



# EAT WELL FOR LIFE: WEEK 8

## EATING FOR ENERGY

**Ready for a nap after lunch? Need a daily caffeine pick-me-up to get through the afternoon? Too tired in the evenings to get off the couch?**

Perhaps it's what you are eating—or not eating—that's dragging you down. Making the right food choices can mean the difference between sluggishness and sustained vigor. Second only to lack of sleep, poor eating habits contribute significantly to fatigue. So, what can you eat (or not eat) to help increase your energy?

### CARBOHYDRATES

All foods have energy because they contain calories. Food is made up of carbohydrate, protein and fat in varying combinations. Carbohydrate is the one

*(Continued on page 2.)*



## 6 ENERGIZING FOODS FOR PREMIUM PERFORMANCE

- **ROLLED OATS** - Full of fiber, rolled oats help maintain peak energy levels and curb appetite. They're also a great source of B-vitamins, good for stress management and energy production.
- **LENTILS** - Lentils don't cause a rapid increase in blood sugar, but give you sustained energy. They're high in fiber and folic acid, an added bonus for your heart.
- **NUTS** - An excellent source of monounsaturated fats, which may decrease heart disease risk. Nuts can help maintain your energy levels and enhance immune function. They're also a great source of fiber and protein.
- **LOW-FAT YOGURT** - High in calcium, yogurt is an excellent energy food promoting muscle recovery after a workout. It's also rich in Vitamin B12, a nutrient that helps prevent fatigue.
- **BLUEBERRIES** - A perfect energy-enhancing food. Blueberries contain potent antioxidants that destroy free radicals in the body before damaging healthy cells. Add to cereals, salads and smoothies.
- **ORANGES** - Rich in natural sugars and fiber, oranges provide quick, yet sustained energy.

## FUEL UP WITH QUALITY, NOT QUANTITY

EATING FOR ENERGY *(Continued from page 1.)*

nutrient that the body turns into energy most rapidly and efficiently. However, carbohydrates, specifically the simple carbohydrates, can have their downside too. They can actually be draining, because they are absorbed quickly and provide a quick energy boost followed by a crash.

Examples of simple carbohydrates:

- **Fat-free sweets**
- **Sugar-coated cereals**
- **Regular soft drinks**
- **Fruit juices or drinks**
- **Foods made with sugar and other refined sugar-based ingredients, such as corn syrup, high fructose corn syrup, dextrose and honey**

Complex carbohydrates are the fuel of choice since they are digested gradually. The fiber in foods—fresh fruits and vegetables, whole-grain products (i.e. whole-wheat bread, whole-wheat pasta, buckwheat, quinoa, brown rice, etc.), beans and soy foods—slows their absorption. High fiber foods allow you to feel better and avoid energy drain and irritability.



Examples of whole-grains and complex carbohydrates:

- **Whole-grain cereals**
- **Whole-wheat breads and pasta**
- **Baked white or sweet potato with skin**
- **Buckwheat**
- **Bulgur or quinoa**
- **Brown rice**
- **Vegetables and fresh fruits with skin and seeds**
- **Wheat germ**
- **Legumes—beans, peas and lentils**

START YOUR ENGINES WITH  
BREAKFAST

Breakfast is a time to rev up the body (and mind) for optimal energy, performance and alertness throughout the day. Breakfast helps to:

- **Boost energy**
- **Maintain consistent eating patterns**
- **Stimulate metabolism**
- **Manage weight**

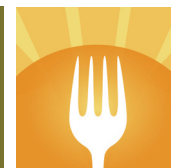
## CAREFUL ON THE CAFFEINE

One cup of coffee may kick-start your day, increase mental awareness and even help you to work faster and think more efficiently. However, too much caffeine has adverse effects. Once caffeine wears off, fatigue and depression can set in. You consume another jolt of caffeine to give your system a boost and the process starts all over again. Mid-afternoon and early evening coffee breaks could also disrupt your sleep leaving you tired and groggy the next morning.

## WATER, WATER EVERYWHERE

Drink plenty of water each day. Fatigue can be caused by mild dehydration, which often goes unnoticed. Water can also help with weight management—it's calorie free and filling.

