

WELLNESS CONNECTION

Live well. Work well.

MARCH 2020

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COMING SOON: You spoke and we listened! The System Office Wellness committee will be offering a new and improved UI Stride challenge this spring. Stay tuned in the coming weeks for more information.



March is National Nutrition Month

To shine a light on National Nutrition Month, Seth Yoder sat down with Annabelle Shaffer to discuss nutrition and a little bit about what brought her to the field. Annabelle was diagnosed with celiac disease at a young age and that inspired her to explore new and creative ways to help people overcome dietary restrictions. Annabelle followed her passion to UIUC and graduated in 2019 with her undergraduate degree in Dietetics. She is currently pursuing a master's degree in Nutritional Sciences and is working in the Nakamura Lab. Upon the completion of her master's degree, she intends to pursue a medical degree and hopes to ultimately practice lifestyle medicine.

Read more about Annabelle in the employee spotlight.

► WELLNESS EVENTS



Check the event calendars at your university to find great opportunities for wellness activities in and around your work community!



[UIUC Campus Wellbeing Service Wellness Events](#)



[UIC Wellness Center Calendar of Events](#)



[UIS Connection Events Calendar](#)

► FEEDBACK



Contact the System Office Wellness Committee:

SOWellness@uillinois.edu



READ TIME:
3 1/2 MINUTES

March is good nutrition month; **YOU ARE WHAT YOU EAT!**

By Lydia Schillinger

Good nutrition is essential. It plays an important part in maintaining a healthy lifestyle. What we eat has a huge impact on our overall health. Unhealthy eating habits lead to chronic diseases like osteoporosis, heart disease, high blood pressure, obesity, type 2 diabetes and certain types of cancer. Our dietary habits play an important role to help keep us functioning and fit.

Cooking at home is a great way to know your ingredients and control your calories. I love to cook but you may not be as enthusiastic about it as I am. If you are not a great cook or are short on time, you may still eat great food. I especially love steamable vegetable bags. My kids can even make them! If you need a break from cooking at home, there are times when going out to eat is a real treat and should be enjoyed from time to time. When a person goes out to eat, how can we be sure what we are consuming? I read somewhere that Americans eat and drink about one-third of their calories away from home. That can be a lot of unknowns. I like to know what I am putting in my body so when I eat out, I have some helpful tools from [choose my plate.gov](http://choosemyplate.gov) for you to consider using. I will highlight my favorite tips, visit the site for all 10!

Consider your drink

Choose water or other drinks without sugar. I remember hearing on the TODAY show once from a financial guru they were highlighting that if you forgo the beverages when eating out and just stick to water you can save around \$250 each year!

Order a salad

Start your meal off with veggies! Ask for the dressing on the side (always) and dip your fork in the dressing before you gather your bite of salad. This way you get a tasty bite each time with less calories from the dressing. Vinaigrettes are best!

Only eat half of your entrée

My plate.gov site calls this "Quit the 'clean your plate' club". Portion sizes these days can feed an army. You do not have to finish your meal like your Grand-Mother always told you to do. Take half of your meal home and eat it the next day or share a meal at the restaurant. You will save calories and money.

Read the labels

Most restaurants these days have calories labeled on the menu. If they don't look them up online. The 800-calorie meal sure sounds yummy but try the 400-calorie meal instead. Some menus even have lighter fare options.

Another great tip I use is to ask the Chef to prepare the meal your way. If you are eating breakfast at a diner, ask them to not use oils or butter when preparing your eggs. If you are eating at a fancy restaurant, tell the chef exactly how you want your meal prepared. I always receive a yes when requesting such accommodations. Chefs are professionals, they want you to love their food, they want you to come back and enjoy another meal.

Now that you have all these great tips on making healthy choices, I hope you will enjoy many great meals and feel great about your choices!

Visit [USDA Nutrition.gov](http://USDA.Nutrition.gov) for more information on a healthy eating lifestyle, physical activity and food safety.

