

Wellness @ Work

March 2021

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Join Sanford Health Plan for an all-natural, free-range, organic discussion of a recent trend in food marketing—the health halo. During the 15-minute webinar we will discuss the ins and outs of food and health claims you see in the grocery store.

Click here to register today!

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HEALTH PLAN

Figuring out food and health claims

Imagine yourself at the grocery store walking down the cereal aisle or perusing the produce. You see a box of cereal that claims “Can help lower cholesterol” or a container of kiwis that says “Source of vitamin C.” These sound like wonderful health benefits, but what do the health claims on food packages really mean?

Here is a general guide to follow from the American Heart Association while reading labels:

- “Free” means the food has the least possible amount of the nutrient
- “Very Low” and “Low” means the food has a little more than foods labeled “free”
- “Reduced” or “Less” means the food has 25% less of a specific nutrient than the regular product
- “More,” “Fortified,” “Enriched,” “Added,” “Extra,” or “Plus” indicate the food has 10% or more of the Daily Value than the regular product, this is typically used for added minerals, protein, dietary fiber, and potassium

See these examples of what you might read on a food package and what it means (per serving):

✔ **“No added sugar”**
What it means: No sugar or sugar-containing ingredient

✔ **“Low sodium”**
What it means: 140 mg or less of sodium

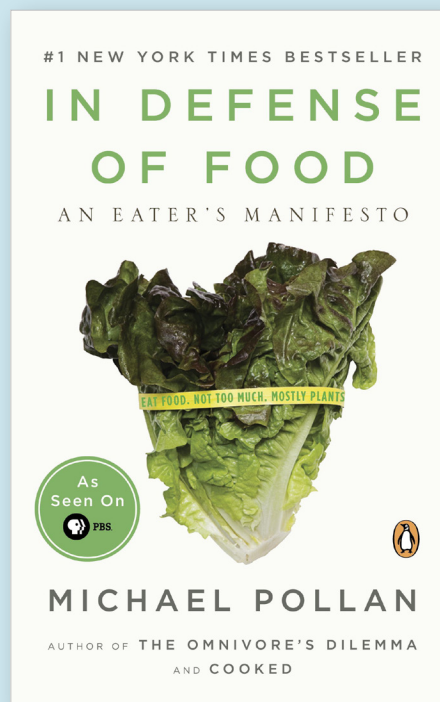
How much do you need?

Understanding how much of a nutrient is recommended for you to consume each day is also important when interpreting health claims. The daily value of sodium is 2,300 mg or less. So, if you consume one serving of a food with a “Low Sodium” claim, you are consuming 6% or less of your sodium from this food.

One key fact to remember, is that a food manufacturer can make many claims on their package. It does not necessarily mean the food is healthier because there are added or reduced nutrients. Many healthy whole foods will not contain health claims.



Nutrition Facts	
2 Servings per container	
Serving Size 1 cup (228 g)	
Amount Per Serving	
Calories	250
Total Fat 12g	24%
Saturated Fat 3g	6%
Polyunsaturated Fat 3g	6%
Cholesterol 30mg	60%
Sodium 470mg	10%
Total Carbohydrate 31g	20%
Dietary Fiber 0g	0%
Total Sugars 15g	30%
Includes 10g Added Sugars	20%
Protein 5g	10%
Vitamin D 1mcg	20%
Calcium 260 mcg	52%
Iron 8mg	16%
Potassium 188mg	4%



Book Club

In Defense of Food

by Michael Pollan

Food. There's plenty of it around, and we all love to eat it. In today's modern world, food is confusing to many. It seems that the more we worry and learn about nutrition, the less healthy we become.

Best selling author Michael Pollan proposes a new (and very old) answer to the question of “What should I eat?.” He believes it comes down to seven simple but liberating words: Eat food. Not too much. Mostly plants. Learn how you can cut through all of the health claims and marketing on food packages to start making thoughtful food choices, expand your sense of what it means to be healthy, and bring pleasure back to eating.

Discussion questions

1. Do you have any attachment to specific foods? Why do you have that attachment to those foods- what is their significance?
2. Do you agree that we are eating larger portions now than before? If so, why do you think this is?
3. Have you attempted to implement a mostly plant based method of eating? Why or why not?
4. What solutions does the author offer to help make thoughtful choices in eating? Which solutions will you adopt or not adopt and why?

Give it a try...

Free nutrition consultation

Sanford Health Plan has registered dietitians available to you for a free 30 minute telephonic consultation. We will help you develop a plan to change your eating habits and make food and nutrition less confusing.

During your consultation you will:

- Get your nutrition questions answered
- Discuss barriers you have to healthy eating and identify eating habits you can change
- Learn strategies that can help you be successful at shopping, preparing and consuming healthy meals and snacks

Sign up for a nutrition consultation at sanfordhealthplan.com/members/wellness



Maintaining Office Relationships Remotely

As many offices have closed due to the spread of COVID-19, many employees have found themselves working remotely from home. Time has revealed that many employees are finding their home office is a long-term solution. Though working from home has its advantages, it is also important to be aware of the impact working home alone has on our emotional, social and career well-being—three important dimensions that can determine our quality of life.