## FUEL UP WITH QUALITY, NOT QUANTITY



## KEEP LUNCH LIGHT IN EVERY WAY

A high calorie lunch, laden with fat, often brings on the need for a nap. When the body shifts into gear to digest a heavy meal, it spends a lot of effort. Blood flow is directed to the stomach and digestive tract and away from the heart and brain. You feel tired and sluggish. Instead, choose a light lunch of 500 calories or less to fuel your body without leaving you drowsy. Keep healthy pick-me-up snacks on-hand to refuel during the afternoon, if needed.

## ENERGY PRODUCERS

Incorporate these ideas as part of your lunch or afternoon snack:

- Water
- Fruit smoothies with low-fat yogurt
- Veggie burgers
- Fresh fruits and vegetables
- Salads with low-fat dressing
- Whole-wheat pita pockets with hummus
- Low-fat trail mix
- Almonds
- Pumpkin seeds
- Low-fat cottage cheese and whole-grain crackers

## ENERGY DRAINERS

Avoid these lunchtime losers:

- Super-sized fast food meals (can contain 1,000-2,000 calories per meal)
- Sugary soft drinks and beverages
- Fried foods
- Chips and candy bars
- Multiple caffeinated beverages

## FUEL ON THE GO

## BALANCED NUTRITION WHEN EATING ON THE RUN

With everything that needs to be accomplished in an average day, is it any wonder that food is often forgotten about until hunger strikes and healthy options are at a minimum? Like most people today, if you spend a lot of time out of the house, having a balanced, nutritious meal or snack may seem impossible. However, by following some easy tips and doing a little planning, you can have meals and snacks that are balanced, nutritious and provide sustained energy to keep you going all day.



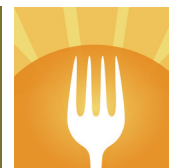
## KNOW WHAT “BALANCED NUTRITION” MEANS

No matter where, when or how you eat meals and snacks, one word should come to mind every time you eat—BALANCE. Most fad diets do not focus on balance, but extremes, which causes the high rates of diet failure. All of your meals and snacks should contain foods from two or more food groups. Also, the foods you choose should be the most nutritious foods from each food group. Whole-grains, fresh fruits and vegetables and unprocessed protein and dairy foods fit the bill.

Planning a typical meal or snack:

1. Start with a whole-grain food.
2. Add a fruit and/or vegetable. (Remember 5-a-day.)
3. Choose a high value, low-fat lean-protein, like baked or broiled meat, low-fat and nonfat dairy or alternatives, such as: beans, legumes, egg whites and vegetarian options.
4. Use foods that travel well. (Refer to list on Page 4.)
5. Pack enough food for the amount of time you will be away from home.

## FUEL UP WITH QUALITY, NOT QUANTITY



## FOODS THAT TRAVEL

Mix and match from the lists below for great meal and snack ideas on the way, out and about or at the office. Choose one or two items from each list for optimal balance.

## WHOLE GRAINS

- Whole-grain cold cereals
- Instant oatmeal (choose low sodium)
- Whole-wheat bread
- Whole-wheat bagels
- Wheat germ
- Whole-wheat pita bread
- Leftover dishes with brown rice, bulgur or whole-wheat pasta

## FRUITS AND VEGETABLES

- Fresh fruit: banana, apple, orange, pear, etc.
- Bunch of grapes
- Pre-cut vegetables: carrots, celery, broccoli, cauliflower, etc.
- Vegetable salads
- Leftover dishes with mixed vegetables
- Cut vegetables for sandwiches
- Unsweetened canned fruit

## PROTEIN

- Fat-free yogurt or milk
- Soy milk—single serving
- Smoothies
- Hummus
- Low-fat cream cheese
- Low-fat or soy cheese slices
- Instant bean or lentil soups (just add water)
- Protein bars
- Low-fat string cheese
- Nuts and seeds
- Soy nuts
- Lean deli meats

## EASY MAKE &amp; TAKE RECIPES

## POWER SMOOTHIE

1 banana

1 cup fresh berries  
(strawberries work well)

2 cups fat-free milk or  
vanilla soy milk

1/4 to 1/2 cup wheat germ

Place all ingredients in a  
blender and blend until  
smooth. Serves 4.