If you want to change you have to change.

Let us know your progress and/or a healthy lifestyle nutrition change that was a success for you and we may feature you in one of our Wellness Newsletters. ■

► NOURISHING YOU



READ TIME:
3 MINUTE



CONTENT SOURCE:
[CLICK HERE](#)

Mason Jar Salad Recipe for an Easy Lunch

For additional mason jar salad recipes and more information on building the ultimate grab and go lunch, check out 5 Mix and Match Mason Jar Salad Recipes for Easy Lunches! <https://thegirlonbloor.com/mix-and-match-mason-jar-salad-recipes/>

Ingredients

Make ahead ingredients

1-2 chicken breasts (depends on how many jars you're making - 1 breast per two jars is standard)

Greek salad jar

- chickpeas
- cucumber
- cherry tomatoes, sliced
- red onion, diced
- baby spinach

Greek dressing

- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 1 tsp oregano
- 1/2 tsp each salt and pepper

Instructions

1. Bake chicken breasts with a little bit of olive oil, salt & pepper in a 400 F for 20 min. When cooled, dice up into 1-inch pieces.
2. Mix together dressing - you can use the homemade version listed above or store-bought version to save time. Each salad jar should require only 1-2 tbsp of dressing.
3. Add dressing of choice to the bottom of a 16-oz mason jar. Layer in ingredients of choice in order of what is listed: chicken, chickpeas, cucumber, cherry tomatoes, red onion, baby spinach to the jar in that order.
4. Jars will keep in fridge up to 4 or 5 days. For easy meal prep, cook chicken ahead of time up to 24 hours in advance so all you have to do is assemble.
5. Serve by shaking mason jar so dressing gets distributed, then dump in a large bowl to eat.
6. Enjoy!

Nutrition Information:

Calories: 239kcal | Carbohydrates: 23g | Protein: 18g | Fat: 9g | Saturated Fat: 1g | Cholesterol: 30mg | Sodium: 77mg | Potassium: 369mg | Fiber: 2g | Vitamin A: 190IU | Vitamin C: 3.5mg | Calcium: 24mg | Iron: 2mg ■



Photo Credit: thegirlonbloor.com

► FOOD FOR THOUGHT

“Your best diet is as unique as you! Experiment to find the balance of foods that leaves you feeling healthy, energetic, and strong.

- Colleen Crawford, System HR



READ TIME:
2 MINUTES



CONTENT SOURCE:
[CLICK HERE](#)



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Healthy Eating Patterns

By Jackie Billhymer

You hear it all the time. “**Eat your fruits and vegetables.**” You know that they are good for you, but do you know why? Your diet should consist of the key nutrients, vitamins and minerals that a healthy eating pattern provides. The key is eating nutrient-dense foods. Sometimes called “superfoods”, they contain vitamins, minerals, complex carbohydrates, lean protein, and healthy fats. Choosing nutrient dense foods can help you pack in the most nutrition while staying within your calorie limits.

Every five years, the U.S. Departments of Health and Human Services (HHS) and of Agriculture (USDA) must jointly publish a report containing nutritional and dietary information and guidelines for the public. The report is required to be based on scientific evidence and the [2015-2020 Dietary Guidelines for Americans](#) outlines this evidence through its five guidelines and key recommendations. In order to keep this short, I am focusing only on the key recommendations. However, I encourage you to take time to read all five guidelines and the information they provide!

