



Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well.

-Michael Pollan

Since March is National nutrition month, I had to have a theme around nutrition. Food is fuel and it can be good or bad fuel. Whenever I talk about nutrition I always use the analogy that you don't put diesel fuel in a car that takes unleaded because the engine will seize up and stop. Guess what—our body does the same thing when we don't feed it the right fuel. Every person has eaten something in their life and said "I don't feel well from that or that isn't sitting well or (insert your own quote here)." Food should be used to make your body and mind go, it should be used as medicine and it should heal us from the inside out.

There is a lot of inflammation caused in our body from things we eat. And everyone who has ever spoken with me knows, I don't limit many things (regular soda is the exception as it is just full of sugar) because we should enjoy all food in moderation. If you want a small cookie, slice of pie, piece of cake, slice of pizza, etc., enjoy them in small portions and not as often as we probably do now. There are also healthier options for all of those choices. Gut health is so important and scientists are studying how overall gut health affects our overall health, physically and mentally. We want to feel better, we want to be able to participate in the fun things in life. In order to do that, we must use food as the right fuel. So how do we do that:

1. Stop drinking regular soda (my one hard-fast rule in nutrition)
2. Eat a mostly plant based diet with lots of leafy greens, whole fruits/veggies, beans, nuts and seeds!
3. Drink lots of water-80-100oz a day. If you aren't drinking that much, start with 32oz, you don't have to do it all at once.
4. Get enough sleep, so your body and mind can recover and use the good fuel you ate during the day to heal your body at night.

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Family Dynamics and Food

Growing up in the 70's and 80's my family ate dinner together every night after my parents got home from work and my siblings and I from our sporting events. And then later on we would watch tv after dinner and have a snack. That snack most nights was chips or pretzels and dip or popcorn. Yes the wonderful french onion dip. I can still smell and taste that. My parents didn't have the information I do now on how harmful that habit was. In fact, it's pretty much the reason why I never have chips in my house. Yes your health and wellness coordinator can polish off an entire bag of potato chips or Doritos in one sitting to this day. Even now I still crave snacks after dinner, more out of habit than hunger! It's amazing that almost 40 years later those habits are still ingrained in my head. But now I make the choice to only do that once in a while and it's typically skinny popcorn or a piece of 85% cacao. Some things my parents did abide by-we never had sugar cereal in our house. Soda was only allowed when we went out to restaurants and at home for special occasions, as it was considered a treat.

My grandparents and parents also taught us to be part of the "clean plate club". I am certainly not faulting my parents and grandparents, they grew up in some harder times, my grandparents in the depression and knew what it was like to truly be hungry. So I understood their mindset of making sure you ate everything on your plate, so nothing was wasted.

You can see how your family dynamics growing up affect your food and meal choices even now. What food habits can you remember from your family growing up? Anyone grow up in the "clean plate club"? Anyone have snacks and tv time? I am sure there are many more that people can think of. Being able to change just one of those unhealthy habits can help you on your way to better nutrition.

One of my favorite stories around food involved my son, Dustin. After a long soccer tournament weekend in Lancaster our team stopped at an Italian restaurant after our last game with all our parents. When it came time for the food to be served, there was tons of pizzas, spaghetti, meatballs, sandwiches, etc. One of the waiters came over with a cedar plank of salmon and steamed broccoli and asked who ordered it. All the parents looked up to see which one of us would be enjoying that, but lo and behold, it was my son who raised his hand proudly. My husband and I just looked up at him and shook our heads. I guess we shouldn't complain as he was eating something healthy. I am not sure when I was 11, I ever would have ordered that.

I am proud for instilling some good food habits for my kids. They aren't picky eaters, thank goodness. The one hard fast rule I stick with for everyone in our family-**NO** Electronics at meals! Even though we don't always eat dinner together, when we do it's a special time to share our days and lives! Growing up in the 70's and 80's I think was a much simpler time. Wait did I just sound like my mom???

The Blue Zones- Dan Buettner

Five places in the world that describes "the environment and lifestyles of the world's longest-living people."

