Shape Up Your Workplace
A monthly series brought to you by Get Healthy CT

Workplace Wellness Idea #19:
Healthy Cooking Tips

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a "Workplace Wellness Idea" each month that employers can implement at low or no cost.

After your employees have used our healthy shopping tips at the grocery store (from Workplace Wellness Idea #18), you can provide them with these healthy cooking tips so they can prepare healthy meals at home. They could try making small changes over time to create a healthy eating lifestyle, rather than a short-lived diet. Experimenting with one or two changes at a time can help them figure out what works best for their routine and taste buds!

Cook in large batches: One tip to help busy employees during the work week is to cook larger dishes on the weekend that will last for several meals throughout the week. This will not only save time, but can also help to avoid those often unhealthy choices we tend to make when we are hungry and in a rush.

Healthier ingredient substitution examples below:

If your recipe calls for this ingredient:	Try substituting this ingredient:
Bread crumbs	Rolled oats
Butter, margarine or oil in baked good	Applesauce for half of the required butter
Pasta, enriched (white)	Whole-wheat pasta
Seasoning Salt	Herb-only seasonings, finely chopped herbs, or garlic, celery or onions
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Sugar	Reduce the amount of sugar by one half; for sweetness try adding vanilla, nutmeg or cinnamon

Add more vegetables: Seasonal vegetables can be added to favorite recipes and sandwiches to add extra flavor and nutrients. To preserve the color and nutrients in vegetables, cook them quickly by steaming or stir-frying. For a quick side dish, try steaming veggies in a bowl with a small amount of water in the microwave.

Add more fruit: Seasonal fruit can be added to meals for extra nutrients. Add strawberries, bananas or peaches to your cereal or non-fat yogurt. Apples, blueberries, and dried cranberries can boost the nutritional content of a salad. Keep fruit on hand for a quick healthy snack during the work day.

Vary your proteins: Experiment with main dishes made with beans or peas, nuts, soy and seafood. Try adding hummus, a hard-boiled egg, or unsalted nuts/seeds to salads for an extra boost of protein. Using lean meats and low-fat dairy products can upgrade typical protein choices.

Plan ahead: Planning weekday meals ahead of time can save time and prevent the need to grab something that is quick and unhealthy. Prepare and plan lunches the night before for healthy eating at work. Prepping healthy breakfast the night before is another morning timesaver. Here is a great make ahead breakfast they can try:

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Low Fat Mini Frittatas

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1 ½ cup finely chopped onion
1 ½ cups baby spinach chopped
1 egg
4 egg whites
¼ cup reduced fat cheese grated
Freshly ground pepper

Preheat oven to 350°. Spray two mini muffin pans with non-stick cooking spray. In medium skillet sprayed with cooking spray, gently sauté onion, Add spinach and cook until wilted. Remove from heat. Whisk egg and egg whites in a medium bowl. Add cheese and season with black pepper. Spoon the egg mixture into each mini muffin cup, filling them ½ way. Bake for 15 minutes until set and puffed up. **1 serving** = 1 mini frittata, **Calories** 11 , **Total Fat** 0.4 mg, **Sodium** 23 mg, **Carbs** 0.5 g, **Protein** 1.3 g

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http://lowfatcooking.about.com/od/appetizersandsnacks/r/minifrittatas.htm

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Try these online resources for simple and delicious recipes:
http://www.choosemyplate.gov/budget-recipes
www.heart.org/HEARTORG/HealthyLiving/HealthyEating

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For more information, please visit GetHealthyCT.org

Let's work together to help make the healthy choice the easy choice in the workplace!

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