

Mansfield Monthly



Anthem 24/7 Nurse Line: 1-800-711-5947

Simplifying Nutrition

The nutrition space can be very complicating and misleading. This can cause a lot of frustration and struggles sticking to a particular plan or diet. With lifestyles being busier than ever and “time” always being the number 1 excuse, organization and planning is key.

Due to the everyday craziness of life we tend to make a lot of last minute, convenient food choices, sometimes sacrificing quality and quantity.

Obviously, nutrition plays a big role in health/longevity, but also in how you look, feel and perform at home & work. You don’t have to be perfect 24/7 but the majority of us could use a little more consistency in the eating/drinking department.

Meal prep is a very commonly used phrase these days. Many people will dedicate parts of their weeks to preparing large amounts of food to portion out into multiple meals for days at a time. Although this can be effective, it may be a lot to try and fit in at first. What are some initial steps you can take to improve your nutritional habits and consistency?

Focus on Protein & Veggies

These 2 food groups are commonly under eaten by many of us. Sources of protein & veggies deliver a lot of valuable nutrients to our

bodies but also help us feel fuller longer and control our body compositions. For example: If you were looking to burn some fat you commonly think about things to remove from your diet, but thinking about things to add in (like protein and veggies) is a good starting place too. It is very hard to overeat things like eggs, meat, spinach, broccoli, etc...

Make a List of Go-To Meals

Eating a variety of foods is great, but a lot of people would benefit from simplifying their food intake on a day to day & week to week basis. Try making a list of 4-5 meals you:

- Enjoy & can make relatively easily last minute or during busy times.
- Are centered around a protein source and non-starchy veggies. Portion out starchier carbs and fats according to what makes sense for you and your goals.
- Would be good leftover for a few days or so.

Personal Go-to Example: Stir Fry

- Shrimp (or other meat), broccoli, bell peppers, mushrooms, onion, garlic, teriyaki sauce over white or brown rice

Snacking Alternatives

When we don’t have planned out, satisfying meals we tend to snack aimlessly as well. Although some snacks here and there are ok we should be trying to focus on getting most of our daily food intake from meals centered around whole foods!

Make a list of problem area snacks you’d like to cut back on:

Ex.) Doritos, Ice Cream, Granola Bars

How to Prevent Unnecessary/Problematic Snacking?

- Don’t buy said snacks or have them in the house to begin with

If possible, avoid buying them in the first place. If something’s in the house, I like anyone else will be tempted to eat it...If you don’t need it, don’t buy it.

- Create resistance between you and the problem foods/drinks

If you have kids or anyone else in the house who wants/needs certain foods/drinks to be present, what do you do? Make them less accessible to you. Take advantage of the fact that we as humans are lazy and don’t want to go out of our way for things.

Store things in different rooms, the back of the cabinets/fridge behind other choices, in the basement/garage or somewhere else out of reach! The more friction between you and the problem food, the less likely you’re going to go out of your way to get it.



HAPPENINGS AROUND TOWN

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Dates & Times ^^)

Events such as:

- Foreign Film Tuesday
- Family Story Time
- Farmer's Market @ Town Hall!
- Pregnancy & Postpartum Support Group
- Downtown Festival



BE WELL NEWS

Congratulations to Janice Wilcox of Mansfield Middle School for winning the August Newsletter Raffle. Janice won a gift card worth \$150! Each month's newsletter contains a link to a brief Mindful Wellness Quiz. Complete the 2-3 minute quiz to be entered to win a \$150 prize. You can take the Mindful Wellness Quiz by clicking [HERE](#) !

The September Challenge is all about eating habits and learning ways to optimize snacks/meals. Participating in this Challenge will help you qualify for end of year prizes in the **Be Well Rewards program**. Please reach out with any questions!

Quick Fact

Did you know packaged foods in stores are allowed up to a 20% error in the accuracy of their nutrition facts, while restaurants may have even larger errors! This means things like calories, nutrients, etc. can be misreported & inaccurate 20% or more. This highlights why eating more whole foods you prepare can help with weight management. You can still eat out & enjoy yourself, but know that the more you eat out/have pre-packaged foods, the harder it is to know exactly what/how much you're eating!

Snack/Meal Ideas

Shrimp Stir Fry

- Shrimp
- Veggies of choice: broccoli, mushrooms, onion, bell peppers, etc.
- Garlic, pepper, teriyaki sauce
- White or Brown Rice or just have over a bed of cauliflower rice or just veggies if looking to lower total calories

Anytime Oats

- Old Fashioned Oats
- No added sugar Greek Yogurt
- Unsweetened Vanilla Almond Milk
- Berries (blue, rasp, straw, etc.) or other preferred fruit
- Mix it altogether and enjoy on the spot or put in the fridge to enjoy later

All Day Breakfast

- Cook up a few eggs to your preference
- Cook and season ground beef, turkey or chicken on the stovetop
- Mix ground meat with eggs when cooking of both is complete
- Add and slice up an avocado
- Add any veggies you'd like!

Pesto Chicken Quinoa

- Quinoa
- Asparagus, grape/cherry tomatoes, mushrooms, etc.
- Shredded Chicken (grilled, baked, rotisserie, etc.)
- Add pesto, red pepper flakes and parmesan cheese

Email be_well@mansfieldct.org with some of your favorite snack/meal ideas, recipes or questions about strategies for your personal challenges!

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

