

WELCOA* | MARCH 2020

WELL BALANCED^o

*The Fat
Well Issue*

PLANT-BASED PRIMER

START YOUR PLANT-BASED
DIET RIGHT

GROWTH THROUGH GARDENING

THE BENEFITS OF
COMMUNITY
GARDENING

ALLEVIATING ARTHRITIS

MANAGE ARTHRITIS
AT WORK



2 Tbsp extra virgin olive oil
 ½ large yellow onion, chopped
 ½ green bell pepper, chopped
 1 shallot, finely chopped
 3 cloves garlic, finely chopped
 3 tsp mixed Italian seasoning
 ½ small can tomato paste
 1 (12 oz.) can diced tomatoes, drained
 1 tsp balsamic vinegar
 1 (14 oz.) package extra firm tofu diced
 1 spaghetti squash
 3 Tbsp chopped fresh parsley
 Salt and pepper

Stuffed Spaghetti Squash

This recipe is proof that eating 100% plant based is both filling and scrumptious!

DIRECTIONS:

Preheat oven to 475°. Carefully cut the squash longitudinally into halves and remove the seeds. Put a thin coating of olive oil over the flesh portion of each squash half, sprinkle with salt and place on a baking sheet cut side up. Bake until tender all the way through and golden brown—about 25-35 minutes. Once baked, carefully use a fork to release the strands from the cut side of the squash; it will look like spaghetti! Set the strands aside. Meanwhile, in a heavy, large skillet, sauté the onions, peppers, and shallot over medium heat until soft. Add in the chopped garlic, Italian seasoning, and salt and pepper and continue sautéing until fragrant—about 1 minute. Add the tofu and sauté until it begins to brown lightly. Add the diced tomatoes, tomato paste, vinegar and reserved squash strands. Stir to evenly mix and cook over medium heat until mixture begins to bubble. Reduce heat to low and simmer uncovered for 10 minutes—stir occasionally. Spoon the sauce mixture over each of the squash halves, top with fresh parsley.

SERVES: 4

NUTRITION INFO: (per serving)

Calories 289, Fat 13.5g, Carbs 24g,
 Protein 18g, Sodium 168mg



Tomato Paste

Tomato paste is hands down the healthiest way to take advantage of tomatoes' nutritional prowess and is a secret weapon for enhancing flavor in the kitchen. Relative to raw tomatoes, tomato paste serves up ten times more of the star antioxidant lycopene. And unlike most all other tomato products, tomato paste typically comes with no added sugar and salt. Because it is uniquely rich in the natural taste enhancer, glutamate, tomato paste is fantastic for adding a rich multidimensional flavor to soups, stews and egg dishes. Tomato paste should be a staple in your cupboard!



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.

Plant-Based Eating

WHAT YOU NEED TO KNOW

by KAITLYN PAULY, MS, RD, DIPACLM

Plant-based diets have gained a lot of traction in mainstream media. If the adoption of this trend continues, Americans may soon discover their incredible power to prevent, treat, and reverse chronic diseases. Whole plant foods are the most nutrient rich foods available; not only are they full of vitamins, minerals, antioxidants, fiber and phytonutrients, they are also low in calories and high in water and volume, meaning that you can eat a lot of them while maintaining or losing weight. Whole plant foods don't contain anything that "doesn't belong," unlike the highly processed food products such as chips, candy, ice cream and boxed foods that make up ~60% of the average American diet. Though plant-based diets are trending, there is still a lot of misinformation out there. Here's what you need to know:

