

A monthly wellness newsletter from Better You

Pack a Lunch for Energy that Lasts All Afternoon



A healthy lunch can keep you energized throughout the afternoon. In fact, you probably won't even think about a late-in-the-day candy bar or other unhealthy snack. It takes a little planning, but your healthy lunch can be as easy as 1, 2, 3.

1. **Start with lean protein.**

Your body needs more time to digest protein, so you'll feel full longer. Plus, protein helps build and maintain muscle mass, which burns calories. Pass up the red meat for fish, chicken or turkey. Or try eggs, quinoa, beans, lentils, cottage cheese, peanut butter or Greek yogurt for a protein punch.

2. **Reach for high-fiber foods.**

These also take a while to digest and leave you feeling full longer. Choose whole

grains and fruits. Vegetables like carrots, broccoli, beets and artichokes are excellent sources of fiber. So are sweet, russet and red potatoes, especially if you eat the skin. Add fiber to a salad with beans, lentils, peas, soybeans, pistachios, almonds and sunflower or pumpkin seeds.

- ### 3. **Drink water.**
- Caffeinated and sugary drinks add unnecessary calories. They may give you a burst of energy, but it's short-lived. A glass of water before lunch helps you feel satisfied sooner. Craving flavor? Add frozen berries for a pop of color, and you'll also reduce cravings for something sweet. Other options include cucumber, orange, lime or lemon slices, or a sprig of mint.

Here's what a fast, healthy lunch could look like

- Grab a packet of tuna with some whole grain crackers and an apple or orange slices.
- If you're going out for lunch, look at the menu online to scope out the healthiest choice.
- For large portions, ask the waiter to serve half and pack half in a to-go container.

Resources: [choosemyplate.gov](https://www.choosemyplate.gov); [webmd.com](https://www.webmd.com); [heart.org](https://www.heart.org); [diabetes.org](https://www.diabetes.org)

Is Breastfeeding a Good Option for You?

Pediatricians encourage breastfeeding during your baby's first year. That's because it offers so many benefits that even a short period of breastfeeding is better than none. If you eat a balanced diet, you'll provide everything your baby needs to grow healthy and strong.

Advantages for Your Baby

Breast milk has the perfect blend of protein, sugar, fat and most vitamins for your baby. And it has antibodies that help your baby's immune system develop. Breastfed babies have a lower

risk of Sudden Infant Death Syndrome. They also have lower rates of obesity, diabetes and some cancers later in life. Plus, breast milk is easy to digest so your baby will have less gas, constipation and feeding problems.

Advantages for You

Breastfeeding can help you bond with your baby and may help you lose some weight. It releases a hormone that helps your uterus shrink back to normal faster. That makes your abdomen look flatter and smaller. Also, breast milk is free, available when you need it and you don't have to prepare it. Breastfeeding may even lower your risk for diabetes, and breast and ovarian cancers.

Points to Consider

If you're sick, take certain medicines or use harmful drugs, breastfeeding may not be right for you. Some infections and drugs can pass to your baby through breast milk. Talk with your doctor if you have questions about what to eat, what to avoid and whether it's safe to breastfeed. Even though breastfeeding is preferred, your baby can get all the proper nutrients if you need to use formula.

It can take a while to learn how to breastfeed, but it gets easier with practice. You can reach out to doctors, nurses and support groups for help with breastfeeding. To find a resource near you, contact [La Leche League](http://LaLecheLeague.org).

Resources: acog.org; marchofdimes.org

Salmon Avocado Salad Serves 4

Ingredients:

- 4 wild salmon fillets, 4 oz ea.
- 1 tablespoon Dijon mustard
- ¾ teaspoon dried parsley
- ½ teaspoon kosher salt
- fresh black pepper, to taste
- ¼ cup chopped red onion
- 4 teaspoons olive oil
- 2 tablespoons apple cider vinegar
- ¼ teaspoon garlic powder
- 1 cup halved cherry tomatoes
- 8 ounces avocado, diced (2 small)

- 4 cups chopped romaine lettuce
- 1½ cups red cabbage, shredded

Directions

1. Season salmon with 2 teaspoons Dijon, ½ teaspoon parsley, ¼ teaspoon salt and black pepper.
2. Move the oven rack to the second rung. Broil salmon 6 to 7 minutes, until cooked through.
3. In a large bowl, combine

- the red onion with olive oil, 1½ tablespoons apple cider vinegar, 1 teaspoon remaining Dijon, garlic powder, ¼ teaspoon parsley, ¼ teaspoon salt and pepper to taste; let it sit about 5 minutes.
4. Add the tomatoes, avocado and toss. When ready to serve, toss in chopped lettuce and cabbage; finish with the remaining vinegar.
 5. Put the salad in four bowls and top with salmon.

Recipe courtesy of skinnytaste.com for nutritional information click [here](#).

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