## SUPER SALAD

2 cups mixed greens or baby  
spinach

2 Tbsp nuts (almond slices,  
walnuts, soy nuts)

1/4 cup mandarin oranges

1/4 cup pineapple chunks

1/4 cup fresh berries

3 Tbsp fat-free poppy seed  
dressing

Mix all salad ingredients  
together. Toss with dressing  
when ready to eat.

## STUFFED VEGGIE PITA

1/2 whole-wheat pita

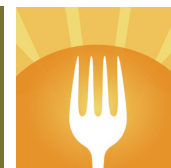
2 Tbsp low-fat veggie  
cream cheese

## Chopped vegetables

Split pita and spread cream  
cheese inside pita pocket.  
Fill with chopped vegeta-  
bles of your choice.



## FUEL UP WITH QUALITY, NOT QUANTITY



## TIPS FOR EATING ON THE GO

- Prepare foods to take with you the night before, especially if you are rushed in the morning to get out of the house. Pack any leftovers from dinner in single serving containers to take with you when you need them.
- Go to the grocery store regularly. You can be assured you will have foods to pack and go if they are on hand at home. Stock up on the weekends, so that you do not need to take time out of your busy schedule during the week to go food shopping.
- Invest in an insulated lunch bag to take foods with you that should stay cold.

## BEST CHOICES WHEN ON THE ROAD

- Choose plain sandwiches without sauces, mayonnaise, regular cheese or bacon.
- Order fresh salads, without high-fat items like fried chicken strips or french fries; choose a low-fat or fat-free dressing.
- Look for delis and bistros that sell fresh fruits, salads and whole-grain breads.
- Drink water, low-fat milk or herbal tea, instead of soft drinks or other high-sugar drinks.
- Skip croissants and biscuits.
- Don't "Super Size," "Biggie Size" or "Jumbo Size" your order. Stick to smaller sizes, half portions or even junior or children's sizes.
- Pick up a nutrition brochure when visiting your favorite fast food restaurant, or go to their Internet site.
- Add extra tomatoes, lettuce, onions or peppers to sandwiches.

## DINNER ON THE RUN

The dinner hour is often filled with activities and errands, making it difficult to prepare (and eat) a traditional meal. It's still possible to eat well even if you're doing it on the run. These tips can help.

## FOR NON-COOKS

If you graze throughout the evening, but don't cook, you can still get the nutrients you need by eating a variety of foods. Try to choose foods from three different food groups. Examples include:

- Whole-grain cereal, low-fat milk and a banana
- Whole-wheat bagel, peanut butter and yogurt
- Whole-grain bread with turkey, lettuce and tomato



## FOR MINIMAL COOKS

Explore the frozen food section. Include any of these items for quick meals:

- Frozen ravioli
- Frozen bean burritos
- Frozen vegetables
- Tuna packed in water
- Fat-free refried beans
- Hearty bean soups

(Continued on page 6.)

## FUEL UP WITH QUALITY, NOT QUANTITY



## DINNER ON THE RUN

(Continued from page 5.)

## FOR TAKE-OUT

Try these options from your favorite take-out restaurants:

- Roasted turkey and veggie sub
- Shrimp, chicken or tofu with steamed rice and vegetables
- Whole-wheat bagel, soup and juice or fruit
- Veggie pizza
- Grilled chicken sandwich, side salad and low-fat milk

When eating on the run, vegetable intake is usually what suffers.

To boost your intake:

- Snack on baby carrots mixed with green peppers and cherry tomatoes
- Serve extra tomato sauce on pasta
- Take advantage of frozen vegetables

A little planning can go a long way. Have the right foods available to fuel your body, even in the midst of soccer games, meetings, errands, car pools and other of life's general confusions!



## EATING OUT HEALTHFULLY

- Don't go ravenously hungry.
- Ask the server to hold the bread or chips.
- Start with a vegetable soup or green salad, instead of an appetizer.
- Go light on alcohol, drink plenty of water before and during the meal.
- Order an appetizer as an entrée.
- Share an entrée with one or two other people.
- Look for meals that are baked, broiled, grilled or steamed.
- Ask for dressings, sauces and toppings on the side. Only use what you need.
- Visualize appropriate serving sizes.
- Expect to leave with leftovers.
- Eat slowly and mindfully.
- Pay attention to satiety cues.
- Share dessert... and enjoy it!