Plant-Based Doesn't Equal Vegan

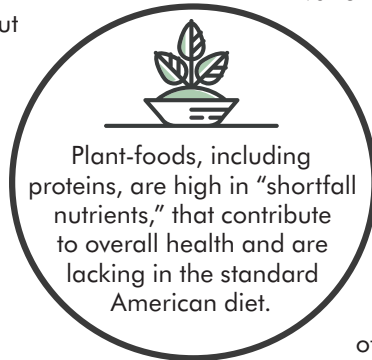
Vegan is defined as "a strict vegetarian who consumes no food (such as meat, eggs, or dairy products) that comes from animals." Historically this definition might have implied that vegans consume mostly plant foods, but with the recent introduction of many vegan food products one can be vegan and live off of nutrient-poor, calorie-dense foods such as chips, French fries, and soda. While there are a spectrum of diets that fit into the broad plant-based category, the key is that minimally processed whole plant foods make up the bulk of the diet. Research suggests that the greater the percentage of these foods in the diet, the greater potential for disease prevention, treatment and reversal.

There Is Plenty of Protein

Less than 3% of Americans get enough protein, yet one stigma surrounding plant-based diets is the myth that they don't offer enough protein. The largest study in history of those eating



plant-based diets found that even those who don't eat any animal foods get more protein than they need every day. Only ~10% of the diet needs to come from protein, which can be found in numerous plant foods including lentils, beans (all varieties), whole grains, nuts, and seeds.



Eating More Plants Is Not Impossible

Start by making realistic changes that lead you in the direction of where you want to go. If your goal is to get ~80% of your calories from whole plant foods, you need to start somewhere. Add more of your favorite fruits, vegetables, whole grains, beans, nuts, and seeds to snacks and meals rather than restricting other foods. You might be surprised how quickly those plant foods "crowd out" less healthy foods.



Did you know?

In 2017, the American Medical Association made a resolution to "call on US hospitals to improve the health of patients, staff, and visitors by providing a variety of healthful food, including plant-based meals and meals that are low in fat, sodium, and added sugars."



From the Kitchen of **KAITLYN PAULY, MS, RD, DIPACLM** // Kaitlyn is a Registered Dietitian Nutritionist and a Certified Lifestyle Medicine Professional who works as the Associate Director of Membership and Education for the American College of Lifestyle Medicine. Through her role at ACLM, she is able to pursue her passion to equip and empower practitioners, academicians, health systems, workplaces and patients to adopt lifestyle changes to improve wellbeing. She enjoys hiking, snowshoeing, yoga, running, cooking and spending time outdoors with her husband Todd and their chocolate lab, Josie.

NAVIGATING THE GROCERY STORE WITH CONFIDENCE

by MALLORY UBBELOHDE, MPH, RDN, CD



GROCERY SHOPPING can undoubtedly be a daunting task. With confusing claims on food packages and sneaky marketing throughout the entire store, even the most seasoned supermarket shoppers can be intimidated. With these tips and shopping advice, your next trip to the grocery store will be a breeze.

The Power of Produce

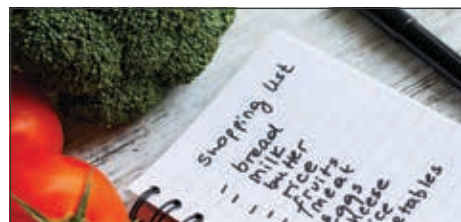
In the produce section, you will usually be greeted by whatever fruits and vegetables are in season. Seasonal food is produce that is purchased and consumed around the time that it is grown and harvested. During this time, there is usually an abundance of this produce; think of the bounty of apples in the fall or the plentiful piles of tomatoes in the summer time. The increased quantity usually causes the prices to decrease, saving you money. Seasonal food also tastes better, is fresher due to not having to travel as far from the farm to the grocery store, and contains more nutrients than food consumed out of season.

The benefits of regular and varied fruit and vegetable consumption has been well-researched. However, many

Americans fall short when it comes to eating enough produce. The US Department of Agriculture (USDA) recommends that Americans fill half their plate with fruits and vegetables. Reach this goal by adding a new vegetable into your dinner rotation, keeping a fruit bowl on the counter to grab with your afternoon snack, and stirring frozen fruit into your morning oatmeal.

