

WELLNESS NEWS

September 2021

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Eating Healthy

Ten ways to eat healthy on a budget

Eating well and saving more can be easier when you know when to shop and where to look

Looking for ways to get more from your food budget? Eating healthy doesn't have to break the bank. These tips can help you shop smarter to get the most nutritious foods at a better price.

- **Stick to your list** — Taking inventory of the items you need before you shop and not deviating from your list can keep you from overbuying and overspending. Many grocery stores now offer online shopping which can be a great way to avoid impulse buying as you wander the aisles.
- **Clip coupons** — Search for savings on your favorite healthy products by entering "(Product Name) Coupons" online or by checking published weekly specials at your local market. Many brands also offer coupons if you sign up for their email list.
- **Look high and low** — Many stores stock pricier items at eye level. It pays to look for items on upper and lower shelves to find better deals, especially on store brands.
- **Shop locally grown** — Buying produce from your local farmers market can help you get the freshest, in-season items for less. Stock up during peak seasons and freeze your foods.
- **Buy in bulk** — Beans, cereals, grains, dried fruits, seeds, nuts in bulk can provide more servings at a lower cost. Check local discount warehouses or online markets for bulk deals.
- **Choose frozen vegetables** — Because they're harvested and frozen at their peak freshness, their nutrients are similar to fresh and they last longer.
- **Go meatless** — Replace meat a few times each week with lower cost, high nutrition proteins like eggs, lentils, black beans, kidney beans or quinoa.
- **Save on seafood** — Instead of fresh fish, buy canned tuna, salmon or sardines that are just as healthy and less expensive.
- **Can the cola** — Drink more water instead. Sodas, sports drinks and juices are high-cost, high-calorie items. A pitcher

that filters tap water can cut down on beverage costs and provide gallons of drinking water with zero calories.

- **Plan meals** — Spend some time at the beginning of each week to meal plan. This can help you avoid takeout and also help you build a grocery list. Remember to include plans for lunch!

What can you eat for a dollar these days?

How about some of the tastiest, most nutrient-rich foods that can help you stay healthy. We're talking about bananas, eggs, oranges, cabbage, beans, tuna, rice — all for less than \$1 per serving.

Eating healthy tips

Learn how to get the right balance

Our eating habits, along with activity levels, affect our health more than anything besides smoking. When life gets busy, though, nutrition is often the first thing we let slip. It takes some extra time, but planning ahead and making healthy meals and snacks can add years to your life.¹

Here are a few tips to make healthy choices and get the right balance in your diet²

- **Carbs** give your body the fuel it needs for physical activity. Whole grains, vegetables, fruits and beans are good choices. They'll give you vitamins, minerals, fiber and other important nutrients. Skip things like white bread, white rice, pastries, soda and highly processed foods, like packaged snacks. Those carbs come from refined grains and won't keep you satisfied for long.
 - **Protein** from plant-based foods like beans and nuts is the healthiest. Fish and poultry are also good sources. If you want to eat red meat, pick the leanest cuts and only eat it once in a while.
 - **Fiber** can help protect you against certain health problems. A diet with a lot of whole grains, beans, vegetables and fruits will help you get the fiber your body needs.
 - **Vegetables and fruits** can also help protect your health. Go for color and variety: dark green, yellow, orange and red.
 - **Fats** are part of a healthy diet, if they come from sources like plant oils, nuts and fish. Try to limit the amount of
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Challenge Event

National Family Health & Fitness Day

On September 30th, get the family together for some health and fitness fun! Promoting a healthy lifestyle, can be so much fun with the kids. Physical, mental, and dietary health can all be incorporated into this special day with the kids.

Reaching health goals as a family becomes a fun activity. Families cook together and learn which flavors fit their lifestyle best. While learning new exercise routines, families encourage each other. We support each other to bike, walk, or stretch through to the next peak. We grow together and develop new skills that we will carry with us for a lifetime.

Healthy Hint #30

Easy doesn't have to be greasy

It's easy to stray off the healthy eating path. When you don't plan your meals, you're more likely to go to a fast food drive-thru or microwave a chicken pot pie.

If your schedule makes it hard to find time for food shopping or cooking, try creating a weekly menu of healthy recipes you can select from. This menu should include food that's simple and quick to prepare; has healthy protein choices, such as lean meats or poultry; uses whole grain and vegetable ingredients; and stays yummy as leftovers. Shop in bulk and, for perishable items, pick frozen or canned options with no salt added. Then, when it's time to whip up a meal, you'll have everything you need.

Recipe of the month

Recipe provided by UNL, Nebraska.

Sweet potato and apple casserole

Servings: 4, Calories: 207

Ingredients

- 2 medium sweet potatoes cut into 1/2" cubes
- 1 baking apple, sliced
- 1/4 cup orange juice
- 2 tbsp. packed brown sugar
- 1 tbsp. butter or margarine
- 1/2 tsp. cinnamon
- 1/3 cup dried cranberries or raisins

Directions:

- Wash hands with soap and water. Preheat oven to 350 degrees F. Lightly grease or spray with nonstick cooking spray a 1-1/2 quart casserole dish.
- In a small sauce pan over medium heat, mix together the orange juice, brown sugar, butter or margarine, cinnamon and dried cranberries or raisins. Heat and continue to stir until the sugar is dissolved and the margarine is melted.
- In a large bowl, mix together the potatoes, apples and orange juice mixture. Transfer to a casserole dish
- Bake, covered, for one hour or until the potatoes are fork tender.
- Stir the mixture before serving to coat the sweet potatoes and apples with the juices accumulated at the bottom.

foods you eat that have saturated fats — like cheeses and meats — and avoid trans fats. Read the labels on packaged foods to make sure they don't have any trans fat.

- **Calcium** is important for healthy bones. Milk and other dairy products are good sources for calcium, but they're not the only ones. Nondairy sources of calcium include collards, bok choy, fortified soy milk and baked beans.
- **Salt** can cause health problems if your diet includes too much of it. Cut down on processed foods, which are usually high in salt. And read the labels of the foods you buy to check how much salt — listed as sodium — is in them.
- **Alcohol** can be healthy in moderation, but not for everyone. Moderate drinking for women is up to one drink a day; for men, it's up to two drinks a day. There are benefits, such as improved heart health, but also risks, like increased risks for certain health problems like breast and colon cancer.
- **Daily multivitamins**, especially one with vitamin D, can help your health. But don't take more than what's recommended, and make sure your doctor knows about any vitamins you take.
- **Portion size matters**, so find out what a serving of a particular food looks like on a plate so you'll know if you're eating too much or too little. Try using smaller plates for your meals. And serve plates at the stove instead of at the table, so you think twice before having seconds.

Keeping calories low when you're on the go

When eating out, it can be hard to keep track of how many calories you're actually consuming. Here are some tips for healthy eating away from home.

- Order water or unsweetened tea instead of drinks with added sugar.
- Start your meal with a salad (with dressing on the side). This may keep you from overindulging.
- Choose dishes that include vegetables, even if it's only pasta with tomato sauce.
- Order steamed, grilled or broiled foods instead of ones that are fried or sautéed.
- For car trips, pack snacks such as fresh fruits or vegetables, low-fat string cheese or a handful of unsalted nuts.
- Skip the buffets. Order small or half-sized portions, when you can. Or, ask for half of your food to be packaged to go when you order.
- Order fruit for dessert.

Remember, making smart food choices has health benefits that support your overall well-being.