

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

Healthy Meals Made Simple



Are you always on the run? Do you never seem to have quite enough time in the day? Lack of time is a major reason why many people give up eating healthy. However, healthy eating is even more important when you have a busy schedule. This year make a resolution to improve your eating habits by preparing more meals at home with a well-stocked pantry and freezer. Small changes in eating patterns can bring big health benefits by saving calories each day, which can lead to weight reduction. In addition, eating more meals at home is great way to save money.

As a culinary school graduate, one of the most important skills I learned as a chef is “Mise En Place.” It is a French term for “everything in its place.” A well-stocked pantry and freezer can help you create “mise en place” for healthy meals that are simple, quick and nutritious.

Wholly Whole Grains! Whole grains have valuable antioxidants; and they are an excellent source of B vitamins, vitamin E, magnesium, iron and fiber. Whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity. Designate one shelf or area of your pantry for whole grains and add: whole-wheat pasta, instant brown rice, whole-wheat couscous, 100% whole-wheat bread, old-fashioned oatmeal and other whole grain cereals.

Fit Tip of the Month

Dumbbell Step Up

Beginner exercise targeting the butt, hips and thighs.

Equipment Needed – dumbbells, raised platform or box



Step 1

Stand with your feet parallel about hip width apart, holding dumbbells in your hands with palms facing inward. Pull shoulders down and back.



Step 2

Slowly step to place your right foot on the platform while keeping your torso upright and aligning your knee over your

Spice (or Herb) Up Your Life Wake up your taste buds! Cooking with herbs and spices will enhance the flavor of healthy foods without adding fat, salt, sugar or calories. Dried herbs and spices should be kept in a cool, dry and dark place like your pantry. If you can't smell the aroma of an herb when you rub it between your fingers, then it is time for a new supply.

Taste Thoughtfully Take your meals to a whole new level by adding flavor in simple and easy ways. Fill your pantry with low sodium marinades and sauces like teriyaki, lemon pepper, garlic & herb, mesquite and barbecue. Try balsamic vinegar or other flavored vinegars, salsa, spaghetti sauce or broths to liven up a dish. Jams, jellies or honey can also be a secret ingredient to a flavorful entrée. For a creamy dish try low fat cream soups or evaporated skim milk.

Add Color, Add Health Fruits and vegetables are critical to promoting good health. Eating different color fruits and vegetables provides a wide range of precious nutrients, including fiber, folate, potassium, and vitamins A and C. Increase your intake with a combination of fresh, canned, frozen or juiced. Grow a garden or back up plans in your pantry or freezer with canned low sodium or no salt vegetables, canned fruit packed in water or its own juice, frozen vegetables without sauces and frozen fruit. Remember, dried fruit such as raisins, and 100% juices are also great to have on hand when you run out of fresh fruit.

Plan P (Protein) Protein is an important nutrient needed on a daily basis. Easy pantry solutions are canned or foil-packed tuna or chicken, aseptic packaged tofu, nuts and nut butters. Canned beans are a great way to add fiber with your protein; try black beans, garbanzo beans, great northern beans or pinto beans. Keep your freezer stocked with meatless products, burgers made from soy and/or beans, boneless, skinless chicken breasts fish fillets, turkey meatballs, lean steaks and egg substitute.

Make Room for Milk or Milk Substitutes Milk is a great source of calcium, vitamin D, potassium and protein. Milk and milk products can reduce the risk of low bone mass throughout the life cycle. When milk, yogurt or cheese are on sale, stock up. All of these products can be stored in the freezer for later use. If you avoid milk because of lactose intolerance, choose lactose-reduced or low-lactose alternatives within the milk group, such as cheese, yogurt or lactase-treated milk. Or take an over-the-counter enzyme lactase before consuming milk products. For milk allergies, try soy or rice milk products that are shelf-stable for your pantry.

Once you have your pantry and freezer well-stocked, all you need to do is keep it replenished. As part of a weekly routine, assess your inventory and then plan out your grocery shopping list. For additional menu planning assistance, visit www.myinteractivehealth.com. In the My Activities or my Action Plan section, select the nutrition tab, and choose the Meal Planner.

Chef Cheryl Bell MS RD LDN CDE

Resources

Interactive Health:

Quick Tips: Making Fast, Healthy Meals

<http://myinteractivehealth.com/MyHealthLibrary/HealthAZ?HealthWiseUrl=articles%2fcontent%2fspecial%2fud3717.html>

Healthy Eating: Making Healthy Choices When You Shop

<http://myinteractivehealth.com/MyHealthLibrary/HealthAZ?HealthWiseUrl=articles%2fcontent%2factionset%2fuz2171.html>

second toe. Push off with the left leg to raise your body onto the platform placing that foot alongside your right foot.



Step 3

Slowly shift your weight of your body onto your right foot, step backwards to place the left foot on the floor in its starting position. Repeat on the opposite side.

Step 4

To add more challenge – step-up onto one leg only and remain standing on a single-leg before stepping back down.

