

In The Spotlight



According to Winona State's "Seven Dimensions of Wellness,"

**EMOTIONAL WELLNESS**

involves having high self-esteem, confidence, satisfying relationships, a support network and staying optimistic and enthusiastic about life.

The key to living a healthy lifestyle often involves accepting one's feelings, which helps us to understand more about others and ourselves.

**GUIDE TO SERVING SIZES**

There are some visual clues to help you gauge Mayo Clinic Healthy Weight Pyramid serving sizes of various foods.

These can be ways to track your daily servings.

Tennis ball = 1 cup of strawberries

Deck of cards = 3 ounces of chicken

Tennis Ball = 1 cup of vegetables

Four stacked dice = 1 ounce of cheese



**Employee Wellness Program**

Date: 2/19/15

**YOUR BODY-- A SHIFT**

**IN THINKING: FROM FORM TO FUNCTION**

**When:** Monday, February 23rd

**Time:** 2:00-3:00pm

**Where:** IWC 145

**Speaker:** Trisha Karr, PhD

\*There will be a raffle for a water bottle

**HEALTHY EATING SUBSTITUTIONS?**

**Breakfast:** If you eat buttered toast or bagel with cream cheese. Try whole grain or sprouted-grain bread with almond butter or olive oil or yogurt based spread.

If you eat refined breakfast cereal with milk and sugar. Try whole grain, low sugar cereal mixed with nonfat Greet yogurt and fresh or frozen blueberries.

If you eat eggs. Try to scramble in leftover vegetables from last night's dinner or add in fresh avocado and tomatoes.

**Lunch:** If you eat a salad with ranch or blue cheese dressing. Try a vinaigrette dressing.

**Dinner:** if you eat meat every night. Try one meatless dinner and two grilled or baked fish dinners per week.

Make these better food choices for better heart health. (2013). Harvard Heart Letter, 24(2), 6-8.

**HIGH ANTIOXIDANT FOODS AND NUTRIENTS THEY CONTAIN**

**Blackberries--** Vitamins C and K, manganese and fiber

**Blueberries--** Vitamins C and K, and fiber

**Kiwi--** Vitamins C, E and K, potassium copper and fiber

**Olives--** Heart healthy monounsaturated fats

**Oranges--** Vitamin C, folate, thiamin, potassium and fiber

**Pineapple--** Vitamin C, manganese and fiber

**Plums--** Vitamins A, C and K

**Pomegranate--** Vitamin B-6, C, and K, folate, thiamin, potassium, phosphorus and fiber

Highly Functional Foods. (2014). Special Report: Supplement to MAYO CLINIC HEALTH LETTER, 1-6.

*~from American Diabetes Association~*

**Mediterranean Lentil Soup**

2 teaspoons canola oil

1 onion, diced

2 cloves garlic, minced

2 Italian turkey sausage links, sliced

32 ounces reduced sodium, fat-free chicken broth

1 (14 ounces) can diced tomatoes

3 cups of water

1 cup dried lentils

1/2 teaspoon ground black pepper

1/4 teaspoon oregano, diced

1 Bay leaf

Heat the oil in large pot over medium-high heat. Add onion and saute for 3 minutes or until clear. Add garlic and saute for 30 seconds. Add turkey Italian sausage and cook for about 8 minutes until brown. Add remaining ingredients. Bring soup to a boil; reduce heat and simmer for 15 minutes.