



# QUESTIONS AND ANSWERS FROM JANUARY 2022 OSHR WELLNESS LUNCH AND LEARN

\* In this document we reference contacting in-network dietitians. If you are a participant with the State Health Plan and are looking for a dietitian in-network, visit [BCBS of NC](#) and search by your zip code.

Related Topic	Questions	Responses
<b>General Questions</b>		
Future Events	What about signing up for future events?	We will post upcoming Wellness webinars as well as webinar resources here: <a href="https://oshr.nc.gov/wellness-webinars">https://oshr.nc.gov/wellness-webinars</a> . We will also continue to send emails to those on our email list about future events.
Food allergies	Do any of the recipes today give an option for food allergies?	I do not believe there are specifics related to food allergies. That could be discussed more in depth with a Registered Dietitian during nutritional visits.
Nutritionist services and referral	Do you need a PCP referral to use the nutrition services through LifeStyle Medical Center or another in-network nutritionist?	No, a referral is not needed. Remember if you use an in-network nutritionist the visits are covered at 100% on the 80/20 and 70/30 plans. Learn more here: <a href="https://www.shpnc.org/2022-employee-benefits">https://www.shpnc.org/2022-employee-benefits</a> .
Nutrition services with other insurance	What if you don't have the state health plan and use your spouse's health plan? What's available for me?	These questions should be directed to your spouse's health plan. If your spouse's health plan is subject to the Affordable Care Act and not grandfathered, then nutritional visits should be covered at 100%.
Nutrition Advice	I am a super picky eater, so I don't like a lot of things. And I get bored super easy, so I have a hard time eating healthy. Is there something you recommend I try? I don't eat seafood.	As this question is a bit general and not related to the cooking demonstration, I recommend trying out one of our Registered Dietitians at LifeStyle or another in-network dietitian* to discuss questions such as this.
Nutrition Advice	What do you think of the prepared salad you can get from walmart/target/aldi/lydi? I add a small yogurt to get enough calories.	As this question is a bit general and not related to the cooking demonstration, I recommend trying out one of our Registered Dietitians at LifeStyle or another in-network dietitian* to discuss questions such as this.
Nutrition Advice	What's your thought @ using colorful ingredients to add to the enjoyment of eating healthier foods?	This is a general question not related to the demo itself so I would recommend a session with one of our Registered Dietitians at LifeStyle or another in-network dietitian* to discuss questions such as this.

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Nutrition Advice	At work, I find that I want snacks. What would you recommend as a snack between meals? Or should I avoid this?	As this question is a bit general and not related to the cooking demonstration, I recommend trying out one of our Registered Dietitians at LifeStyle or another in-network dietitian* to discuss questions such as this.
Nutrition Advice	I need to add more seafood in my diet, but do you recommend taking away the fishy smell that comes with urinating? What can you do?	As this is a more general question, I would recommend seeking out a Registered Dietitians at LifeStyle or another in-network dietitian* to help you navigate this question!
Food Scale	Do you recommend a food scale for measuring?	Food scales can be helpful for some things however I do not think it is necessary.
Type of pans used during demo	What kind of non-stick pan are you using?	I use Caraway pans.
Storing Vegetables	Do you have a recommendation on how to store a vegetable to get the most life out of it?	I've found that putting veggies in bowls and cutting them to make them readily available is the best trick - you will eat them faster! Other tips/ tricks can be discussed in sessions with a Registered Dietitian* as there are many!
<b><u>Sweet and Sour Chicken Recipe</u></b>		
Diabetes	Is the sweet and sour chicken lunch option ok for people that have diabetes?	Yes - it's extremely high protein and low carb which is ideal. It could also be paired with 1/2 cup brown rice and veggies to make a complete meal. You could also substitute cauliflower rice as a low carb alternative.
Time	What would you estimate your prep time and cook time?	This recipe is about 15 min prep and 25 min cook.
Oil	What about grapeseed oil for cooking the meal?	Grapeseed oil provides very similar benefits to Olive Oil as they contain a similar nutrient profile and could be used for this recipe.
Chicken	Was chicken breast what was used in the recipe for sweet and sour chicken?	Yes.
Chicken	Can you use chopped cooked chicken that comes in the package?	Yes, and you can wash it to help remove some of the sodium.
Chicken	Were you trying to cook the chicken thoroughly, or just browning it?	Yes, I was trying to cook the chicken almost to completion but not completely as once the veggies are in the sauce the chicken will continue to cook through as it sautés.