In addition to fresh fruits and vegetables found in the produce section, other aisles of the grocery stores also contain great options. Canned fruits and vegetables have a long shelf life, reduce wasted food, and can be convenient. Frozen produce is picked and frozen at peak season, making it a very nutritious option. Dried fruit can be an easy item to incorporate into snacks, salads, and breakfast dishes. Fresh, frozen, canned,

and dried fruits and veggies all count! However, be sure to read the ingredients and try to limit or avoid ones that have over **300mg** sodium per serving or added sugars.



To feel most prepared for your grocery shopping trip, plan ahead and go armed with your shopping list. Develop a weekly menu and corresponding shopping list after assessing what you already have at home. Having a list will save you time and money while in the store and prevent you from purchasing unintended items.

Should You Buy Organic?

Every aisle of the grocery store contains countless items labeled as "organic." But what does this actually mean and should this be a label you seek out when shopping? Organic is a term indicating that the food product has been produced through federal guidelines that address many factors such as animal raising practices and pest and weed control. Despite the growing number of organic products on the shelves of supermarkets, research has yet to provide strong evidence that organic foods are significantly more nutritious than conventional foods. However, the pesticide use in conventional foods is detrimental to the environment and these factors should be considered. Organic food is typically more expensive than its conventional counterpart, making it not feasible for many households to buy exclusively. With the ultimate goal of eating plenty of fruits and vegetables, buying organic is a personal decision and the nutritional quality of the overall diet is important.

the grocery store typically contains the produce section, bakery, dairy, and the meat/seafood counter. However, many convenient and nutritious items are tucked into the aisles, and sticking only to the perimeter of the store would leave you missing out on these. In the canned food section, beans make for an easy and economical protein and fiber option. Canned seafood such as sardines and salmon are packed with nutrition and one of the best sources of omega 3 fatty acids. Other cooking essentials like oils, vinegars, and spices are also found within the aisles of the grocery store. These key ingredients add flavor to meals, making them delicious and enjoyable. And one of the most varied sections of the store aisles is the grains. From quinoa to farro, the assortment of grains in most supermarkets is vast. Grains contain fiber, vitamins, minerals, and antioxidants. So pick up a new grain on your next shopping trip and experiment with adding it into your meals.



Convenience does not have to mean unhealthy! There is a growing category of food products that help reduce time of prepping or cooking that do not compromise on flavor or quality. Think of pre-chopped vegetables, frozen brown rice, and bagged salads. Be prepared to spend more on these convenient items but reap the benefits of less time and energy cooking.

Do Not Only Shop the Perimeter

Have you ever heard the recommendation that the healthiest way to shop at the grocery store is to just shop the perimeter? The perimeter of



About **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.





Growth

THROUGH COMMUNITY GARDENS & ENGAGEMENT

by KATHRYN ONORATO, MS

Have you ever thought about joining a community garden? Have you shared with members of your community how you benefited from the experience?

If you haven't joined a community garden, what stopped you? With spring upon us, it may be beneficial to create a goal or resolution to join a community garden as the weather begins to shift.

Participating in community gardens can improve your overall health and foster engagement within your community. Studies have shown becoming involved in community gardens can positively impact your emotional, intellectual, social, and physical health. Becoming involved in a community garden can help you relieve stress and gain a feeling of accomplishment. You may also gain new knowledge and pique your curiosity as you plant new fruits, vegetables, and legumes, and learn from your fellow gardener's green thumb tips and tricks. Socially, you'll connect with individuals who have a common

interest, or strengthen relationships with friends and family members. Tending to your own garden plot in your community garden will widen your social circle and promote fellowship around a sustainable and important activity. Community gardens promote physical health as you enjoy safe and fresh foods that you have harvested.

