

UHC Seasonal Health Update

WINTER 2019

HOW TO MANAGE YOUR PORTIONS

Learn to read food labels. Pay attention to the serving size on the package. For example, the label to the right for a large muffin indicates that the serving size is 1/2 of a muffin. If you eat the whole muffin, you have to multiply all the numbers by 2. In this case the whole muffin contains 540 calories, 24 grams of fat and 74 grams of carbohydrates!

Compare restaurant portions to recommended serving sizes.

A standard bagel counts as two servings from the bread food group. A NYC bagel counts as six servings. A pasta dinner from your favorite restaurant might add up to six or more servings!

Repackage supersize bags. Supersize bags may be more economical, but they can also encourage you to overeat. If you buy huge bags of chips or pretzels, for example, repackage the contents into smaller containers.

Share a meal. Order an appetizer and split one main course with another person when you go out for a meal. Share an order of fries with everyone at your table. Order one dessert and some extra forks.

Eat half or less. If you're not sharing a meal, eat half of what you're served and take the rest home to enjoy as another meal. You might even ask for the box when your plate arrives and pack it up right away.

Use a smaller plate. At home, serve your meals on smaller plates. Your plate will look full, but you'll be eating less.

Slow down and skip second helpings. Eat one reasonable serving and don't immediately go back for seconds. Give yourself time to digest and serve yourself more food if you are still hungry. You can always load up on more vegetables!

Look at the serving size first.

NUTRITION FACTS

Serving Size 1/2 Muffin (82 grams)	
Amount Per Serving	
Calories 270	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 1g	5%
Sugars 17g	
Protein 5g	
Vitamin A 6%	Vitamin C 0%
Calcium 4%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Calories for just one half of the muffin

If you eat the whole muffin you would be consuming 34 grams of sugar!

FLU VACCINE IS HERE!

Don't forget, flu season is upon us. Please remember to ask your provider or any staff member about getting the flu vaccine.

UHC Will Be Closed:

*February 18th
Monday, in honor of
President's day*

In the Kitchen

TURKEY CHILI



Get a Handle on Emotional Eating

Emotional eating is one of the most common barriers to having a healthy relationship with food. People often eat to relieve stress or to get something off their minds. Unfortunately, that stress may actually cause you to crave high sugar, highly processed carbohydrate foods that may cause you even more stress.

Rather than reaching for food, the goal is to develop new skills for dealing with boredom, self-esteem issues and stress. Try to pinpoint the major reasons for your stress or unpleasant emotions, and see how you can change your habit of turning to food for comfort.

Here are a few suggestions to combat your emotions:

- Get your “trigger foods” out of the house- these are foods that you tend to go for when feeling stressed.
- Go for a brisk walk or jog. Physical activity relieves stress.
- Do deep breathing and relaxation exercises
- Keep a reminder of your goal handy
- Talk to a friend
- Surround yourself with positive reinforcers, like close friends and family that support your efforts.
- Keep a journal that includes your best personal accomplishments
- Track your eating patterns, including when and why you pick up food.

Talk to a professional, a nutritionist, social worker or counselor.

If you still seem to come back to food when your emotions get the best of you, be prepared with healthy alternatives. Stock the fridge with foods that have health benefits and are smaller in size. Here are a few food suggestions to keep within arms' reach (at eye level in the fridge):

- Apple or orange or pear slices
- Carrot and celery sticks
- Cherry tomatoes
- Fruit smoothie
- Applesauce
- Low sugar yogurt (7-11 grams per serving)

INGREDIENTS

SEASONING MIX

- 4 Tablespoons chili powder
- 2 ½ teaspoons ground coriander
- 2 ½ teaspoons ground cumin
- 1 ½ teaspoons garlic powder
- 1 teaspoon oregano
- ½ teaspoon cayenne pepper

CHILI

- 1 ½ lbs ground turkey
- 1 small onion, minced
- 1 (28 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 2 (15 ounce) cans kidney beans

DIRECTIONS

- Mix together the seasoning mix.
- In a skillet, cook ground turkey until no longer pink, then drain.
- Add onion and 3 tsp of seasoning mix to the meat and mix to combine.
- In Crock-Pot or large pot, add tomatoes, tomato sauce, one can of beans and two more teaspoons of seasoning mix (you will have leftover seasoning).
- Place the other can of beans in a blender or mash with a fork until paste.
- Add beans and meat to the pot and stir together.
- Cook on low for 6 hours in a crock pot or pot or until the flavors meld and the chili thickens to your taste.