

Welcome to the March Statewide Wellness Virtual Lunch and Learn

Hosted by: OSHR
Worksite Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BSBCNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used.

Visit www.shpnc.org to learn more.

Let's LUNCH AND LEARN!



LifeStyle
MEDICAL CENTER

Evidence-based Lifestyle Modification
and Medical Nutrition Therapy



What is National Nutrition Month?

- National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.
- Each year they highlight a different theme, this year's being "Celebrate a World of Flavors".
- Working with a Registered Dietitian is a great way to learn more about the importance of incorporating a variety of foods into your meal regimen. RD's can also help you understand other vital components of a healthy lifestyle and help you target areas that can be improved upon.



How can you celebrate it?

- 1.) Start your day with a healthy breakfast
- 2.) Make half your plates fruits and veggies
- 3.) Watch your portion sizes at meals and snacks
- 4.) Be active
- 5.) Get to know food labels
- 6.) Have healthy snacks available
- 7.) Work with a RD/LDN
- 8.) Understand more about food safety
- 9.) Drink more water
- 10.) Cook more often





How to celebrate it

11.) Order out without ditching goals

12.) Enact family meal time

13.) Reduce added sugars

14.) Eat seafood twice a week

15.) Explore new foods and flavors

16.) Experiment with plant based meals

17.) Reduce food waste

18.) Slow down at meal time

19.) Supplement with caution

20.) Vary up your work lunches

2022 Theme: Celebrate a World Of Flavors

Think about:

Learning more about your own food culture as well as cultural food habits that you may not be as familiar with.

It's fun to explore new flavors and ingredients that you have never tried before.

It's important to include variety in your eating regimen. What better way than to add food from different cultures to literally spice it up!





Popular cuisines from across the Globe

- Greek : Home of the Mediterranean Diet. Greek cuisine incorporates olive oil, legumes, fish, dairy, fruits and veggies and traditionally is lower in meat consumption. Also, the Greek culture is about sharing small plates and very modest portion sizes. Traditional dishes include grilled fish with greens ; Stuffed grape leaves ; Hummus / Baba Ghanoush with veggies and pita wedges.

- Vietnamese: This cuisine is abundant in fresh herbs, lots of vegetables and seafood, and minimal oil with cooking (mainly water and broth cooking methods). Heavily focuses on herbs (cilantro, mint, Thai basil, red pepper). Popular dishes include Pho ("fuh") which is a broth-based noodle soup with lots of anti-oxidant rich spices.

- Japanese: Okinawa is known to be one of the healthiest regions where individuals live to be 100+. Live by a moto of eating until 80% full. Diet staples are stir-frys , yams, green tea, calcium rich veggies like Bok choy, iodine rich seaweed, omega 3 rich fish, shitake mushrooms, and whole soy foods such as tofu, tempeh, miso, and edamame

- Indian : Loaded with cancer fighting spices such as turmeric, ginger, red chilis, garam masala. They also feature plain yogurt, lentils, and veggie curries in their dietary regimen.



Popular cuisines from across the Globe

- Spanish : Known for eating "Tapas" or small plates of food. Lots of fresh seafood, vegetables, and olive oil. Dishes featured include Gazpacho and Paella (rich in seafood, rice, and veggies).
- Israeli: Israeli foods are known for their abundance of fruits / vegetables , legumes, and lean protein. They are modest in their portion sizes and typically eat foods that are in-season which enhances nutrient retention and ensures maximum flavor.
- Chadian : Some research has noted Chad population to have the healthiest diet in the world. Their diet is comprised of legumes, grains, seeds, nuts, fruits, veggies, seafood, and meat. They eat little to no processed foods which = significantly less trans-fat and sodium compared to the typical US cuisine.
- Sweden : Sweden is known for their general healthy lifestyle not just their eating habits. A popular moto in Sweden is "not too much and not too little". They are firm believers of portion control, adequate physical activity, adequate sleep, limited alcohol consumption, and avoidance of extreme diets.
- Italian : Traditional Italian has star ingredients such as garlic, basil, tomatoes, olive oil, parsley, and oregano. When using cheese, typically harder cheeses like parmesan is used and grated in small amounts compared to the Americanized versions of pizza that we typically eat.



Today's Featured Dish is Egyptian: Foul (Ful)

- Foul is Stew that is made of Foul beans (or fava beans) as its base along with chickpeas, onions, garlic, lemon juice, olive oil, parsley. The meal is typically served as a breakfast meal. It can be eaten on its own or served with warm pita wedges.
- The dish originated in Egypt and evidence suggests that it dates back to the 4th century. Although it originated in Egypt it's popular among North Africa and the Middle East.
- It is such a staple to the Egyptian diet that the government regulates the cost of the beans to ensure it is affordable to the poorest citizens.
- The meal itself is nutritious, filling, and extremely easy to prepare. It is made up of primarily beans as a plant-based source of protein, fiber, and low in fat / cholesterol. Accompanied by heart healthy oil and spices, it makes for a very well-rounded dish!