I recently had an opportunity to volunteer and visit a community garden in my neighborhood. I was looking forward to the experience and figured we would learn about some new fruits and vegetables, pull some weeds, and maybe get to taste test a vegetable or two we had harvested. I not only was met with these experiences, but so much more. I felt a sense of connection to my community as the site supervisors gave us a walking tour and shared the history of the neighborhood and the birth of the community garden. I also felt a feeling of gratitude as I watched my fellow gardeners roll up their sleeves on a hot summer day and pull weeds with

no complaint. Finally, there was a sense of awe as I bit into delicious fruits and vegetables that were grown right in my own community. The community garden became a place of connection and wellness.

So, whether you are looking for fresh vegetables at a free/low cost, a chance to learn something new, or an opportunity to connect with your community, visiting or joining a community garden could be an insightful activity to look forward to this spring.

Community gardens come in all shapes and sizes. Contemplate which elements matter most to you: location, plot size, fee/membership options. Consider joining a garden or starting your own!



About KATHRYN ONORATO, MS // Kathryn works in higher education; her academic training is in Integrative Health with a concentration in Health and Wellness Coaching and Lifestyle Medicine as well as Negotiation and Dispute Resolution. She is a certified 200-hour training yoga teacher and teaches yoga in her community.

Move Around

One problem many workers have is that they sit for long periods of time. In fact, research by the Mayo Clinic has shown that sitting for hours without moving not only increases your risk of cardiovascular disease, but can cause high blood pressure. Sitting can also lead to swelling in your joints which can worsen arthritis symptoms.

Because of this, it's important to move around often. Ideally, you should get up and walk around every 30 minutes. This will help you to rest muscles in your hands and wrists and also keep your blood circulation flowing well.



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Keep Your Feet on the Floor

Another way to help prevent arthritis symptoms in the workplace is to make sure to keep your feet on the floor. This will help to ensure your spine is aligned which could otherwise cause pain in the surrounding joints and muscles. If you're unable to reach the floor with your feet, you might also consider investing in a footrest.

Check Your Chair

Sometimes your office chair could be the culprit behind your arthritis symptoms. Certain office chairs might not have proper lumbar support which can hurt your spine and pelvis causing them to align incorrectly. A chair with good lumbar support will help to cradle your spine, pelvis, and shoulders, keeping them aligned. This will help to prevent pain in these areas.

Another thing to check your office chair for is if it can swivel. Office chairs that require you to move the chair around with your legs and back can worsen arthritis pain. Chairs that swivel prevent this as they keep your back and surrounding joints from becoming strained due to extreme movement.

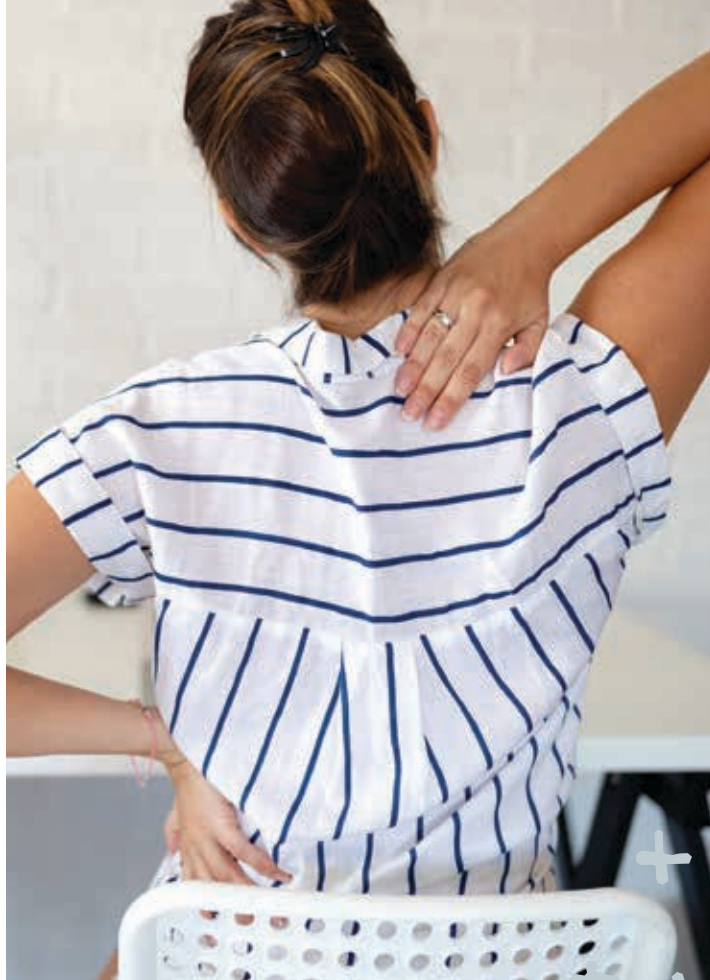
Arthritis is a terrible disease that can drastically affect your life, especially if you're working. If you're searching for ways to help prevent and eventually eliminate arthritis symptoms from your life, keep this information in mind.