According to a Gallup study in 2018, having a close friend at work increases fulfillment and productivity. In addition, loneliness in the workplace can affect both personal and professional well-being. Here are a few tips to consider when building or maintaining work relationships:

- 1: Try video chat lunches or regular video touch bases
- 2: Set reminders for co-workers birthdays, anniversaries or other work milestones on your calendar and send a personal note that day
- 3: Use instant messaging systems to engage in daily or weekly conversations

Employees who maintain good relationships or friendships are more likely to share ideas and to help one another. Your small question or act of kindness could make a huge impact on someone's day.

Embracing winter

Remember how fun it was to play in the snow as a child until you couldn't feel your hands and feet—it was amazing. However, as adults we tend to dread the colder days. This isn't without reason, living north of the 37th parallel in winter can put one at risk for falls, low vitamin D, inactivity, isolation, or seasonal affective disorder. Learning to embrace winter can have a positive impact on overall health.

MINDFULNESS: When in the cold, pay attention to how your mind and body react. Take a moment to simply notice the sensation of the cold. Practice being in the moment and letting go of the negative feelings of disliking the cold.

REFRAME: Instead of feeling “stuck” inside, look for opportunity to slow down or take on a project you've always wanted tackle.

Make sure that you have appropriate footwear, a warm coat, and accessories that will keep you warm and safe outdoors. Talk with your health care professionals about any emotional well-being concerns. Look at the winter months as a new challenge: *What is one thing you would like to say you did this winter?*



Activate!

FOOD INGREDIENT APP

When it comes to food, knowledge can be one of the most powerful tools in your toolbox. One way to increase your knowledge of food is by reading nutrition labels and understanding the ingredients in your food.

Sift can help you to decipher the ingredient information on a food label. Simply scan any label and it will sift the ingredients for you into various categories such as legumes, vegetables, fruits, additives, herbs, spices, and more. Once scanned, there is an option for some ingredients to click and learn more information about that ingredient.

You can make more powerful choices when it comes to picking between one food product or another by understanding the ingredients. This app is also very useful if there are particular ingredients you are limiting for your health. Sift is free and does offer in app purchases.



Monthly Observances

Colorectal cancer
Kidney
Nutrition
Vision
7-13—Sleep
23—Diabetes alert

Prevention: Colorectal Cancer

Colorectal cancer risk is influenced by factors that we cannot change as well as those that we can change. Prevention includes engaging in healthy lifestyle habits, knowing risk factors and getting screened.

Manage your controllable risk factors

- Weight
- Nutrition
- Physical activity
- Smoking
- Alcohol consumption

Talk to your doctor about risk factors you cannot control

AGE: colorectal cancer is more common after age 50, but is rising in those younger than 50

PERSONAL HISTORY: colorectal polyps, inflammatory bowel disease

FAMILY HISTORY: colorectal cancer, adenomatous polyps

INHERITED SYNDROME:

Lynch syndrome, familial adenomatous polyposis

Racial and ethnic background

Type 2 Diabetes

Get screened. Talk to your doctor about the screening test that is right for you and when to begin screening

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SANFORD
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Available for download



Sheet pan chicken and vegetables

Serves: 4
Total Time: 45 min | Prep: 15 min

Ingredients:

4 boneless chicken thighs, skin removed
1 cup baby carrots
1 cup cauliflower, chopped into one inch florets
1 cup Brussels sprouts, halved and stems removed

1 cup potatoes, diced into one inch pieces
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried Italian seasoning
1 teaspoon dried thyme
2 tablespoons olive oil
Salt and pepper to taste

Directions:

Preheat oven to 425 degrees. Cut and slice cauliflower, Brussels sprouts and potatoes into similar sized one inch pieces. Spread out in a single layer with carrots onto one side of the sheet pan. Shake garlic, onion, thyme and Italian seasoning over vegetables. Drizzle with olive oil. Toss vegetables on sheet pan to evenly coat with oil and seasoning. Place chicken on other half of the sheet pan and sprinkle with salt and pepper to taste. Bake chicken and vegetables in oven for 30 minutes or more. If using bone in chicken thighs, cook chicken only for an additional 10 minutes. Turn vegetables about 15 to 20 minutes into cooking for more even browning. Vegetables are cooked when a fork can easily pierce all the way through.

Nutrition Facts:

Calories: 319 Total Fat: 12g Sodium: 302mg Total Carbohydrates: 15g
Dietary Fiber: 4g Total Protein: 37g

Nutrition information compiled using MyNetDiary.com



Join us for live cooking classes on our Facebook Group. [REGISTER HERE!](#)

This information should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.