- ◆ Okinawa, Japan
- ◆ Sardinia, Italy
- ◆ Nicoya, Costa Rica
- ◆ Icaria, Greece
- ◆ Loma Linda, California, US

9 attributes of Blue Zone Living

- ◆ Move Naturally
- ◆ Purpose in Life
- ◆ Down shift-let go of stress
- ◆ 80% rule-they stop eating when they are 80% full
- ◆ Plant slate-more plant based foods
- ◆ Wine@ 5 with friends and food
- ◆ Belong-faith based community
- ◆ Loved ones first
- ◆ Right tribe-healthy social circle



Saturday Health Screenings

Last Saturday health screening for 21-22 wellness year

Saturday, March 26th, 8-9:15

To Register click here: <https://upmchealthypartners.as.me/LCIC>

LCIC Health Courses coming up

Cooking with Carnie Series

Tuesday, March 8th, 6-7pm, Health snacks and Desserts ZOOM To Register, click here: <https://www.elnrn.org/Register.aspx?ScheduleID=5300>

Health with Dr. Solley

Thursday, April 7th, 5:30-6:30pm, Stress Management– Dr. Solley will explain how stress is created, what it does to the body and how you can turn it around. **LIVE** To register, click here: <https://www.elnrn.org/Register.aspx?ScheduleID=5302>

Mental Health Series with Dr. Lindsay Sauers

Tuesday, April 19th, 6-7pm, Mental Health 101-What truly is mental health, signs and symptoms of common mental health issues and how we can help ourselves and others to manage and improve issues with mental health. **LIVE** (original date was March 22nd but Dr. Sauers had a conflict.)

To register click here: <https://www.elnrn.org/Register.aspx?ScheduleID=5301>

Cooking with Carnie Series

Wednesday, May 11th 6-7pm, Lemon Pepper Chicken and Orzo ZOOM

To register, click here: <https://www.elnrn.org/Register.aspx?ScheduleID=5303>

Mental Health Series with Dr. Lindsay Sauers

Monday, May 23rd, 6-7pm- Mindful meditation course to relieve stress/anxiety-30 minute talk followed by 30 minutes of practicing meditation, **Zoom**

To register click here: <https://www.elnrn.org/Register.aspx?ScheduleID=5304>

Health with Dr. Solley

Wednesday, June 8th, 5:30-6:30pm, Back Health/Flexibility-Pain is your body's signal that something is wrong; when you ignore this signal or cover it up with pain meds, you are missing out on an opportunity to fix it. Join Dr. Solley and learn how to use pain to your advantage. This talk guides you towards simple solutions that will help you remove pain and make your body last longer. Don't miss out! **LIVE**

To register click here: <https://www.elnrn.org/Register.aspx?ScheduleID=5305>

EMBRACE

Listen to your Gut!



Update from Carly:

I'm currently recovering from indulging in forbidden holiday treats and foods that I didn't resist over the holiday seasons!

I had an incredible Thanksgiving experience, eating a few items such as pie and stuffing without any repercussions. There was a 3-week span of time where I truly felt closer to my "old" self - energy levels were stable; I was able to indulge in foods that were usually off limits in my diet with minimal symptoms.

Closer to Christmas I was taking more risks with food, taking care not to quite jump off the deep end. But baked goods, such as cookies, are my weakness. Although I tried a few recipes, cookies aren't very successful when they must be gluten, dairy, egg, and fodmap free. There's only so many alternative baking solutions! I ended up not feeling well on Christmas day, eating a meal that was maybe 1.5 cups of solid food. My typical cycle of feeling unwell had returned at that point and I had a solid 7 days of IBS misery.

My current "recovering" body is sensitive to everything I eat, so I'm on my most restrictive diet and can't seem to push into a lesser restrictive diet yet. Some of my typically "ok" foods are even triggering severe IBS symptoms. Brain fog is a larger indicator that what I ate isn't agreeing with my body and likes to linger around. Medically speaking, no updates or new options to try. It will officially be 2 years in June that I've been dealing with this illness, and reflecting upon it I have improved but will always seek to improve a bit more. I do laugh when I think about the time gone by, my first thought always returns to the fact that in July it will be 2 years since I've had my last cup of coffee!! So thankful for all the tea varieties!

Carly is happy to discuss with anyone her story in hopes of helping others going through something similar. Email Carmen at cterry@iu17.org for Carly's information

My new favorite recipe—Sausage, Kale and Butternut Squash

- 1 large butternut squash, peeled and cubed
- olive oil
- salt and pepper
- 1 onion halved and thinly sliced with skin removed
- $\frac{3}{4}$ cup walnuts
- 2 cloves garlic, diced
- 4 links of hot Italian sausage, casing removed (I use Shady Brook Organic turkey sausage)
- 2-3 bunches kale, washed and dried, leaves removed and roughly torn into small pieces; discard the stems
- 1 lemon, zest and juice of lemon
- $\frac{1}{2}$ cup blue cheese or feta

1. Preheat oven to 400 degrees Fahrenheit. Toss the cubed squash in a bowl with enough olive oil to coat and season with salt and pepper. Spread out on a baking sheet and bake for about 25-30 minutes or until golden and tender, stirring partway through.

