

A woman with dark hair in a braid, wearing a white dress, is sitting in a field of tall green grass and purple lavender flowers. She is looking towards the horizon under a bright blue sky with scattered white clouds. The scene is peaceful and natural.

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](#)

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 [Mindful eating](#).

Nutrition

- 3 steps to cut calories
- 4 weeks to more energy
- Are you at a healthy weight?
- Dietary guidelines tips
- Eat healthy for less
- Everyday nutrition
- Healthier holiday tips
- Hydration and healthier beverages
- Managing heartburn
- Mediterranean eating tips
- Mindful eating tips
- Vitamin D

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:¹

- 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.¹



UnitedHealthcare | Health Tip

Health tip: Mindful eating



Mindfulness is the practice of paying attention, deliberately and non-judgmentally. With practice, mindfulness may cultivate the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting. This practice can be applied to any area of your life; applying these principles to eating may allow for an improved relationship with food.

Mindful Eating helps remove judgment surrounding your food choices, encouraging for individuality within your choices. Bringing awareness to the here and now can allow for presence and attention to the eating experience and to your hunger and satiety cues. In this process, **YOU** are the expert, making choices from a place of inner guidance vs. external cues. Mindfulness may help you move from unconscious, reactive behaviors to awareness, which can be the first step in making a positive change.¹

Mindful eating encourages questions²

- Why do I eat?
- When do I eat?
- What do I eat?
- How do I eat?
- How much do I eat?
- Where do I eat?

Mindful eating tips¹

- Purchasing single portion foods
- Eating on smaller plates
- Awareness of triggers
- Placing unhealthy foods out of sight

Creating a personal hunger scale¹

Creating a personal hunger scale ranging from 0 (the most hungry) to 10 (the least hungry) and becoming aware of what a 0 feels like physically when you're extremely hungry and what a 10 feels like may provide you with valuable information to guide the eating process.

Mindfulness techniques

- Taking smaller bites
- Putting down your utensils in between bites
- Setting a timer for 20 minutes to slow down the eating process
- Treating the meal as a self-care ritual

¹ Research supports mindful eating interventions for binge eating, emotional eating, and for diabetes management.¹

² Mindful eating is an art and skill which may become easier and more natural the more it is practiced. Having patience and compassion is key.



¹ Today's Children: Mindful Eating - Studies Show This Concept Can Help Obese Kids Lose Weight and Better Manage Chronic Diseases, Vol. 10 No. 3 | <https://www.healthychildren.org/HEA/article.aspx?articleid=2024024> accessed March 2021.
² Eat What You Love, Love What You Eat by Michelle May, M.D. (2016). The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding your medical condition.
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Employer Educational Materials for March

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

Click here for the [Dietary Guidelines 2020-2025](#) 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

Dietary Guidelines Questionnaire

Name: _____

Please circle your answers to the following questions.

- 1 in 10 of all American adults have one or more diet-related chronic diseases.
a. True
b. False
- The Dietary Guidelines are issued every:
a. 2 years
b. 5 years
c. 3 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.
a. True
b. False
- Which of the following should not be limited in a healthy eating pattern?
a. Saturated fats
b. Whole grains
c. Alcohol
d. Added sugars
- 85% of calories are needed per day to meet food group recommendations healthfully, in nutrient-dense forms.
a. True
b. False

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Quiz Answers

Dietary Guidelines Questionnaire

Name: _____

Please circle your answers to the following questions.

- 1 in 10 of all American adults have one or more diet-related chronic diseases.
a. True
b. **False**
- The Dietary Guidelines are issued every:
a. 2 years
b. **5 years**
c. 3 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.
a. **True**
b. False
- Which of the following should not be limited in a healthy eating pattern?
a. Saturated fats
b. **Whole grains**
c. Alcohol
d. Added sugars
- 85% of calories are needed per day to meet food group recommendations healthfully, in nutrient-dense forms.
a. **True**
b. False

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 [Click here](#) for the entire United at Work catalog.



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.



Get support to eat healthier, sleep better and move more

Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way.

- Take the Health Survey**
Use your results to help set health goals.
- Get personalized recommendations**
Build healthier habits with well-being programs, activities and more.
- Earn rewards**
Take healthy actions, achieve goals and earn Rally Coins.

Visit myuhc.com > Health Resources > Rally

United Healthcare | RALLY

Rally Health® provides health and wellness information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your response will be kept confidential in accordance with this law and will only be used to provide health and wellness recommendations on behalf of your activities. Rewards are available through the Rally Rewards program. Additional services provided by United HealthCare Services, Inc. or their affiliates. BGC 0211457143, 1/21 © 2021 United HealthCare Services, Inc. All Rights Reserved. 011459563



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



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

