.

\*All questions are handled in confidence and will not, without prior consent, be disclosed or used by WELL BALANCED™ or its contributors.

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

## HOW OFTEN SHOULD YOU GET YOUR CHOLESTEROL LEVELS CHECKED?

Experts recommend that adults get their blood cholesterol tested at least once every four to six years.

Talk to your doctor about your cholesterol level and follow their recommendations.

### LDL Cholesterol

LDL cholesterol is considered the “bad” cholesterol because it contributes to plaque, which is a thick, hard deposit that can clog arteries and make them less flexible. Ideally, you want your LDL less than 100 mg/dL. An LDL above 190 is considered very high.

### HDL Cholesterol

HDL is considered “good” cholesterol because it helps remove LDL cholesterol from the arteries. An HDL 60 mg/dL is considered to be protective against heart disease. Anything lower than 40 puts you at an increased risk of heart disease.

### Triglycerides

Triglycerides are another type of fat, and they're used to store excess energy from your diet. High levels of triglycerides in the blood are associated with atherosclerosis. A triglyceride reading of below 150 is considered ideal.



No act of kindness is too small. What will you do to spread kindness today?

## WANT TO BOOST YOUR WELLBEING IMMEDIATELY? DO THIS

Most of us are looking for the secrets to being well and thriving. We spend a lot of our time and energy focusing on what we eat, how we move and how much sleep we get, knowing that each of those elements is important. But we often overlook the easiest, fastest and most effective way to boost our wellbeing. **By being kind.**

According to Dr. Martin Seligman, who is credited as the father of Positive Psychology, "...doing an act of kindness produces the single most reliable momentary increase in well-being of any exercise we have tested."

### Kindness is powerful.

Acts of kindness have ripple effects that reach far beyond the person who does a kind action. Each one of us has the opportunity to extend kindness to those around us. It just takes some intention and an ability to think outside of ourselves and our needs in the moment. Looking for some ideas for how to spread kindness at work? Check out the following ideas and come up with your own.



→ Set up a thank you note station or buy some Kudos notes from Amazon to thank and recognize coworkers.

We kicked this off at our office by asking our wellness champions to write and share the first Kudos notes to spread kindness.

→ When someone is talking to you, put your phone away. Better yet, when you go to the lunch room or a meeting, leave your phone at your desk. In our increasingly digital age, it's easy for us to miss out on meaningful human interactions in favor of the ease of technology.



→ Pledge to commit an act of kindness through [Kindness.org](https://www.kindness.org) and invite your coworkers to do the same. Buy a cup of coffee for the person behind you in line or give a compliment to a stranger.

→ Come together and sponsor a project at school in your community through [DonorsChoose.org](https://www.donorschoose.org). If you're an engineering firm, you could sponsor a STEM project or something else that aligns with your company's mission and purpose.

→ Each day for one week, email a coworker or colleague to let them know something you appreciate about them. Pay attention to how starting your day with an attitude of appreciation and an act of kindness sets the tone for the rest of your day.

### Did you know?

- Kindness has a direct, causal, and measurable effect on wellbeing.
- Kindness reduces anxiety and lowers the effects of stress. Doing acts of kindness reduces the common cold and boosts immunity.
- Nice guys finish first. People who were known for being generous with their ideas and sharing were more likely to be viewed as leaders by their peers, even if they lacked a formal leadership position.



### About

**RACHEL DRUCKENMILLER, MS**  
Director of Wellbeing, SIG

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 bring hope, healing, and humanness to the workplace. She writes the award-winning blog, Rachel's Nourishing Kitchen, where she invites people to nourish their body, feed their soul, and shine their light. In addition to holding a Master's degree in Health Science and a Bachelor's degree in Psychology, Rachel is an Integrative Nutrition Health Coach, a Thriving Workplace Culture Consultant, a Certified Culinary Nutrition Expert, and a Safe Conversations® Facilitator. She lives in Baltimore with her husband, Bill, and loves hiking, cooking, traveling, singing, and writing.

Plugging in...

# THE POWER OF CONNECTION

by SEAN FOY, MA



When we connect an electrical cord into an outlet we receive energy—power to be exact. Just like when we plug into the areas of our lives that help us connect, we realize a steady stream of energy and power that creates an ongoing surge of happiness and hope to live a healthy and purpose-filled life.

According to researchers, the source that generates the most power and energy to live well and be happy is healthy relationships. In fact, the three relational sources that have the greatest impact on your physical, emotional and spiritual health are love, intimacy and friendship. Not our diet, not exercise, not how we handle stress—but rather how connected we are. In fact, researchers discovered that the effects of being isolated and disconnected is the equivalent to smoking 15 cigarettes a day, living the life of an alcoholic, living a sedentary lifestyle and being obese. On the flip side, when we connect to life-giving sources such as family, friends and community, something profound happens. We have energy, hope, faith, strength and recognize power we didn't know we had.