2. Caramelize your onions: heat some olive oil or butter in a pan over medium-low and add the onions. Continue stirring the onions every 5 to 10 minutes while you prepare the rest of the ingredients. The onions will gradually begin to break down and become jammy and darker in color. Once they're caramelized, add a bit of liquid (water, broth, wine) to help scrape up the fond. Salt to taste, take off heat and set aside.

3. In the meantime, heat a dry pan on medium-high. Add the walnuts and toast until fragrant. Set aside to cool before roughly chopping.

4. Heat olive oil in a large pan over medium. Add the garlic and cook until fragrant. Add the sausage, breaking it up into small pieces as it cooks. Once the sausage is cooked add the kale in bunches, allowing each bunch to begin to wilt before adding more. Season with salt and pepper and stir in the lemon zest. Remove the sausage and kale mixture from the heat. Mix in the butternut squash, onions, half of the lemon juice to start, walnuts and blue cheese. Taste and add more salt, pepper or lemon juice as needed.

Opportunity for employees

**Are you an instructor in an exercise discipline?
Yoga, Drums Alive, Zumba, Etc...**

I am looking to add more exercise based platinum classes for next year.
Instructors will receive 50pts for courses taught.
Just looking for 1-2 dates per wellness year. (October-May)

This is to give employees a sample of these courses without joining a gym to start.

Please contact Carmen Terry at cterry@iu17.org if you are interested in teaching a couple courses throughout the year.



Nutrition Month



Everyone knows that sleep is important for physical, emotional and mental health. However, did you know that the food and drinks you consume could affect your sleep? Certain foods and drinks, and the timing in which you consume them, can either help or hamper your sleep. Read on to learn more.

Try sleep-friendly foods. Research published in the Journal of Clinical Sleep Medicine shows that foods high in fiber and protein, and low in saturated fat may help induce better sleep. Try adding some of the ideas below to your dinner to help you sleep better:

- Poultry, fish, beans, lentils, whole grain pasta or bread
- High-fiber fruits and vegetables including kale and bananas

Drink a glass of warm milk. It may be an old wives' tale, but for many people it does help them get a good night's sleep. Warm beverages like caffeine-free tea may also do the trick.

Avoid eating too close to bedtime it can cause indigestion.

If you wake up at night with your throat burning, you may want to try these ideas to sleep better:

- Do not eat within 4 hours of bedtime
- Avoid eating foods that trigger indigestion before bed
- Sleep propped up to keep the acid from creeping up your throat
- Try drinking a glass of milk before bed

Consider your caffeine consumption. For some people caffeine before bed is no problem; for others, it can cause a restless night. Caffeine is a stimulant, which is why it keeps you up. If you have trouble:

- Avoid caffeinated beverages like soda, coffee or tea
- Reduce your consumption of foods with caffeine such as chocolate
- Be aware that it takes 8 hours for your body to fully process 8 ounces of coffee from your body

Know how alcohol affects sleep. Alcohol prevents you from getting the deep sleep required for restorative rest because it disrupts your sleep cycle. You can prevent this by:

- Avoid drinking before bed
- If you do plan having a drink, consume it with enough time for the alcohol to leave your system before bed. Alcohol leaves your body at 1 drink per hour
- Drink moderately when you do drink. Moderate drinking is defined as two drinks per day for men, and one drink per day for women

Sources:

American Academy of Sleep Medicine. <https://tinyurl.com/5t5f665f>
American Sleep Association. <https://tinyurl.com/vkr3ncjc>



Next 8 Week Weight Loss/Wellness Class

Wednesday, March 23rd-May 11th, 2022

4:30 – 5:30

BLaST IU 17, 2400 Reach Rd, Williamsport

Get Ready for Spring!

- *Lose weight without feeling hungry, yes you can eat carbs!*
- *Healthy fats (mufa) target belly fat and speed weight loss*
- *May improve blood pressure, blood sugar and cholesterol*
- *Participants have lost up to 120+ pounds, reversed pre-diabetes and fatty liver, significantly improved A1C and reduced or eliminated need for medications*
- *Weekly topics include: Lowering risk of chronic disease, Reversing insulin resistance, Gut Health, Blue Zones, DASH guidelines and more!*
- *Rose's easy to follow plan: **Lose Weight with 8** received a trademark with the US Patent Office in December 2020. With this easy to follow meal plan and lifestyle approach you will see results immediately!*

Information Session

Wednesday, March 16th at 4:30pm

Overview of class, receive class materials and sign up

Cost: 180.00 cash or check payable to: Live It Nutrition

To register: Email Carmen Terry at cterry@iu17.org

