



Dakota Wellness Program

MARCH 2026

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Join Sanford Health Plan
Wellness team members for
our monthly 15-minute
wellness webinar.

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RETIREMENT SYSTEM

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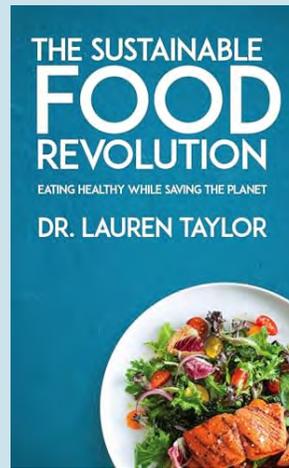
Sustainable Eating for a Healthier Life

Sustainable eating is about making realistic, flexible food choices that support your health, energy, and the environment. It's not about perfection, cutting out food groups, or chasing trends – it's about progress through small, consistent actions.

At its core, sustainable eating focuses on whole, minimally processed foods, a variety of plant-based options, mindful portions of animal products and reducing food waste. Everyone's approach looks different based on culture, budget and access, and the goal is to make better choices more often.

Health benefits include more stable energy, better digestion, reduced inflammation and improved heart health. Environmentally, simple shifts – like adding plant-forward meals, choosing seasonal or frozen produce and reducing waste – can make a meaningful impact.

Practical strategies include using the balanced plate approach, leaning on affordable staples like beans, rice, oats and eggs and creatively using leftovers. Small, flexible changes support long-term health, sustainability, and habits that stick.



Monthly Book Club

***The Sustainable Food Revolution: Eating Healthy While Saving the Planet* by Dr. Lauren Taylor**

The Sustainable Food Revolution offers a practical guide to transforming how we eat so that our food choices benefit both personal health and the planet. Dr. Lauren Taylor explains how everyday eating habits influence the environment and provides science-backed advice on making sustainable choices without sacrificing taste or nutrition. The book emphasizes reducing your carbon footprint by understanding the environmental impact of common foods, incorporating more plant-based options and supporting local, sustainable food sources. It also includes tips on reducing food waste through better planning, shopping and cooking, as well as guidance on reading food labels and certifications to choose environmentally friendly products. With approachable strategies and eco-friendly recipes, the book empowers readers to make mindful dietary decisions that nourish the body while contributing to a healthier ecosystem. This resource is ideal for anyone interested in eating well and making a positive difference for the planet.

Discussion questions

- **Balancing Health and Sustainability:** How can you incorporate more plant-based and eco-friendly foods into your current diet without feeling restricted and what challenges might you face in making these changes?
- **Reducing Food Waste:** Dr. Taylor emphasizes the impact of reducing food waste. What strategies from the book could you apply in your own kitchen and how might they affect both your household and the environment?
- **Influence of Food Choices on the Planet:** How has the book changed your understanding of the connection between everyday food choices and environmental impact? Which actions – big or small – do you feel motivated to try first?

Ask the Expert

What Actually Happens When You Log Your Food (And Why It's Important)?

Food logging helps you become aware of actual portion sizes, eating patterns, and hidden calories that often go unnoticed in snacks, condiments and beverages. Studies show people who track daily lose twice as much weight as those who don't. Logging reveals nutrient gaps, skipped meals and emotional or environmental triggers, turning habits into opportunities for healthier choices. Small, realistic tweaks – like swapping a sugary snack for a nutrient-rich alternative – add up over time. Using apps, saving frequent meals, measuring portions and pre-logging make tracking easier, while embracing flexibility ensures consistency without feeling restrictive.



Prevent Type 2 Diabetes- Join Our Free Diabetes Prevention Program

Did you know that an estimated ninety-eight million American adults have prediabetes? That is more than 1 in 3 individuals. As a Sanford Health Plan member, you have access to a **FREE**, evidence-based diabetes prevention program designed to help you make small lifestyle changes that lead to significant health improvements. The Change Your Weigh Diabetes Prevention Program is offered in partnership with the Centers for Disease Control (CDC's) National Diabetes Prevention Program. This year-long, group coaching program focuses on practical strategies to help you lose weight, increase physical activity and reduce your risk of developing type 2 diabetes.

