



## Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

### Workplace Wellness Idea #32: Provide Healthy Eating 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.

#### Healthy Cooking Tips:

Adopting a healthy eating lifestyle, rather than a short-lived diet, can help you achieve and maintain your wellness goals. Try experimenting with one or two changes at a time to help you figure out what works best for your routine and your taste buds! One healthy cooking tip is to plan ahead.

Preparing healthy meals ahead of time can help save time and money. Prepping breakfast the night before is one way to make sure you start the day with a healthy meal. Preparing weekday lunch options the night before, can also help make eating healthier at work much easier. Here is a great make ahead lunch that you can try.

### Greek Chicken Mason Jar Salads

#### Ingredients:

- 5 Quart size mason jar
- Newmans Own Olive Oil and Vinegar Dressing
- 1 quart cherry tomatoes, halved
- 5 mini cucumbers, sliced
- 1 cup pitted greek olives, sliced or chopped
- ¾ cups crumbled feta cheese
- 2 cups chopped or shredded chicken
- 5 cups chopped romaine lettuce

#### Directions:

1. Divide and layer all ingredients into mason jars. Start with salad dressing, then tomatoes, cucumbers, olives, cheese, chicken, and end with lettuce.
2. Put the mason jar top on and store in refrigerator for the week.
3. When ready to eat pour into a bowl and serve!



## Use healthier ingredient substitutions in your recipes:

If your recipe calls for this ingredient:	Try substituting this ingredient:
Sour Cream	Fat-free or Low-fat-cheese (less than two grams of fat per ounce)
Whole Egg	Two egg whites, ¼ cup cholesterol free egg substitute
Whole milk or heavy cream	Skim, 1% , or canned skim milk, low-fat yogurt instead of whipped cream
Seasoning salt	Herb-only seasonings such as garlic powder, onion flakes, or finely chopped herbs
Butter	Use oil, use diet, whipped, or tub margarine instead
Chocolate	Reduce the amount of sugar by one half; for sweetness try adding vanilla, nutmeg or cinnamon

**Cook in large batches:** Saves time and helps avoid unhealthy choices when we're hungry and in a rush.

**Add more fruit and vegetables:** Add seasonal fruits and vegetables to your favorite recipes, sandwiches, or cereal 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. For a quick healthy snack during the day, keep fruit on hand.

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

**Try these online resources for simple and delicious recipes:**

- [www.heart.org/HEARTORG/HealthyLiving/HealthyEating](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating)
- <http://www.choosemyplate.gov/budget-recipes>

For more information, please visit [GetHealthyCT.org](http://GetHealthyCT.org)

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