**Try these connecting moves to help you create meaningful relationships and boost your happiness:**

**LEARN TO ATTEND.** Have you ever been in a conversation with someone and they aren't looking at you and then they repeat, word for word, everything you just said? Annoying, right? Psychologists tell us intentionally paying attention to someone's verbal and non-verbal cues tells them they are important to you. This skill is a vital first step for individuals to feel respected, heard and connect more deeply. Good attending looks like—a relaxed posture, good eye contact, and appropriate facial expressions. Remember, there is a big difference between hearing and listening. Effective listening means asking others how they are feeling and to expand on their feelings by saying "tell me more."

**CREATE CONNECTIONS.** When we are experiencing love, acceptance and support we are more likely to be happy, healthy and choose behaviors that we know are best

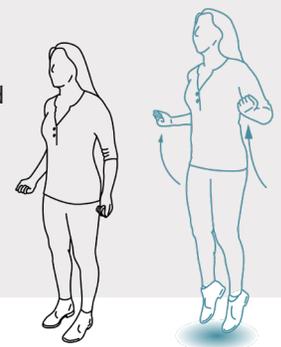
for us, like exercise! In the quest for a more meaningful life, doctors and psychologists are unanimously telling patients to seek family, friends and community for help. Consider ways you can create more opportunity for connections such as taking a class to learn a new language or learning to play the guitar. Join an interest group for hiking, walking, dancing, reading, church or choir.

**JUST SHOW UP.** Think about those in your life who have just shown up in your past and how it made you feel. When we are present we send a profound message of love and concern for those in our lives. Think of the important people in your life and find new ways to show up at their important events. Maybe it's attending your grandchild's baseball game, neighbor's graduation, niece's recital, friend's birthday party, walking and talking with a friend who's going through a rough time, or visiting a friend in the hospital. Whatever the event, you'll discover deeper connections to those closest to you if you just show up.

## → try this move: jump for joy

Want a proven move to put a smile on your face and add some extra pep in your step? Give this movement a try. Try this move with a colleague near their desk, in a meeting, or with your kids outside in the backyard. I dare you to try this in a crowded break room! No jump rope is required, all you'll need is a location to stand and a timing device to keep track of your time. I'd recommend putting on some of your favorite upbeat music for this move as well.

Stand from your desk with your hands by your side and pretend to hold the handles of an imaginary rope in each hand. Rotate your imaginary handles clockwise while simultaneously raising up on the balls of your feet. As you feel more comfortable, pretend to jump over the imaginary rope with small hops. Take it one step further and invite a colleague, family member or neighbor to jump for joy right along with you.



About SEAN FOY, MA | President & Founder, Personal Wellness Corporation

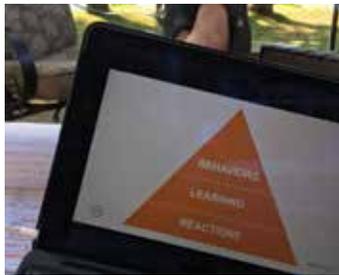
Sean Foy is an internationally renowned authority on fitness, weight management and healthy living. As an author, exercise physiologist, personal trainer, behavioral coach and motivational speaker, Sean has earned the reputation as "America's Fast Fitness Expert". His upbeat and sensible "simple moves" message—even with the busiest of schedules—has inspired many people all over the world. Sean has helped thousands of individuals with their wellness needs and is committed to encouraging everyone to attain optimal well-being for body, mind and spirit! Sean is a husband, father of two, and President & Founder of Personal Wellness Corporation.



# EMPLOYEE HEALTH & WELLNESS PROGRAM

unk.edu/wellness

*This is what WELL BALANCED™ looks like to me...*



@BCBSNDPete



@MettieSpieß



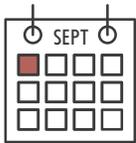
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@artbarian

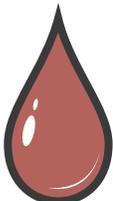
WANT TO BE A PART OF #wellbalanced

Share your well balanced moments by tagging us on social @WELCOA using #wellbalanced with a chance to be featured in an upcoming issue of WELL BALANCED™.



SEPTEMBER IS Cholesterol AWARENESS MONTH

September may be back to school month but it is also Cholesterol Awareness Month. Take a few moments to learn about this important health issue.



## TAKE the QUIZ!

Find how much you know about cholesterol and discover if you have any risk factors. Visit [www.heart.org](http://www.heart.org) and enter "cholesterol quiz" in the search bar.



## ZERO

High cholesterol has no symptoms so many people don't know that their cholesterol is too high. A simple blood test can check cholesterol levels.



## 95 MILLION

According to the CDC 95 million U.S. adults age 20 or older have total cholesterol levels greater than 200 mg/dL. Nearly 29 million adult Americans have total cholesterol levels higher than 240 mg/dL.

## 4-6 YEARS

Experts recommend that adults get their blood cholesterol tested at least once every four to six years.



## INCREASED RISK OF HEART DISEASE

Having high blood cholesterol raises the risk for heart disease, the leading cause of death, and for stroke, the fifth leading cause of death.



## THE GOOD NEWS!

The good news is that people can help control and maintain a healthy blood cholesterol with lifestyle choices like regular exercise, reducing or eliminating trans fats and cholesterol-containing foods, quitting smoking, and managing stress.

## 1 IN 2

Nearly 1 in every 2 American women has high or borderline high cholesterol.