You will learn to:

- ✔ Eat healthier
- ✔ Be more active
- ✔ Manage stress
- ✔ Overcome obstacles

The virtual group program includes:

- Weekly meetings for the first four months
- Monthly meetings for the remaining eight months
- Guidance from a trained lifestyle coach
- Support from peers on the same journey

REGISTRATION IS NOW OPEN for spring classes.



To learn more:

◀ Scan the QR Code or visit sanfordhealthplan.com/members/wellness/diabetes-prevention

Preventive Health

March is National Colorectal Cancer Awareness Month

In The United States, colorectal cancer is the second leading cause of deadly cancer, but it doesn't have to be. This type of cancer is treatable, beatable and even preventable. Colorectal cancer is preventable through screening which can detect cancer at an early stage, and it can also find precancerous polyps before they become cancerous. Individuals age 45 years or older with average risk should talk to their physicians about which screening test is best for them. There may be a need to get screened earlier if there is increased risk or family history. Several different screening tools are available. Options include stool tests (called FIT, gFOBT, and DNA-FIT), colonoscopy or flexible sigmoidoscopy. Stool tests check for hidden blood, which can indicate polyps, cancer or abnormal DNA. Colonoscopy and sigmoidoscopy allow for direct visualization of the colon and rectum allowing the doctor to remove abnormalities for testing. Ask your physician about which option might be the best for you. The most important thing is to get screened.

Copycat Starbucks Spinach Feta Egg White Wrap



Ingredients:

1 whole wheat tortilla
1 teaspoon olive oil
2 tablespoons sun-dried tomatoes,
oil-packed, finely chopped
1 cup spinach, roughly chopped

1/3 cup liquid egg whites
2 tablespoons cream cheese
2 tablespoons feta cheese, crumbled
1 pinch of salt
1 pinch of black pepper

Instructions:

In a large pan on medium heat, warm the olive oil, then sun-dried tomatoes and cook for 30 seconds until they release their oils and are fragrant. Add the chopped spinach and cook for an additional 1-2 minutes, stirring frequently, until completely wilted.

Transfer the sun-dried tomato and spinach mixture to a bowl, add cream cheese, feta cheese, salt and pepper, and stir with a fork until well combined. Set aside. In the same pan on low heat, pour in egg whites to cover the bottom of the pan, then cover the pan with a lid, and cook for 3-4 minutes or until the eggs are set and cooked through. Once cooked, flip the sides inwards and onto themselves to form an omelet, and remove the pan from the heat.

Place the tortilla on a cutting board and spread the sun-dried tomato cream cheese on one side, leaving at least 1 inch around the edge. Once the egg whites are cooked, transfer them to the center of the tortilla. Fold the left and right sides of the tortilla over the egg filling, then bring the bottom of the tortilla up over the filling and roll it onto itself until it is closed.

Return the pan to the burner on medium-high heat, place the wrap (starting unsealed side down) into the pan and cook for 1-2 minutes per side until golden brown. Once toasted on both sides, transfer the wrap to a cutting board and slice in half before serving.

To **make them ahead of time or store leftovers**, allow them to cool completely, then cover each wrap tightly with aluminum foil, transfer them to a freezer-safe bag or airtight container, and store them in the fridge for up to 4 days or in the freezer for up to 3 months.

Notes

To Use Frozen Spinach: Thaw 2 tablespoons of frozen spinach, press out the water completely, and add it to the pan as per step #1.

To Use Whole Eggs: Swap the liquid egg whites for 3 whole eggs, cracked and whisked.

Nutrition Facts: Serves 1 | Calories per serving: 472 | Sugar: 4g Protein: 27g | Carbohydrates: 36g | Fat: 25g Fiber: 6g



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The information in this newsletter should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.

Monthly Observances

Nutrition

Kidney

March 4: World Obesity Day

March 8-14: National Sleep Awareness Week

March 13: World Kidney Day & Sleep day

March 16-22: Brain Awareness Week & National Drug and Alcohol Facts Week

March 20: International Day of Happiness

March 24: American Diabetes Alert Day

QUICK LINKS

sanfordhealthplan.com/ndpers

SET-UP A

MyChart

ONLINE ACCOUNT

sanfordhealthplan.com/memberlogin

CONTACT US

NDPERSwellness@sanfordhealth.org
(800) 499-3416 (TTY: 711)



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