About DR. BRENT WELLS // Dr. Brent Wells is a graduate of the University of Nevada where he earned his bachelor's of science degree before moving on to complete his doctorate from Western States Chiropractic College. He's a chiropractor based in Alaska, who founded Better Health Chiropractic & Physical Rehab in 1998. Dr. Wells is a member of the American Chiropractic Association and the American Academy of Spine Physicians.



About BILL DELEHANT • Project Manager, Wellness Council of America (WELCOA) // As Marketing and Project Manager at WELCOA, Bill manages content deliverables for WELCOA's electronic and print publications and writes about wellness for Well Balanced.



BEATING Arthritis IN THE WORKPLACE

by DR. BRENT WELLS & BILL DELEHANT

There are three types of arthritis, and each can lead to severe pain. Psoriatic arthritis causes inflammation throughout the body and can lead to cartilage in the joints breaking down. Rheumatoid arthritis results in inflammation as well, but also causes the body's organs to be attacked by the immune system. Osteoarthritis is the most common form of the disease, and causes the protective cartilage around the joints to wear down, making movement difficult and painful.

Arthritis can affect you in your workplace in many ways. It can limit your leadership skills as you might not be able to lead your team due to pain. It can make typing or writing down important information difficult. Overall, it can make it difficult for you to do your best, which can affect your work's quality. Thankfully, there are some ways you can help to heal arthritis symptoms while working.



EMPLOYEE HEALTH & WELLNESS PROGRAM

unk.edu/wellness



MONTHLY HEALTH OBSERVANCE • March *National Nutrition Month*

National Nutrition Month is an annual campaign focusing on raising awareness around education and the importance of making informed food choices. This year's campaign theme is Eat Right, Bite by Bite with a retro design intended to be fun, accessible, positive and kid-friendly. Join in the effort to promote healthy eating habits and nutrition education.

For more information or to get involved, visit:

Academy of Nutrition and Dietetics

nnm@eatright.org

eatright.org/food/resources/national-nutrition-month



COMMUNITY GARDENS

Widen your social circle and promote fellowship around a sustainable and important activity.

CONVENIENT & HEALTHY

Choose pre-chopped vegetables, frozen brown rice, and bagged salads at the grocery store to reap the benefits of less time and energy cooking.



DON'T JUST SHOP THE PERIMETER

Sticking only to the perimeter of the grocery store leaves you missing out on many convenient and nutritious items.

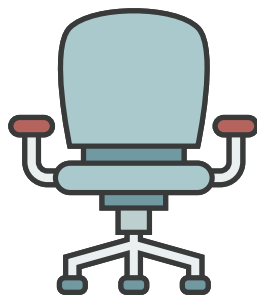


LESS THAN 3%

Fewer than 3% of Americans get enough protein.

DOES IT SWIVEL?

Chairs that swivel can prevent worsening arthritis pain as they keep your back and surrounding joints from becoming strained due to extreme movement.



TOMATO PASTE FOR THE WIN

Relative to raw tomatoes, tomato paste serves up ten times more of the star antioxidant lycopene.