According to the Guidelines, a healthy eating pattern includes (with a few examples):

Variety of vegetables and fruits –

blueberries, goji berries, kale, spinach, legumes, avocados

Whole grains –

oats and quinoa

Low-fat dairy –

Greek yogurt

Variety of protein –

salmon, lean meats, almonds and eggs

Oils –

extra virgin olive oil (EVOO)

You should limit saturated and trans fats, added sugars and sodium. Luckily, many of these foods are low in the things you should limit! You can find many examples of [superfoods](#) by searching the web. Do your own research and plan your meals using these guidelines to help you establish a healthy eating pattern for life. ■



Photo Credit: hector bermudez-unsplash



READ TIME:
2 MINUTES

Small Changes, Big Results: Food Substitutions

By Christina A. Worthington

Eating healthier doesn't have to be complex! Making small changes to what you eat is a great way to change your eating habits in an approach that is sustainable. You can start by simply exchanging one ingredient for another, healthier option. Try these substitutions to cut down on calories, fat, cholesterol and sodium while keeping the flavor in your favorite recipes.

Instead of This...	Choose This...
White rice	Brown rice
White pasta	Whole wheat pasta
White bread	Whole grain bread
Butter on toast	Avocado on toast
Iceberg Lettuce	Romaine lettuce or spinach
Sour cream	Plain Greek yogurt
Vegetable Oil	Extra virgin olive oil or coconut oil
Sugar	Stevia
Table Salt	Himalayan Salt
Ranch dressing	Olive oil + vinegar
Soda	Water
Fruit juice	Fruit-infused water
Candy bar	70% Cacao dark chocolate
Granola	Handful of almonds
Chips	Air-popped popcorn
Cake, donuts or brownies	Angel Food Cake
Ice Cream	Sorbet, sherbet, or frozen yogurt



READ TIME:
8 MINUTES

Wellness Connection Nutrition Interview with Annabelle Shaffer

By Seth Yoder

I recently sat down with Annabelle Shaffer to discuss nutrition and a little bit about what brought her to the field. Annabelle has been passionate about diet since she was a child. She was diagnosed with celiac disease at young age and that inspired her to explore new and creative ways to help people overcome dietary restrictions. Annabelle followed her passion to UIUC and graduated in 2019 with her undergraduate degree in Dietetics. She is currently pursuing a master's degree in Nutritional Sciences and is working in the Nakamura Lab. Upon the completion of her master's degree, she intends to pursue a medical degree and hopes to ultimately practice lifestyle medicine.

Question:

Are there common areas of weight gain in men's and women's bodies as they age?

Answer:

Men are more likely to store fat in their abdominal region (apple shape); women more so in the hips and thighs (pear). This poses more of a risk for men than women because when fat is stored around organs it tends to lead to more health complications.

Question:

Why does weight loss seem to be harder as you age?

Answer:

We lose more muscle mass as we age. As a result of losing this muscle mass our energy levels depreciate. The key to maintaining a healthy weight as we age is to keep energy expenditure as high as possible. While it is true most metabolisms slow down with age the hard truth is we can't improve metabolism, but we can have an impact on the amount of physical activity we do.

Question:

How can a person ensure long-term weight loss success?

Answer:

What is clear is that each person must design their own diet to fit the unique characteristics of the individual. What is also apparent is that removing a food group, making drastic cuts in calorie intake, and/or developing a diet that relies on meal replacement rarely leads to long-term weight loss. It is recommended when developing any type of diet to include a protein source and fiber source in most meals. The protein will help with building muscle mass and the fiber will help keep you full well after the meal and benefit the body's overall GI health. A good example of this could be a breakfast that includes oatmeal with a cup of Greek yogurt.



Annabelle Shaffer

Question:

Can drastic, quick weight loss have a negative effect on my health?

Answer:

Yes, if we are not providing our bodies with enough calories and protein intake, our bodies will start to search for these sources in other places within the body. When the body starts to rob protein from muscle mass, energy levels will begin to decline and have an overall adverse effect on weight loss goals.

Question:

How can I determine the best goals for weight loss

Answer:

The National Institute of Health (NIH) recommends a person should lose no more than 1-2 pounds a week. The average person needs approximately 2,000 calories a day, in order to lose 1-2 pounds a week that would require a 25-50% reduction in calorie intake. When considering goals for weight loss it is also important to factor in the amount of activity an individual does each week and adjust your calorie intake accordingly. ■