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<b>Related Topic</b>	<b>Questions</b>	<b>Responses</b>
Chicken	Any seasoning for cooking chicken (salt or pepper)? or the sauce will provide the seasoning?	The sauce provides plenty in my opinion!
Substitution – chicken	Shrimp ok as a substitution? how long would you cook it?	Yes, you could definitely use shrimp in this recipe. It typically takes about 5-6 minutes to cook shrimp through, so not long!
Pineapple Juice	Is the Pineapple Juice unsweetened?	It's 100% pineapple juice (naturally sweetened).
Pineapple juice	Can the pineapple juice be substituted?	You could use fresh pineapple if you would like to try that. You could even try pureeing some fresh pineapple and using that in the sauce.
Flour	Some people that are allergic to peanuts could still have foods fried in peanut oil because the heat takes away the peanut flavor or protein. Is that the same for people who are allergic to almonds, could they still use Almond flour?	For research that I have reviewed - it appears that if you are allergic to nuts you should stay away from that nut flour.
Flour	Could you use corn starch instead of flour?	Almond flour is what Katie used in the recipe today. Yes, you could also use Cornstarch if you prefer the recipe to be thicker. I think a little cornstarch at the very end (1-2 Tbsp) helps to thicken it well.
Thicken the sauce	How can you thicken the sauce?	Cornstarch if you find that the flour is not enough.
Crunch	Is there something other than waterchesnuts for the crunch?	The white part of bok choy stems.
Honey	Do you think the honey can be omitted when using amino acids?	I feel the honey is vital to the sweetness of the recipe and as it's not too much (2 Tbsp) I would not feel the need to omit this.
Honey	And does the honey need to be filtered or unfiltered?	Does not matter.
Honey	USE DATES INSTEAD OF HONEY?	You can use dates in place of honey, just put it in a mini food processor. Whole Foods and Target sales date syrup.
Honey	Applesauce instead of honey?	Sure!
Veggies	What are other options to peppers? I am not a fan of peppers.	Probably any veggie that sautés well that you like.
Veggies	Red Onion or Vidalia an option to heighten the sweetness?	Any onion variety would work fine!
Veggies	What's the alternative for onions if not a fan?	Omit them would be best.

Related Topic	Questions	Responses
Veggies	What about assorted mushrooms?	You could add any veggie you see fit into this recipe! Mushrooms would be great!
Tomato Sauce	Can you use low sodium tomato sauce for this?	Yes, any product that is low sodium could be put in place.
Tomato Sauce	Any ideas to substitute tomato sauce?	Yes, if you struggle with heartburn, any tomato-based recipe could be troublesome. It depends person to person on how severe your symptoms are, if you are taking medication, and other factors.
Vegetarian options	Can I substitute this recipe with tofu instead of chicken?	Yes!
Vegetarian	Would you brown the tofu first?	Yes, I would cook the Tofu in place of the Chicken and then add in your veggies, just as it states on the recipe.
Vegetarian options	Do you have recipes for Vegetarians?	For this sweet and sour chicken, you could substitute roasted cauliflower or tofu for the cauliflower.
Vegetarian options	Would you advise using seitan instead of chicken? Would that work texturally?	Yes, you could use that!
Salt	Trying to eliminate salt – are salt substitutes a healthy alternative?	Low sodium alternatives could be discussed in session with your Registered Dietitian as there are numerous ways to reduce your sodium intake in recipes.
Soy sauce	Is there a substitute for soy sauce?	You substitute brags aminos instead of soy sauce.
Coconut aminos	If you use the coconut aminos, does it taste like coconut?	No, it does not.
Rice	I know that dish is often served with rice, but could cauliflower rice be used instead?	Yes of course!
<b><u>No Cook, Clean Eating Lunch Boxes – 4 ways</u></b>		
Freezing meals	How long can you freeze this meal? I don't like to eat the same thing every day.	For a lot of freezer meals I would suggest freezing up to around 3 months if you want to preserve the quality.
General	I have found that if I make a sandwich the night before, it is soggy the next day. Any ideas?	I think you could make the mixture and then just add the bread the day of. Great idea!
General	How long will the no cook option keep?	1-2 days is best.

