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Healthy **Meals**

TRICKS FOR BETTER EATING

By Cara Rosenbloom, RD

Do you want to eat better? These strategies can help make good nutrition a bit easier to achieve. Make vegetables and fruit convenient. If you open the fridge and the first things you see are carrot and cucumber sticks, there's a good chance those are the snacks you will choose. And if you have a cookie jar on your counter, replace it with a bowl of fruit. It's better to pick an apple or banana instead of cookies, and that's more likely if fruit is the first thing you see.



Always shop on a full stomach. Why? If you shop hungry, you're more likely to grab something convenient to munch on, such as ultra-processed chips or a chocolate bar. And you're also more likely to make more impulse purchases (food you don't need, but crave in the moment) and spend more money than you planned. Instead, shop with a grocery list and try to stick to it.

Skip the distractions. People tend to eat more when paying attention to a computer, TV screen or tablet, instead of focusing on food. Dine without electronics and pay attention to every delicious bite. Focusing just on your food is also linked to being less hungry later on, because your memory reminds you of your previous meal.

Set realistic expectations. While pictures of beautiful food and glamorous people on social media can be aspirational, they can also make us feel inadequate. Instead of inspiration from models and chefs, fill your social media feeds with more realistic lifestyles. It's better for your self-esteem.

One-Pan Mediterranean Chicken

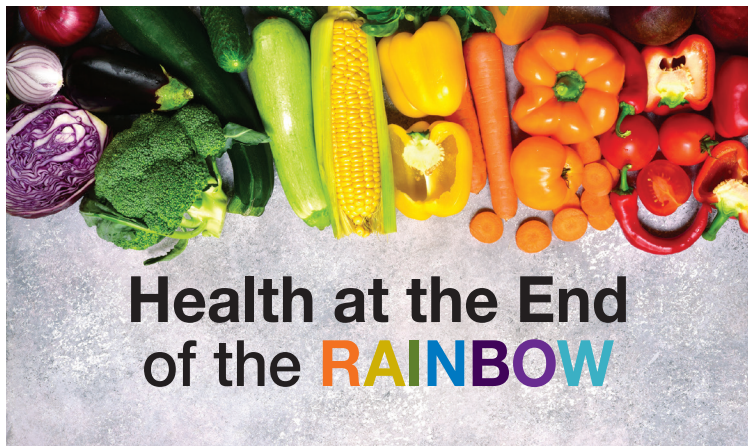
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| 2 tbsp olive oil | |
| 2 cloves garlic, chopped | |
| 2 tbsp fresh lemon juice | |
| 1 tsp dried oregano | |
| ½ tsp salt | |
| 4 skinless boneless chicken breasts (about 16 oz.) | 1 yellow or orange pepper, 1-inch diced |
| 1 zucchini, 1-inch diced | 1 red onion, 1-inch diced |
| 2 cups mini tomatoes | ¼ cup feta cheese, crumbled |



In a container with a lid, mix together oil, garlic, lemon juice, oregano and salt. Add chicken, stir to coat and marinate in the refrigerator for 2 hours (or overnight). Preheat oven to 450°F. Line a baking sheet with foil. Add chicken to baking sheet and surround with zucchini, tomatoes, peppers and onions. Bake 25-30 minutes (until the chicken is 165°F). Sprinkle with feta cheese and serve warm.

Makes 4 servings. Per serving:

263 calories | 27g protein | 9g total fat | 13g carbohydrate | 2g sugar | 3g fiber | 477mg sodium



Health at the End of the RAINBOW

By Cara Rosenbloom, RD

Filling half of your plate with vegetables and fruit at every meal is a great way to ensure you get enough of these wholesome foods each day. But which vegetables and fruits are the healthiest? They are all good.

Your best bet is to choose a variety of options from all colors of the rainbow. Each hue comes with a unique set of vitamins, minerals, antioxidants and phytonutrients (health-friendly plant compounds), so variety is important. The vibrant colors in vegetables and fruits are more than just pretty — they are functional, too. The pigments that make carrots orange, tomatoes red and spinach green work collectively to help protect whole body health.

The exact type and amount we need of each vegetable and fruit is not fully understood, so the best advice is to capture the rainbow during your daily meals and snacks.

Include these beauties for:

Lycopene: In tomatoes, watermelon and pink grapefruit. It's linked to a reduced risk of certain cancers, especially breast and prostate.

Anthocyanins: In blueberries, blackberries and purple cabbage. They're linked to heart health, brain health and better cognitive function.

Carotenoids: In carrots, leafy greens, sweet potatoes and pumpkins. Carotenoids may help prevent cataracts and other age-related eye diseases.

Flavonoides: In cherries, berries and red grapes. These pigments have shown anti-inflammatory effects, and may also protect heart and brain health.



Sulforaphane: In broccoli, cauliflower, kale and cabbage. This plant compound has been shown to reduce cancer cell growth in lab and animal studies.



>> **Remember, there isn't 1 superfood** in the produce section that will fully protect your health on its own, but a variety of colorful vegetables and fruit are part of a balanced diet that has proven health benefits.

Salmon and Broccoli Stir-Fry

- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh minced ginger
- 1 large bunch (about 4 cups) broccoli, broken into florets
- 1½ lbs (24 oz.) skinless boneless salmon fillets, cut into pieces
- 2 tbsp reduced-sodium soy sauce
- 2 tsp toasted sesame oil
- 2 tbsp rice wine vinegar



Add olive oil to large pan over medium heat. Add garlic and ginger. Sauté 1 minute. Add broccoli and salmon. Stir-fry until broccoli is fork tender and salmon is cooked through, about 8-10 minutes. Meanwhile, in a small bowl, whisk together soy sauce, sesame oil and vinegar. Pour sauce over salmon-broccoli mixture and serve warm.

Makes 4 servings. Per serving:

320 calories | 37g protein | 17g total fat | 5g carbohydrate | 1.5g sugar | 3g fiber | 385mg sodium

New Foods and Kids

Children may need to taste a new food 15 to 20 times before deciding if they like it. Researchers have found that the best way to introduce kids to new foods is to offer repeat exposure to them, and to be a role model by eating them yourself. And what if they just don't like something? That's okay. There are probably certain foods that you don't like either, right? The best approach is no pressure.

