



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

EAP Newsletter

1st Quarter 2017

Many people think that your EAP is those people you call if you need to talk with a counselor. Well, we are that, so call us if you need us! We also care about your overall Well-Being. Here is some timely information that we hope will help you (and all employees across Hawaii) with your Well-Being. Gallup-Healthways pointed out that one of the key elements of Well-Being is to maintain your Physical self, and this edition of our newsletter aims at giving you some tips and tools to help you stay healthy and enjoy living and working in the top Well-Being state in the U.S.A.



Healthy Eating

The Hawaii Plate Lunch **versus** Harvard School of Public Health's Healthy Eating Plate

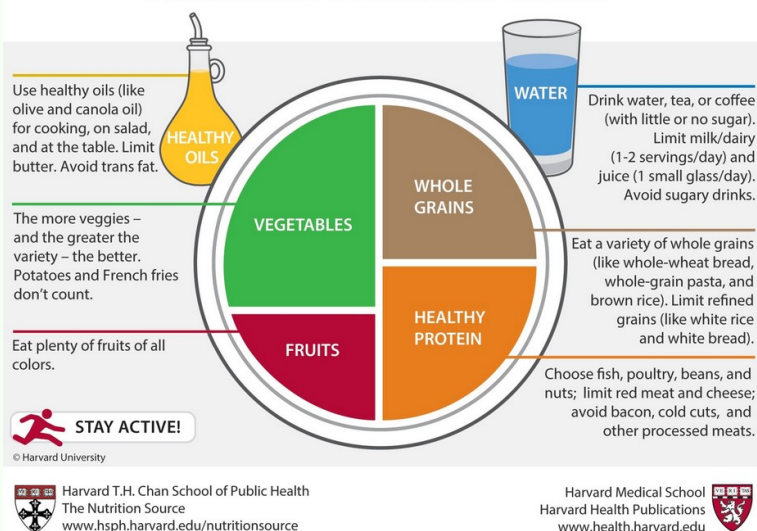


You know, two scoops rice (white), mac salad, gravy over everything, and something fried... What originated in the 1930's as a way to cater to laborers in the plantation era became the staple of drive-ins and free-standing restaurants across the islands. How is this different from what has been recommended for great health? Is there one thing you can do to eat healthier?

Nutrition experts at Harvard recently unveiled a new way to look at what we eat, addressing deficiencies in the old "food pyramids" and even the "MyPlate" that the Dept. of Agriculture unveiled last year.

- Half your plate should be **fruits and vegetables** (not potatoes).
- **Whole grains** should be a quarter of your plate (not white rice).
- **Protein** should be a quarter of your plate.
- Healthy plant oils in moderation.
- Drink water, coffee, or tea.

HEALTHY EATING PLATE



5 Quick Tips to Stock a Healthy Kitchen

1. **Produce** — Choose locally grown **vegetables and fruits** whenever you can, eating plenty of them every day. Aim for a variety of colors. Variety is as important as quantity; no single fruit or vegetable provides all of the nutrients you need to be healthy.
2. **Grains** — Trade in white rice for **whole grains** such as barley, bulgur, oat berries, quinoa, brown rice, and more. Try perusing your local grocery store's bulk bins to discover new — delicious — whole grains that are often simple to prepare.
3. **Protein** — Rely on healthy **protein** such as fresh fish, chicken or turkey, tofu, eggs, and a variety of beans and nuts. Remember to balance your plate with lots of vegetables & fruit, whole grains and healthy fats as well.
4. **Fats and oils** — Use liquid vegetable **oils** whenever possible for sautéing vegetables, stir-frying fish or chicken, and as the base of salad dressings. Good choices include canola, sunflower, corn, soybean, peanut, and olive oil.
5. **Other essentials** — Even a small amount of a high-quality ingredient can have a big impact on flavor. Stock your kitchen with high-quality basics like extra virgin olive oil, balsamic vinegar, fresh and dried herbs, and a variety of unsalted nuts (such as walnuts, almonds, and pistachios), and you'll have flavorful building blocks for any recipe.

Harvard School of Public Health—More information and recipes available at www.hsph.harvard.edu/nutritionsource

Liven up your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. Vegetables and fruits don't just add fiber and key nutrients to meals. They also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1. Fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with a healthy oil to keep them from drying out. Grilled fruits like pineapple or mangos add variety to a cookout.

2. Take your casserole to the next level

Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3. Planning something Italian?

Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.

4. Get creative with your salad

Toss in shredded carrots, peas, orange segments, strawberries, or other seasonal items for a flavorful, fun salad.

5. Salad bars aren't just for vegetables

In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

6. Get in on the stir-frying fun

Try something new! Stir-fry fresh or frozen veggies — like broccoli, carrots, cauliflower, or green beans — for a quick-and-easy addition to any meal.

7. Add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.

8. Be creative with your breakfast

Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.

9. Make a tasty fruit smoothie

Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious frozen fruit smoothie.

10. Liven up an omelet

Boost the color and texture of your morning omelet with vegetables. Simply chop, sauté, and add them to the eggs as they cook. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.



USDA, www.ChooseMyPlate.gov
Dietary Guidelines Tip Sheet #10

EAP is a short-term confidential counseling and work/life service, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.



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