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<b>Related Topic</b>	<b>Questions</b>	<b>Responses</b>
Avocado	Can you use bottle lemon juice to sprinkle on the other avocado half that you are saving?	Yes, you could, lemon juice as well as the avocado pit staying in the ½ you are not using, would help keep the unused part fresh.
Avocado	How do you find ripe avocados? Mine always go from hard to mush!	The best is to feel them and make sure you are buying them when you can make a very slight indentation in them. And use right away.
Avocado	Do you recommend refrigerating an avocado?	Yes, if it's already starting to ripe, I would put in the refrigerator to help slow down the ripening and preserves its current state.
Avocado	I have purchased an avocado and checked it as you described. However, when I cut it, it had some black areas. Is there another way to determine if the avocado is ripe?	Other methods I have found include: Checking the skin color (the darker the better), texture will be more bumpy than smooth on the skin.
Avocado	If I make this the night before, will the avocado be black/yucky the next day? Why not?	It's very common for oxidation to take place (quicker if you are not putting lemon juice in there - which you are in this recipe), a trick is to mix it up and you will notice the darkness fade. The quality of the product should not be compromised that quickly. If you are going to leave for days without eating, that's when you would notice a change in the taste. Better to eat this recipe in 1-2 days.
Avocado	Does the Avocado salad get kind of brown and icky?	It can but typically if eaten in 1-2 days you will not notice that as much.
Chicken for Tuna	Can cooked chicken be substituted for the tuna? If so, should I dice or shred?	Sure! That's dependent on how you like your chicken salad. Chunky or smooth.
Chicken for Tuna	Can we use chicken instead of tuna and would you recommend canned or some other form?	Yes, you can use chicken. Rotisserie Chicken / Precooked chicken / Chicken breast that's canned (wash to take away some of the sodium) are options.
Tuna omitting	Can you omit the tuna, and it still have a good flavor and texture?	Yes definitely - there are many recipes out there that make Chickpea salads like that without the tuna.
Substitution – chickpeas	Would hummus work in place of the chickpeas?	I'm not sure how that would taste but you could certainly try it! I think the texture would be extremely mushy with the avocado as well.
Washing green onion	How to wash the green onion so no grit?	I find that just washing it thoroughly as I would other veggies does just fine.
Lettuce wrap	Can you do the tuna in a lettuce wrap?	Yes definitely!

<b>Related Topic</b>	<b>Questions</b>	<b>Responses</b>
Lunch box	Where can I buy that lunch box?	Similar lunch boxes / containers can be found on Amazon as well as in stores such as Target/Walmart.
Containers	Where did you purchase the containers?	Different places have similar items like Amazon, Target, TJMaxx, Walmart.
Containers	Can u freeze in containers?	Yes, you can freeze this in containers.
Containers	Can you microwave those containers?	Check the type of container you are using.
Bread thins	Where can I purchase cauliflower Bread thins?	I believe these are sold in a variety of stores (Trader Joes / Publix / Walmart / Whole Foods / Amazon.

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