



ChallengeME MONTHLY MINUTE

VOL 05 ISSUE 3 / MARCH 2022 • maine.gov/mdot/challengeme

Monthly topic:

Nutrition

Smart Tips for Building a Healthy Salad:

Consider flavor, texture and color. Add a small amount of salad dressing and enjoy!

1) Build your Base: Select one or more:

Arugula, Boston bibb lettuce, escarole, green leaf lettuce, kale, iceberg lettuce, mixed greens, napa cabbage, raddichio, red leaf lettuce, romaine spinach

2) Boost the Nutrients with Extra Vegetables (texture) and fruit (sweetness):

Artichoke hearts, broccoli, corn, radishes, water chestnuts, beets, cauliflower, cucumber, red cabbage, zucchini, bell pepper, carrot, mushrooms, snap or snow peas, bok choy, celery, onion, tomatoes
Fruit: Apple, mandarin oranges, dried cherries, pear, grapes, fresh berries, melon, raisins

3) Add Protein to Make it a Hearty Meal:

Cooked meat, poultry and seafood: beef, boiled egg, chicken, ham, salmon, shrimp, tuna, turkey.
Vegetarian options include: Black beans, chickpeas, edamame, kidney beans, navy beans, tofu
*Nuts and seeds can also be sources of protein for vegetarians

4) Dress your salad with a small amount of dressing:

For options lower in saturated fat, consider oil and vinegar or yogurt-based dressings instead of traditional creamy options. Salsa can also be a fun way to top a salad. Garnish with a snip of fresh herbs, such as cilantro, parsley or basil, if desired.

Sprinkle on Extras- Use Sparingly as these are Higher in Calories:

Cooked Grains: Bulgur, farro, quinoa, wheat berries, unsalted nuts and seeds. Almonds, cashews, peanuts, pecans, pistachios, pumpkin seeds, sunflower seeds, walnuts
Cheese: Blue, cheddar, feta, mozzarella, parmesan
Other: Avocado, bacon bits, croutons, olives, tortilla strips

Become a Smart Shopper by Reading Food Labels

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium.
- Compare similar foods to find one that meets your calorie needs.
- Look for foods that are lower in saturated fat, trans fat, sodium, and added sugars. Start with the Servings Per Container and Serving Size
- Look for both the number of servings in the package and the serving size (the amount for one serving). Serving sizes on the new label reflect the portions most people are eating or drinking, not what they should be consuming.
- Remember to compare the portion you take to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

For packages that contain more than one serving but could reasonably be eaten in one sitting, a second column will be listed to show the nutrition information for the whole package.

For more info: <https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>



Be sure to visit the ChallengeME website:

- > Sign up for Health Coaching (call 800.697.0353 or visit guidanceresources.com)
- > Listen to the ChallengeME Podcasts
- > Complete your WellStarME for the 5% discount
- > Free nutritional counseling through Anthem, in-network level paid at 100%

<http://maine.gov/mdot/challengeme>

Coming Up April: Stress Awareness

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov