

# Dakota Wellness Program

## MARCH 2023

Inside this issue...

**Nutrition at work**

**Monthly book club**

**Ask the expert**

**Produce in-season**

**Embracing winter**

**Preventive health**

**Breakfast lemon-blueberry  
oatmeal cakes**



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

**Click here to register today!**



NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM

**SANFORD**  
HEALTH PLAN

# Nutrition at the workplace

As an adult, you likely spend most of your time working, sleeping, and eating, so it's important that you find some enjoyment in those things – and why not improve your health and wellbeing while you are at it! With a busy lifestyle, it can be challenging to find time to make healthy nutrition choices at work during the week.

**Here are a few tips to help set you up for success, specifically at the workplace:**

1

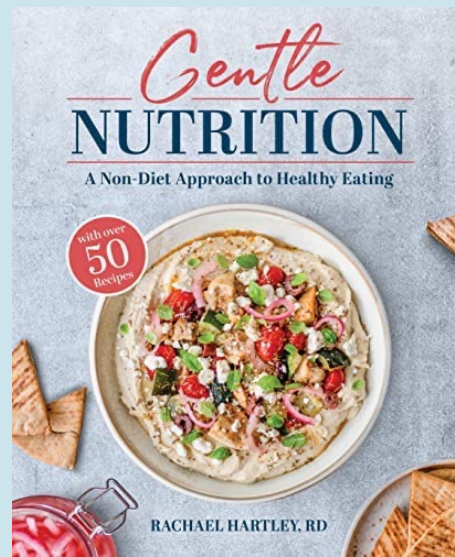
The environment that surrounds you can account for up to 70% of the choices you make. Think about what you do (or don't) have access to at your workplace. Such as, vending machines, a cafeteria with healthy options, refrigerators, microwaves, or a place to eat away from your desk. Take an inventory of how your environment is either helping you towards your nutrition goals or creating a barrier. Use this information to adjust your environment to make the healthy choice the easy choice.

2

Plan ahead! You don't need to write out the details of every meal for every week, but having an idea of what you plan to bring to lunch and have on hand for snacks over the next few days can eliminate that last minute fast food run for lunch.

3

Carbohydrates give you (and your brain) energy, while protein and fat help keep you fuller for longer. Try to incorporate a combination of all nutrients throughout the day to keep you energetic, productive, and satisfied!



## Book Club

### ***Gentle Nutrition: A non-diet approach to healthy eating***

**by Rachel Hartley, RD**

Intuitive eating is a non-diet approach to healthy eating that focuses on unlearning diet culture's toxic messaging so you can build a healthier relationship with food and your body and focus on health-promoting behaviors as opposed to weight loss. There is a common perception that intuitive eating approaches are also anti-nutrition, but that's simply not the case. In this book, registered dietitian Rachael Hartley looks at the role of gentle nutrition in intuitive eating. She explores why diets don't work—and make you eat less healthfully—why weight doesn't equal health, and how to approach nutrition in a flexible way, with the goal of promoting well-being, not reaching for an arbitrary number on the scale.

*Gentle Nutrition: A Non-Diet Approach to Healthy Eating* focuses on the big picture rather than getting wrapped up in minor details that can make nutrition seem confusing or overwhelming. Hartley makes it practical by offering science-based, straightforward strategies for building healthy habits. In *Gentle Nutrition*, she explains how to plan satisfying meals and snacks that nourish the body throughout the day while honoring the need to find pleasure in food. The book includes more than 50 nutritious and delicious recipes for breakfasts, main dishes, snacks, and desserts.