## FUEL UP WITH QUALITY, NOT QUANTITY



## ARE YOU EATING WELL FOR LIFE? A RE-EVALUATION

How many diet and lifestyle changes did you make throughout the past eight weeks during the *Eat Well for Life* campaign? Re-evaluate your lifestyle habits and compare the results to your assessment from week one. Assess your current lifestyle by rating how often you practice the following habits. Total your score to see if your lifestyle habits make the grade.

TO SCORE: 4 = Always; 3 = Usually; 2 = Sometimes; 1 = Rarely; 0 = Never	SCORE
1. Do you eat 3 meals daily?	
2. Do you eat breakfast every day?	
3. Do you eat regular meals (every 4 to 6 hours)?	
4. Do you snack lightly between meals when you're hungry?	
5. Do you eat at least 5 servings of fruits and vegetables daily?	
6. Do your meals include a variety of foods from at least 3 foods groups?	
7. Do you select only calorie-free beverages?	
8. Do you limit your intake of high sugar foods and beverages?	
9. Do you avoid eating large meals?	
10. Do you read food labels for serving sizes?	
11. Do you read food labels for nutritional quality?	
12. Do you avoid severe calorie-restricted diets?	
13. Do you abstain from alcohol or limit your intake to no more than 1 drink daily (for women) or 2 drinks daily (for men)?	
14. Do you select at least 3 servings of whole grains and other high fiber foods daily?	
15. Do you eat your meals at a slow pace?	
16. Do you plan your meals ahead of time to avoid impulsive food choices?	
17. Do you surround yourself with a healthy food environment?	
18. Do you get at least 30 minutes of exercise almost daily?	
19. Do you engage in stress reducing activities rather than using food for comfort?	
20. Have you made adjustments in your eating habits as you've aged?	
<b>TOTAL SCORE</b>	

## SCORING

**A = 72 to 80**

Your lifestyle habits pass the test for optimal health and wellness. Keep up the good work! How can you improve even more?

**B = 62 to 71**

Your lifestyle habits need work and are potentially contributing to less than optimal health and wellness.

Select two habits that you would like to gradually improve.

**C = 56 to 61**

Your lifestyle habits need a lot of work and are major contributors to less than optimal health and wellness.

Select four or more habits that you would like to gradually improve.

**D = 55 or LESS**

Your diet and lifestyle habits do not make the grade and are significantly increasing your risk for developing serious chronic diseases such as obesity, diabetes, heart disease and cancer.

Select six or more habits that you would like to gradually improve.

## FUEL UP WITH QUALITY, NOT QUANTITY



## BUILDING A BETTER DIET: STEP 8

Use this tool to help you keep track of weekly key points, develop weekly goals and create a specific action plan for building a better diet to eat well for life.

## KEY POINTS FOR WEEK 8:

1. Your energy level is directly related to what you do or do not eat.
2. Plan ahead to avoid last-minute decisions and unplanned reliance on convenience foods.
3. Plan several options for quick meals on-the-go, and you'll save time, calories and money along the way.
4. Don't use being on the road as a license to make poor food choices.

## GOALS FOR WEEK 8:

1. Refer to the lifestyle changes that you need to improve as identified on the "Are You Eating Well for Life? A Re-evaluation" survey (on Page 7) to establish future goals.
2. Scour the grocery store for low-fat, high fiber grab-and-go options. Add these foods to your shopping list.
3. Look for ways to incorporate the six energizing foods for premium performance fuel into your diet this week. (*See list on Page 1.*)
4. Continue keeping a Food Journal to help you meet your wellness goals.
5. \_\_\_\_\_
6. \_\_\_\_\_

## MY ACTION PLAN TO ACHIEVE THESE GOALS:

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## CONGRATULATIONS!

Kudos to you for completing the **Eat Well for Life** campaign! We hope this program has helped you learn how to *eat well for life*! We encourage you to go back through your **Eat Well for Life** newsletters and evaluate where you started, where you are now and where you still want to go. Re-read the articles, worksheets and ideas until you've developed your own personal plan for eating well for life.

