

Innovative WellNews



March 2023

Food for Thought



Every March, we take the time to recognize and celebrate National Nutrition Month. This March, we are focusing on balance and what that means when it comes to your nutrition.

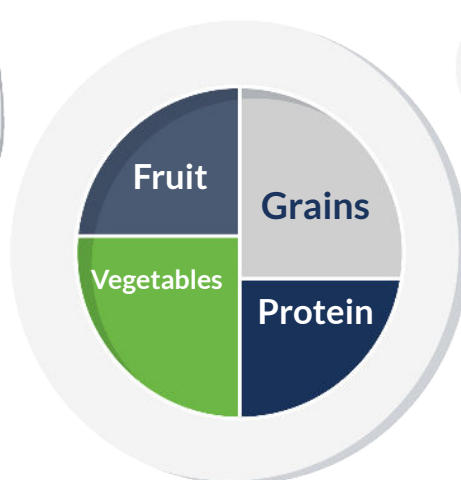
MyPlate is a great resource to help you start simple and ensure each of your meals are full of nutrients and nicely balanced. Check out the guidelines for utilizing my plate at www.myplate.gov/eat-healthy/what-is-myplate and reference some of the tips below for an easy to follow guide.

Make $\frac{1}{2}$ of your plate fruits and vegetables

Make $\frac{1}{2}$ of your grains whole grains

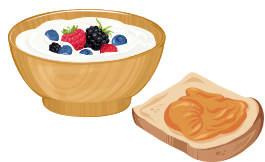
Vary your protein

Move to low-fat or fat-free dairy milk or yogurt



Dairy

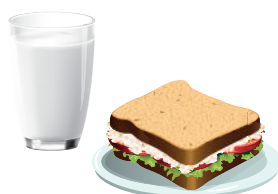
Examples of a Balanced Plate



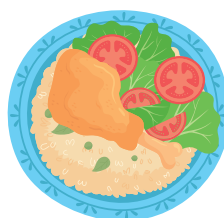
Breakfast: Fat-free plain yogurt topped with berries and a slice of whole grain toast with nut butter



Snack: Carrots with hummus, a piece of fruit, string cheese, or many other options.



Lunch: $\frac{1}{2}$ tuna sandwich with avocado on whole-wheat bread with a side salad and a glass of low-fat milk



Dinner: Brown rice with chicken, a variety of vegetables, and a low sodium stir fry sauce

Did you know that the food you eat can have an impact on your mental health? There are a few things you should consider making sure are present in your diet in order to help combat some symptoms of anxiety and depression. Keep reading to find out what these considerations are!



Whole foods like fruit and vegetables - Studies show that just one fist sized portion per day could be as beneficial as walking an extra seven to eight days per month.



Vitamin D - Foods high in Vitamin D like mushrooms, fortified milk, eggs, and fish can help increase serotonin levels.



Fiber - Plant-based foods are full of fiber which helps your body absorb glucose more slowly.



Magnesium - This mineral can be found in dark chocolate, almonds, spinach, bananas, and beans and can help ease depression and anxiety symptoms.



Antioxidants - Berries, beans, apples, leafy green vegetables, and salmon can ease symptoms of anxiety.



Fermented foods - Due to the relationship between mental health and gut function, fermented foods can provide live bacteria to feed your gut. Try sauerkraut, kimchi, miso, tempeh, and kombucha.



Folate - Leafy greens, lentils, and cantaloupe can help repair and regenerate the brain.

Smoked Salmon and Boursin Frittata

Do you find yourself needing a Vitamin D boost in this cold weather where we are not seeing as much sun as we would like? Check out this recipe that is rich in Vitamin D.



Ingredients:

- 6 large eggs
- 2 Tbsp milk
- 1/4 cup light sour cream
- 1 tsp kosher salt
- 1/2 tsp pepper
- 1/4 cup diced red onion
- 1 (4.4-oz package light Boursin cheese with herbs, softened)
- 2 oz smoked salmon, chopped
- 1 Tbsp extra-virgin olive oil
- Chopped fresh chives

Directions:

1. Preheat oven to 375°F. Position rack in the center of the oven.
2. Whisk the eggs, milk, sour cream, salt, pepper, and red onion together in a bowl. Using two spoons or your fingers, separate the cheese into small clumps. Fold the cheese and salmon into the egg mixture.
3. Heat the oil in a nonstick skillet over medium-low heat. Pour the egg mixture into the skillet and stir lightly to make sure the fillings are evenly arranged in the pan. Cook until the bottom is set, but not brown, about 2 minutes. Transfer the skillet to the oven and bake until the top is set, about 8 minutes. Remove from the oven, cover, and set aside for 5 minutes.
4. Invert the frittata onto a large plate. Sprinkle with fresh chives. Cut into wedges and serve warm or at room temperature.

Resources:

<https://www.eatthis.com/smoked-salmon-boursin-cheese-frittata-recipe/>
www.myplate.gov



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