### DISCUSSION QUESTIONS

- 1. What are 2-3 things you learned from this book that you can apply to how you view healthy eating?**
- 2. Was there anything that you learned in this book that surprised you? If so, why is that?**
- 3. Which recipes from the book would you like to implement into your routine?**

# Ask the Expert

Registered Dietitian

## Question: How can I stay on track with my nutrition goals while traveling?

If you have travel plans coming up this year, there are a few things you can consider to stay on track with your nutrition goals. First thing is first, don't be too strict or hard on yourself — enjoy your vacation! Chances are you are booking a trip to get away, relax a little bit, or spend time with loved ones. If you place too much stress on your nutrition, the purpose of the trip can be lost; however, there are things you can be aware of to keep you moving forward.



Water intake is one of the most common things to go when you travel. If you go out to eat, try ordering a water along with whatever else you order to drink.






Opt for fruits or vegetables as a side when ordering food.



When you get to your location, stop at a grocery store to stock up on easy, nutritious snacks to have available in case you get hungry. This can help save money while traveling as well!

## Produce In-Season

Eating produce in-season can have many health (and financial) benefits, but it can be difficult to feel like anything is “in-season” when living in a colder climate. Eating produce in-season has the following benefits:

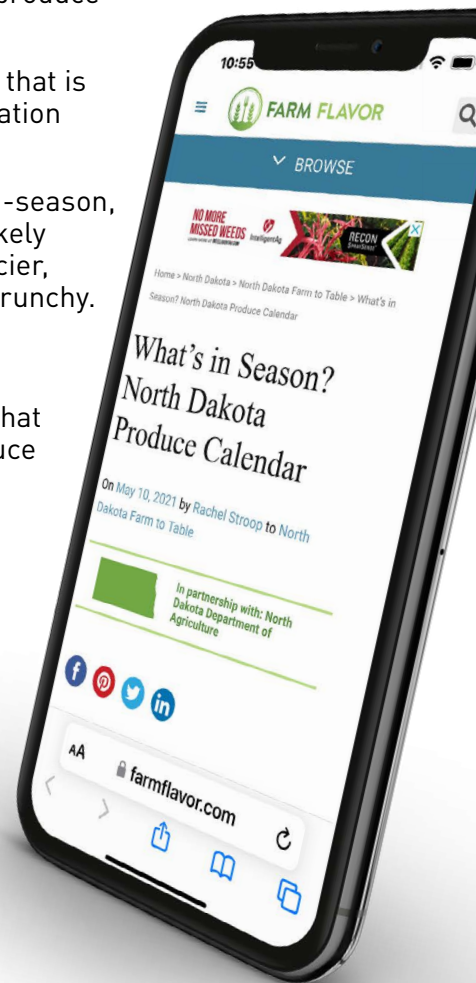
-  **Peak nutritional value.** Produce that is in-season has a higher concentration of vitamins and minerals.
-  **Better taste.** When produce is in-season, your fruits and vegetables will likely taste better. Your fruit will be juicier, and vegetables more crisp and crunchy.
-  **Lower cost.** When produce is in-season, it is at a lower cost in the grocery stores. This means that when you are perusing the produce aisle and some items are less expensive than usual, it is likely in season.

Basically, eating produce in-season means better nutrition, better taste, and better cost!

In months when it can be difficult to find produce that is in-season in North Dakota, frozen produce can be a great option as it is picked and frozen at its peak to maintain its nutrient profile.

**Check out what produce is in-season in North Dakota throughout the year [HERE](https://farmflavor.com/north-dakota/north-dakota-farm-to-table/whats-season-north-dakota-produce-calendar/).**

<https://farmflavor.com/north-dakota/north-dakota-farm-to-table/whats-season-north-dakota-produce-calendar/>



## Embracing Winter

Remember how fun it was to play in the snow as a child until you couldn't feel your hands and feet — it was amazing. However, as adults we tend to dread the colder days. This isn't without reason, living north of the 37th parallel in winter can put one at risk for falls, low vitamin D, inactivity, isolation, or seasonal affective disorder. Learning to embrace winter can have a positive impact on overall health.

**Mindfulness:** When in the cold, pay attention to how your mind and body react. Take a moment to simply notice the sensation of the cold. Practice being in the moment and letting go of the negative feelings of disliking the cold.