Remember our eight tools for building a better diet as you continue to develop your knowledge and skills:

1. **Commit to a healthy lifestyle instead of dieting.**
2. **Control portions and down-size servings.**
3. **Wake up to a great breakfast every day without delay.**
4. **Feel the fullness with whole foods and fiber.**
5. **Make it colorful and fresh with a variety of fruits and vegetables.**
6. **Just say "NO" to liquid calories and trans fat.**
7. **Be a mindful eater—take it slow and savor the flavor.**
8. **Eat for energy and fuel up with quality, not quantity.**

Take advantage of the other nutrition, weight management and healthy lifestyle programs offered through your healthcare company to help you build a better diet. Visit your Member Web site to learn more about wellness programs in the community, at the worksite, on the Web and on the phone. Here's to your health!



## FUEL UP WITH QUALITY, NOT QUANTITY



## WEEK 8 RECIPES: MEALS IN A MINUTE

**SOY VEGGIE BURGERS**

Cook a soy veggie burger in the microwave according to package directions. Top with reduced-fat cheese, and place on a whole-grain bun with a generous amount of lettuce, tomato and favorite condiments. Complete the meal with a salad and fresh fruit.

**COTTAGE CHEESE PLATE**

Portion 3/4 cup low-fat or non-fat cottage cheese on a plate. Top with sliced fresh fruit or unsweetened canned fruit. Complete the meal with a whole-wheat dinner roll or low-fat muffin.

**PIZZA BAGEL**

Top a whole-wheat bagel with prepared pizza sauce, shredded low-fat mozzarella cheese and favorite toppings. Microwave or broil until cheese melts. Complete meal with carrot sticks, fresh fruit and a glass of fat-free or 1% milk.

**BLACK BEAN ENCHILADA**

Place 1/2 cup black beans, 1/4 cup cooked brown rice and 2 tablespoons shredded low-fat cheddar cheese on a whole-wheat flour tortilla. Fold in half and roll up. Place on a plate; top with salsa and 2 more tablespoons shredded low-fat cheddar cheese. Microwave on HIGH for 1-1/2 minutes or until cheese melts. Serve with a generous amount of shredded lettuce and chopped tomatoes. Complete the meal with fresh fruit and sliced tomatoes.

**HAM AND CHEESE PITA**

Place 3 ounces lean ham on a whole-wheat pita. Spread with a thin layer of mustard. Top with 1/4 cup shredded low-fat sharp cheddar cheese. Broil or microwave until cheese melts. Complete the meal with ready-to-serve salad with low-fat dressing and fresh fruit.

**BEEF TORTILLA PIZZA**

Brown and cook 3 ounces extra lean ground round with 1 small chopped onion. Season with dried oregano and salt. Spoon onto a whole-wheat tortilla. Top with chopped tomato, 1/4 cup shredded low-fat mozzarella cheese and 1 tablespoon grated Parmesan cheese. Bake at 400° F for 12 minutes. Complete the meal with ready-to-serve salad and fresh fruit.

**VEGETABLE SUB**

Chop up favorite vegetables, such as peppers, onions, mushrooms, tomatoes, hot peppers, artichokes and a few black olives. Spread vegetables over an open-faced whole-wheat roll. Sprinkle lightly with olive oil or low-fat Italian dressing, and top with 2 slices low-fat cheese. Place under the broiler or in microwave until cheese melts. Add a generous amount of lettuce. Complete the meal with fresh fruit and fat-free milk.

## FOOD JOURNAL



**Directions:** Record keeping has been shown to be one of the most effective tools for lifestyle change and weight management. Keep a food journal to record your meal and snack intake. Check off the food group(s) that the food belongs to and see where you need to improve. How close do you come to achieving a balanced diet? Make copies of this food journal to continue recording your daily food intake.

DATE:		GRAINS & STARCHES	MEAT, DAIRY & PROTEIN	FRUITS & VEGETABLES	ADDED FATS	EXTRAS
MY GOAL FOR TODAY:						
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						
<b>WATER</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>