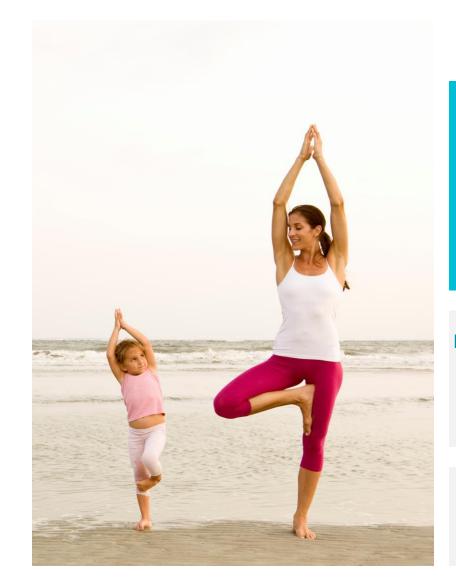
### Health and Wellness Update

March 2022



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# **Employer Educational Materials for March**

### National Health Observance: Healthier Eating Habits

March's Health Observance is Healthier Eating Habits. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- Dietary Guidelines: Tips for creating healthy eating patterns
- Everyday nutrition
- Mindful eating

#### Nutrition

3 steps to cut calories

4 weeks to more energy

**Dietary guidelines tips** 

Eat healthy for less

**Everyday nutrition** 

beverages

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Managing heartburn

Mindful eating tips

Mediterranean eating tips

Are you at a healthy weight?

#### Nutrition tips for healthy eating

Why does healthy eating seem so complicated? On a regular basis, you may be inundated with conflicting diet advice and nutrition misconceptions. Eating healthy doesn't have to feel overwhelming. Here, you'll find some guidance on ways that may effectively cut calories, tips on mindful eating and helpful suggestions on how to spend less on healthy foods.

#### What is a healthy diet?

Healthy eating is about balance. Following a healthy diet may improve your mood, may give you more energy and might feed your body good nutrients. According to the CDC, a healthy eating plan:<sup>1</sup>

- Emphasizes fruits, vegetables, whole grains
   Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- · Stays within your daily calorie needs

You can enjoy your favorite comfort foods in moderation – even foods that might feel decadent, like desserts. However, the key may be to eat them only occasionally and balance them with healthy foods and physical activity.<sup>1</sup>

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### Health Tip Flyer of the Month: Mindful eating

UnitedHealthcare Health Tip Fliers can be a visual and engaging way of providing member-level education. Check out this month's Health Tip Flier on <u>Mindful eating</u>.



# **Employer Educational Materials for March**

### United at Work Presentation of the Month: Dietary Guidelines 2020-2025

Click here for the <u>Dietary Guidelines 2020-2025</u> health education presentation focuses on weight management to address the prevention of a broad range of diet-related chronic diseases including Type 2 diabetes, heart disease and some cancers. The quiz and quiz answers pictured below, are included in the email as attachments.



Quiz	Quiz Answers
Dietary Guidelines Questionnaire	Dietary Guidelines Questionnaire
lame:	Name:
Please circle your answers to the following questions.	Please circle your answers to the following questions.
<ul> <li>1 in 10 of all American adults have one or more diet-related chronic diseases.</li> <li>a. True</li> <li>b. Failse</li> </ul>	<ol> <li>1 in 10 of all American adults have one or more diet-related chronic diseases.</li> <li>a. True</li> <li>b. False</li> </ol>
. The Dietary Guidelines are issued every:	2. The Dietary Guidelines are issued every:
a. 2 years	a. 2 years
a. zyears b. 5 years	b. 5 years
c. 3 years	c. 3 years
d. 10 years	d. 10 years
MyPlate is a Federal symbol that serves as a reminder to build healthy eating patterns by making healthy choices across the food groups.	<ol> <li>MyPlate is a Federal symbol that serves as a reminder to build healthy eating patterns by making healthy choices across the food groups.</li> </ol>
a. True	a. True
b. False	b. False
Which of the following should not be limited in a healthy eating pattern?	4. Which of the following should not be limited in a healthy eating pattern?
a. Saturated fats	a. Saturated fats
b. Whole grains	b. Whole grains
c. Alcohol	c. Alcohol
d. Added sugars	d. Added sugars
85% of calories are needed per day to meet food group recommendations healthfully, in nutrient-dense forms.	<ol> <li>85% of calories are needed per day to meet food group recommendations healthfully, in nutrient-dense forms.</li> </ol>
a. True	a. True
b. False	b. False
0 2011 United Faultificate Services, No. 24 Optimiserese,	EX21 Unitermetilizes Boruss Inc. #1 (dir marrar.

### Click here for the entire United at Work catalog.

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# **Employer Educational Materials for March**

### Rally Mission of the Month: Track what you eat

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month's Rally Mission, track what you eat.

Rally is available at no additional cost to members, as part of health plan benefits with UnitedHealthcare. Use the Rally Member Flyer linked below to help promote Rally to members.



## **Bananas a la orange**

### **Ingredients:**

- 2 medium, firm bananas, peeled, cut lengthwise
- 1/2 Tablespoon trans-fat-free margarine
- 1 Tablespoon light brown sugar
- 1/4 cup orange juice
- 1/8 teaspoon ground cinnamon
- 1/2 cup fat-free frozen yogurt



### Instructions:

Peel and cut bananas in half lengthwise. Melt margarine in a nonstick skillet over medium-high heat. Add brown sugar and lay the banana slices on top, cut side up. Cook undisturbed for 20 seconds. Add orange juice and cinnamon. Cook for 10 seconds, then turn bananas carefully and cook for 45 to 60 seconds more, basting with the pan sauce.

Divide the bananas between two dessert plates, drizzling the sauce on top. Serve immediately, with a dollop of fat-free frozen yogurt.

### Makes 2 servings

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Nutrition Information	Per Serving
Calories	215
Fat	3 g
Saturated fat	1 g
Cholesterol	2 mg
Protein	3 g
Carbohydrates	47 g
Fiber	4 g
Sodium	76 mg