

STEP INTO WELLNESS



Diocese of Palm Beach
2019 Healthiest Employers Award Honoree



National Nutrition Month

March 2020

Eating Right for Older Adults

Eating right doesn't have to be complicated. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need without too many calories.

Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Consider the following tips to help you get started on your way to eating right.

Make half your plate fruits and vegetables. Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Add fruit to meals and snacks. Choose fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits. Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular. Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Eat Right Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics.

Vary your protein choices. Eat a variety of foods from the protein food group each week, such as seafood, nuts, beans and peas, as well as lean meat, poultry and eggs. Limit sodium, solid fats and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower numbers.

Add spices or herbs to season food without adding salt. Limit major sources of saturated fats, such as pizza, baked goods, full-fat cheese, sausage and hot dogs.

Switch from solid fats to oils when preparing foods. Drink water instead of sugar-sweetened beverages. Select fruit for dessert more often in place of desserts with added sugars.

Enjoy your food but be mindful of portion sizes. Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses. Write down what you eat to keep track of how much you eat.

Cook more often at home, where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

Be physically active your way. Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

If you are currently inactive, check with your doctor concerning increased physical activity. Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

#NationalNutritionMonth

EAT RIGHT
BITE BY BITE

National Nutrition Month®

March 2020

eatright.org/NNM

<https://www.eatright.org/food/resources/national-nutrition-month/toolkit>

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Protect Yourself From The Virus

*Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing. Also, wash your hands when you touch things in public like elevator buttons, door knobs and office telephones.

*Avoid touching your eyes, nose and mouth with unwashed hands.

*Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

*Avoid contact with people who are sick and stay home when you are sick.

*Surgical masks should be reserved for caregivers, health care personnel and people with symptoms and under suspicion for COVID-19. As of now, masks are not covered by Florida Blue health plans.

Make sure you have enough non-perishable food for a week or so in case you get sick, just as you would if you had the flu. For more information visit the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov>

Who Wore Red?



Cardinal Newman Staff



St. Joan of Arc School Staff



St. Jude School and Parish Staff



St. Joan of Arc Parish Staff



St. Joan of Arc School Staff



March Happenings Calendar

Mar 1 - 31	National Nutrition Month
Mar 1 - 31	National Colorectal Cancer Awareness
Mar 1—31	Save Your Vision Month
Mar 13	World Sleep Day
Mar 26	Purple Day for Epilepsy Awareness
1stQuarter On Demand Webinar	Recipe Revamp/Quick & Easy Meals (29 minutes) https://kvgo.com/bcbsflorida/RecipeRevamp



Pastoral Center Staff in Red



Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

Know Your Benefits.... Better You Strides

BetterYou STRIDES

Earn Rewards While Taking Care of Your Health
Better You Strides rewards you for doing activities that help improve your health!!

When you complete programs in your Personal Health Itinerary, you have the chance to win a **\$25 prepaid MasterCard**. Each month up to 72 winners will be drawn! The gift card can be used at many popular merchants.

Here's how you can qualify for the monthly prize drawings:

1. Check your Rewards Dashboard for programs with rewards points. For example, completing the online health assessment is worth 100 points while completing Healthy Habit programs are worth 50 points.
2. You can add programs with rewards points by going to your Personal Health Itinerary and clicking "Add Programs." Locate each program you want to add and click "join now!"
3. Record your progress for each program. When you complete a rewards program, the points you earn will show in your Rewards Dashboard.
4. For every 10 points you earn, you'll get one entry for the monthly prize drawing. Better You Strides automatically submits your entries. Points/entries earned in one month don't roll over to the next month.
5. Each month, up to 72 random entries will be drawn for prizes. Prizes will be mailed to winners.

For a complete list of merchants, please visit my prepaidcenter.com/site/healthyreward.

Haven't registered for Better You Strides?

Register in three easy steps:

1. Log in to your member account at floridablue.com
2. Find "Your Guide to Better Health" on the right side of your homepage. Click "Get Started."
3. On the welcome screen that appears, create a user name and password.
4. Click "Create your account"



Want to go mobile?

You can also register with Better You Strides using the CaféWell mobile app. Download the app from Google Play or the Apple App Store. Use sponsor code **betteryoustrides** and follow the directions to create your account.

TIP: The CaféWell mobile app makes it easy for you to track your activity progress any time, anywhere!



Fact or Fiction? National Nutrition Month 2020 Quiz

1. A healthy eating style includes a limited number of foods. FACT or FICTION?
2. Vegetable oils are an appropriate substitute for solid fats. FACT or FICTION?
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise. FACT or FICTION?
4. Portion sizes and serving sizes are the same thing. FACT or FICTION?
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day. FACT or FICTION?
6. At least half the grains eaten daily should be whole grains. FACT or FICTION?
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group. FACT or FICTION?
8. Meals that include seafood are recommended weekly. FACT or FICTION?
9. Most Americans get enough dietary fiber on a daily basis. FACT or FICTION?
10. Everyone needs the same amount of calories, which is 2,000 calories per day. FACT or FICTION?
4. Portion sizes and serving sizes are the same thing. FICTION: A portion is the amount you choose to eat or drink; whereas a serving size is used as a reference for what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day. FACT: Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.
6. At least half the grains eaten daily should be whole grains. FACT: Due to the health benefits associated with whole grains, it is recommended that at least half of the daily recommended servings be from whole grain sources. An example would be substituting brown rice in place of white rice.
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group. FACT: Calcium-fortified soymilk is an option in the Dairy Group for people who choose not consume milk, such as vegetarians.
8. Meals that include seafood are recommended weekly. FACT: Fish and seafood provide important nutrients, including omega-3 fatty acids. Choose varieties that are lower in mercury, such as salmon and cod. "Advice about Eating Fish" is available for young children and women who are pregnant or breastfeeding. For more information, visit: <https://www.fda.gov/food/consumers/advice-about-eating-fish>.
9. Most Americans get enough dietary fiber on a daily basis. FICTION: It is estimated that most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources include fruits, vegetables, and whole grains.
10. Everyone needs the same amount of calories, which is 2,000 calories per day. FICTION: Although 2,000 calories per day can be found on the Nutrition Facts label and on menus, this is only used for general advice. Visit ChooseMyPlate.gov to create a MyPlate Plan, which includes food group targets based on your individual calorie needs or meet with a registered dietitian nutritionist (RDN) for personalized nutrition guidance. To locate an RDN in your area, visit www.eatright.org

ANSWERS

1. A healthy eating style includes a limited number of foods. FICTION: A variety of nutritious foods from all of the food groups can make up a healthy eating style. Visit ChooseMyPlate.gov for more information.
2. Vegetable oils are an appropriate substitute for solid fats. FACT: Solid fats have higher amounts of saturated fat and/ or trans fats, which may increase the risk of heart disease. In comparison, oils provide more unsaturated fats, which are healthier.
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise. FICTION: Although there are additional health benefits with increased physical activity, all activity counts, so make a goal to move more throughout the day. For more information, check out the Move Your Way website at: <https://health.gov/moveyourway>.

