

# Healthy Workplace

Your monthly Anthem wellness newsletter

February 2018 Edition

## Protect your Heart—Serving Size Versus Portion Size



**Portion** is how much food you choose to eat at one time, whether in a restaurant, from a package or in your own kitchen. A portion is 100 percent under our control. Many foods that come as a single portion actually contain multiple servings.

**Serving Size** is the amount of food listed on a product's Nutrition Facts label. So all of the nutritional values you see on the label are for the serving size the manufacturer suggests on the package. Once we understand the difference, it's easier to determine how much to serve and easier to teach kids the difference between the two.

### How can we eat and serve smaller portions?

**When cooking at home:** Offer the proper "serving" to each member of the family, then put the extra food away. Save leftovers for another meal.

**When dining out:** Skip the appetizers and split a large salad or main dish with a friend.

**When ordering takeout at home:** Eat one slice of pizza instead of two, and order a small instead of a medium to split among the family so the pieces are smaller.

**Watching movies at home or at the theatre:** Don't eat while watching TV or a movie or when you're on the computer. It's harder to control how much you're eating if you don't pay attention to what you're putting in your mouth, and when. At the movies, share a box of popcorn, and avoid the free-refill tubs and skip the candy.

**At snack time:** Never eat straight from the bag or box. Measure out snacks, including fruits and veggies, into appropriate portion sizes before giving them to your kids.

## What Should My Daily Sodium Intake Be?

Did you know that on average, Americans eat more than 3,400 milligrams of sodium each day—much more than the American Heart Association and other health organizations recommend.

The American Heart Association recommends no more than 2,300 milligrams (mgs) a day and an ideal limit of no more than 1,500 mg per day for most adults.

**1500 mg of sodium amounts to 0.75 teaspoons or 3.75 grams of salt per day, while 2300 mg amounts to one teaspoon or 6 grams of salt per day**

Because the average American's sodium intake is so excessive, even cutting back to no more than 2,400 milligrams a day will significantly improve blood pressure and heart health.

More than 75 percent of the sodium Americans eat comes from some processed, prepackaged and restaurant foods – not from the salt shaker. Keeping sodium in check is part of the overall heart-healthy eating pattern that the American Heart Association recommends. It emphasizes fruits, vegetables and whole grains, while including low-fat dairy products, poultry, fish and nuts, and limiting red meat, sweets and sugar-sweetened beverages.



Adapted from: <https://healthyforgood.heart.org/eat-smart/articles/portion-size-versus-serving-size>

## Tailgate Chili

### Servings: 4

Try this heart healthy chili recipe that's good for your heart. It's ready in 30 minutes!



### Ingredients

- 1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- 1 medium onion (chopped)
- 1 medium green bell pepper (chopped)
- 1 medium jalapeño (optional, only if you like spicy chili), chopped
- 4 clove minced, fresh garlic OR 2 tsp. jarred, minced garlic
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander
- 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained
- 14.5 oz. canned, no-salt-added, or, low-sodium, diced tomatoes (undrained)
- 3/4 cup jarred salsa (lowest sodium available)

### Preparation

1. Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.
2. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.
4. Optional – serve topped with low-fat grated cheese, a dollop of low fat sour cream, sliced avocado, snipped cilantro or chopped green onions.

**Nutrition Facts:** 297 calories, 6g total fat, 288mg sodium, 31g protein. **For full facts visit <https://recipes.heart.org/>**

***National Wear Red Day®***

***is Friday, February 2***

***Why Go Red?***

Heart disease and stroke cause **1 in 3** deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we have the power to change that because 80 percent of cardiac and stroke events may be prevented with education and action.

**Check out [Americanheart.org](http://Americanheart.org) for more info.**

## Wellness Corner

Each month we are featuring one of our Health and Wellness Managers and what we personally are doing for our own health!

With Heart Health as our featured article, this month Carrie from New Hampshire is sharing what she does in the winter to take care of her heart.

On the weekends... suit up and get outside! Ideally for a walk in the woods but sometimes just a quick neighborhood dog walk will do!

At work... my heart healthy snack of choice is raw almonds.

In my free time... shut off my screens and read.



# Wellness Bites for your Quick Wellness Needs!

## 28 Days of Heart Health

Throughout the month of February, The Heart Truth challenges you to a 28-day challenge to take action to lower your risk for heart disease. One activity for each day in February!

1. Squat it out. Do 1 minute of squats.
2. Make a heart healthy snack and watch your favorite movie.
3. Try a friend's favorite physical activity.
4. Schedule your annual physical.
5. Visit [Smokefree.gov](http://Smokefree.gov) to take the first step in quitting smoking.
6. Make today a salt-free day. Use herbs for flavor instead of salt.
7. Park further away or get off the bus a stop early.
8. Keep up the great work! Walk an extra 15 minutes today.
9. Plan your menu for the week with heart healthy recipes.
10. Aim for 30 minutes of physical activity today.
11. Calculate your body mass index (BMI).
12. Share your favorite inspirational quote
13. Give the elevator a day off and take the stairs.
14. Protect your sweethearts heart: Plan a heart healthy date.

15. Dance, Dance, Dance!  
Dance to your favorite song.

16. Stress less. Practice mindful meditation for 10 minutes.

17. Make a heart healthy meal.

18. Add a stretch break to your calendar to increase your flexibility.

19. Swap the sweets for a piece of fruit for dessert.

20. Share a funny video or joke that makes you laugh.

21. Head to bed with enough time to get a full 8 hours of sleep.

22. Call three relatives and ask about your family health history.

23. Ask a friend to join you in your favorite exercise.

24. Take out a tape measure and find out the size of your waist.

25. March in place for 3 minutes to get your heart going.

26. Make half of your lunch and dinner plates vegetables.

27. See how many push-ups you can do in one minute.

28. Pay it forward and tell a friend about The Heart Truth!



| National February Health Observances | Website for More Information   |
|--------------------------------------|--|
| American Heart Month                 | <a href="http://www.americanheart.org">www.americanheart.org</a><br><a href="http://www.cdc.gov">www.cdc.gov</a> |
| National Cancer Prevention Month     | <a href="http://www.aicr.org">www.aicr.org</a><br><a href="http://www.cancer.org">www.cancer.org</a>             |