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

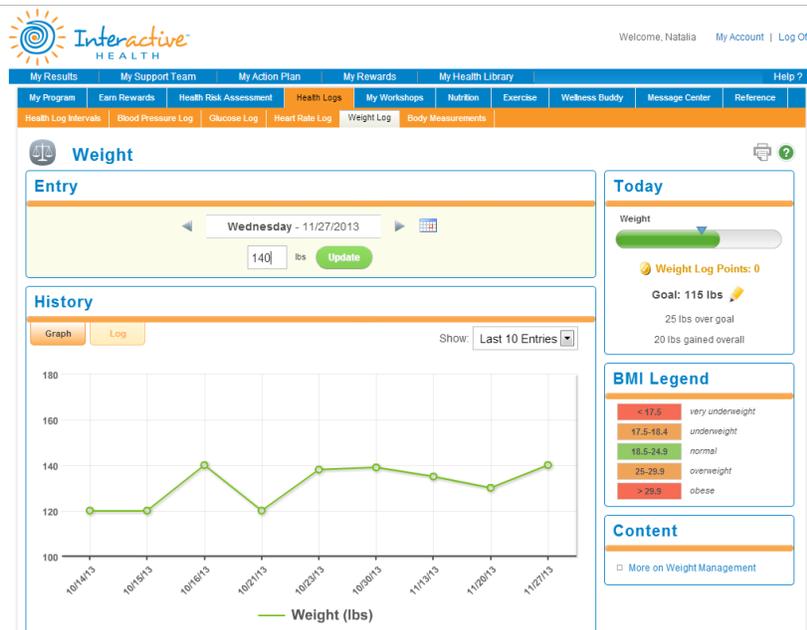
Suzanne Toon MS CPT
Health Coach – Interactive Health

Member Website Spotlight

Weight Log and Goal

If you're like most of us, your weight may be top of mind as you start the new year. The Weight Log and Goal on the member website make it easy for you to stay on track. Find them by logging into the member website, and selecting My Activities or My Action Plan. Once there, click on Health Logs and choose [Weight Log](#). Keep track of your weight on a weekly basis. You can also set a weight goal with reminders of your progress.

Another way to measure weight loss is by how your clothes fit, as your body composition may be changing. Wondering about your body mass index (BMI)? Just check the side box for guidelines according to your height and weight.



Eating on the Run; Wherever Your Road Takes You

Most of us have busy lives and eat on the go, making it a challenge to eat healthy. Learn ideas for nutritious grab and go options as well as tips for eating healthy when traveling. Discover foods to keep in your desk, briefcase or glove compartment when you need something quick between activities.

Date: Thursday, January 23, 2013
Time: 12:00 pm – 12:45 pm (Central)

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

Recipe of the Month



Apricot-Lemon Chicken

Now that you have a well-stocked pantry and freezer, this quick and simple recipe starts with an apricot fruit spread to

Preventive Focus: Body Mass Index

Body Mass Index or BMI is a measure of body fat based on height and weight that applies to adult men and women.

BMI Categories:

Underweight: less than 18.5

Normal weight: 18.5–24.9

Overweight: 25–29.9

Obesity: 30 or greater

A normal weight BMI is associated with lower risks for heart disease, stroke, diabetes, cancers and other health issues. Extra body weight can increase LDL (“bad”) cholesterol and also reduce HDL (“good”) cholesterol. As BMI moves farther outside the healthy range, health risks increase.

BMI is a useful screening tool but it does have some limitations. It is not valid during pregnancy and may be overestimated in very muscular people. The BMI may also be underestimated in people that are frail or inactive. There can also be different BMI ranges in certain ethnic groups such as Asian or Indian descent.

Researchers are finding that BMI *along with* waist measurement can be highly effective at determining risk for diseases associated with obesity. To measure, place a tape measure around your waist at the level of your belly button or top of the hip bone. Males with a waist size of greater than 40 inches or women with a waist size of greater than 35 inches are at increased risk for health problems.

Resources:

BMI calculator:

<https://www.myinteractivehealth.com/MyHealthLibrary/InteractiveTools?HealthWiseUrl=articles%2Fcontent%2Fspecial%2Ftx4379.html>

Waist measurement:

<https://myinteractivehealth.com/MyHealthLibrary/HealthAZ?HealthWiseUrl=articles%2Fcontent%2Fspecial%2Faa128700.html>

concoct a sauce that transforms simply prepared chicken breasts into this elegant dish.

Serves 4

Ingredients

1 teaspoon curry powder

½ teaspoon salt

¼ teaspoon freshly ground black pepper

4 (6-ounce) skinless, boneless chicken breast halves

⅓ cup apricot spread

2 tablespoons fresh lemon juice

2 tablespoons water

2 teaspoons grated lemon rind

Directions

1. Combine first 3 ingredients in a small bowl; rub mixture over chicken.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Cook chicken 6 minutes on each side or until done. Remove chicken from pan, and keep warm.
3. Add apricot spread, lemon juice, and 2 tablespoons water to pan, stirring until smooth. Cook over medium heat 1 minute. Spoon sauce over chicken; sprinkle with lemon rind.

Nutritional analysis per serving

Calories: 245

Total Fat: 2 grams

Saturated Fat: 0.6 gram

Cholesterol: 99 milligrams

Protein: 40 grams

Total Carbohydrates: 15 grams

Dietary Fiber: 0 grams

Sodium: 400 mg

**Chef Cheryl Bell MS RD LDN
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About Interactive Health

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.