**Reframe:** Instead of feeling “stuck” inside, look for opportunity to slow down or take on a project you've always wanted to tackle.

Make sure that you have appropriate footwear, a warm coat, and accessories that will keep you warm and safe outdoors. Talk with your health care professionals about any emotional wellbeing concerns. Look at the winter months as a new challenge: What is one thing you would like to say you did this winter?



# Preventive Health

## Colorectal Cancer Prevention

Colorectal cancer is one of the leading cancers in the United States. According to the American Cancer Society, 1 in 25 people will develop colon or rectal cancer during their lifetime. Colorectal cancer risk is influenced by factors that we cannot change, as well as, those that we can change. Prevention includes engaging in healthy lifestyle habits, knowing the risk factors and getting screened.

### Manage controllable risk factors

- Keeping a healthy weight
- Being physically active
- Diet (increase fruits, vegetables and whole grains; limit red and/or processed meats)
- Do not smoke
- Do not drink alcohol

### Uncontrollable risk factors

- Older age
- Personal history: colorectal cancer, colorectal polyps, inflammatory bowel disease
- Family history: colorectal cancer, adenomatous polyps
- Inherited syndrome: Lynch syndrome, familial adenomatous polyposis
- Racial and ethnic background
- Type 2 diabetes

**Get screened.** Talk to your doctor about the screening test that is right for you and when to begin screening

- Colonoscopy
- Fecal immunochemical test (FIT)
- Stool DNA (Cologuard)
- Flexible sigmoidoscopy

## Breakfast lemon-blueberry oatmeal cakes

Serving size: 1 muffin

### Ingredients:

3 cups old fashioned rolled oats	2 large eggs, lightly beaten
1¼ cups low-fat milk	1 tsp vanilla extract
½ cup unsweetened applesauce	½ tsp salt
⅓ cup packed brown sugar	1 cup frozen (or fresh) blueberries
1 Tbsp grated lemon zest	
¼ cup lemon juice	

### Directions:

1. Preheat oven to 375°F. Coat a muffin tin with cooking spray.
2. Combine oats, milk, applesauce, brown sugar, lemon zest, lemon juice, eggs, baking powder, vanilla and salt in a large bowl. Fold in frozen blueberries. Divide the mixture among the prepared muffin cups, about 1/3 cup each. Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Cool in the pan for 10 to 15 minutes, then turn out onto a wire rack. Serve warm or at room temperature.
3. To make ahead: Freeze oatmeal cakes in an airtight container for up to 3 months. To reheat, microwave 1 oatmeal cake in 30-second intervals until heated through. Alternatively, refrigerate oatmeal cakes in an airtight container for up to 2 days.

### Nutrition Facts:

Calories: 134 | Total fat: 3g | Saturated Fat: 1g  
Total Carbohydrate: 24g | Total Sugar: 10g  
Dietary Fiber: 3g | Total Protein: 5g | Sodium: 163mg  
*Nutrition information compiled using [MyNetDiary.com](http://MyNetDiary.com)*

## Monthly Observances

**Brain injury**

**Colorectal cancer**

**Kidney**

**Nutrition**

**Vision**

**March 13-19: Sleep**

**March 20: HIV/AIDS**

**March 28: Diabetes alert**

### QUICK LINKS

[sanfordhealthplan.com/ndpers](http://sanfordhealthplan.com/ndpers)

### SET-UP A

[mySanfordHealthPlan](http://mySanfordHealthPlan)

### ONLINE ACCOUNT

[sanfordhealthplan.com/memberlogin](http://sanfordhealthplan.com/memberlogin)

### CONTACT US

**NDPERSwellness@**

**[sanfordhealthplan.com](http://sanfordhealthplan.com)**

**(800) 499-3416**



NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM

**SANFORD**  
HEALTH PLAN



**Follow us** on Facebook!

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