



MEAP Quarterly Summer 2022

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Summer Holiday Eating

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Special points of interest:

- *Planned summer eating.*
- *Healthy summer food choices.*
- *Taking care of your fur-kids*
- *Easy summer time dinner meals.*

Summer has finally arrived! With a sense of “normalcy” returning in most areas across the country, many people are highly anticipating their 4th of July celebration! With this holiday right around the corner, you may be preparing for the much-anticipated festivities with friends and family. As with the tradition of gatherings a big part of socializing tends to revolve around eating and drinking, thus making it tricky to balance a healthy social life with healthy nutrition. Even if you have mastered healthy eating at home, reinforcing those habits in a social setting can be much more of a challenge to some.

Below are just a few tips on eating and being mindful while enjoying the company of your friends and family this summer:

SMALL BITES - You don't need to avoid your favorite desserts altogether, but when you do feel that urge to

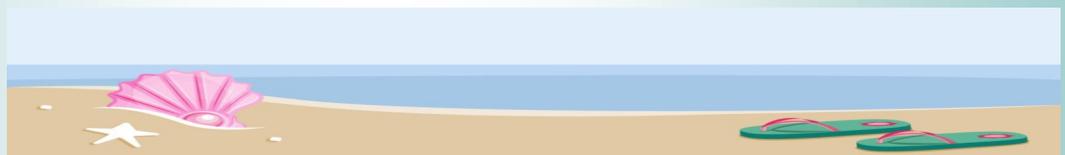
indulge, take small bites, and savor the flavor. Not only will this slow you down, but it will also create a more satisfying experience. You can also reach for the fruit based desserts to add natural fiber and sugar to your diet while indulging.

PLAN AHEAD AND EAT BEFORE THE FESTIVITES- We all know the feeling of being so hungry you could eat an entire table of food. It's the same as not grocery shopping on an empty stomach. You do NOT want to walk into a party setting with that feeling of hunger. It can be tempting to restrict your diet ahead of a gathering in order to save your calorie intake, but in reality, that plan can backfire. If you let yourself get too hungry, your body will go into survival mode and cue your brain to tell you to eat as much as possible. It is often best to eat a healthy meal or snack before you go to keep cravings at bay. This planned and

executed behavior will allow you to enjoy catching up with company when you arrive, rather than your mind being preoccupied with food.

USE EACH REFILL AS A MINDFULNESS CUE - Each time you go to refill your cup or plate, perform a mental check-in with yourself. Are you reaching for more because you are hungry or thirsty? If so, go for it! But if you are going for food or drinks out of impulse or to fill some other emotional void, such as boredom, overexcitement, or social anxiety, ask yourself what you are craving at that moment.

ENJOY THE COMPANY AND FOCUS LESS ON THE FOOD- Spend your time networking, talking to people, enjoying the music and the company of others. Keep your brain busy and not focused on the table of food.





Have a Heart Healthy Summer



According to the Centers for Disease and Control Prevention (CDC), approximately 659,000 people die of heart disease in the United States every year. While most people commonly associate heart disease with high cholesterol, high blood pressure, and smoking, poor diet is a leading contributing factor to heart disease.

To keep your heart healthy, take a look at the best rated foods for heart health and disease prevention to add to your heart-healthy foods list this summer.

Fish Salmon and other “oily” fish like tuna, sardines, and mackerel are heart-healthy powerhouses. They contain high levels of omega-3 fatty acids, which are known to lower the risk of arrhythmia (irregular heartbeat) and atherosclerosis (plaque build-up).

Nuts The unsaturated fats in nuts help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. Some nut varieties, like walnuts, are also high in omega-3s. Look for almonds, pistachios, peanuts, walnuts, and macadamias without high amounts of added salt.

Berries Berries rich in color are packed full of anthocyanins, which are antioxidants that help decrease blood pressure. Berries also contain vitamin C and fiber—and they’re delicious!

Dark Chocolate Dark chocolate (at least 70% cacao) contains flavonoids (they promote healthy blood circulation and supple arteries) and polyphenols (antioxidants that reduce inflammation and plaque build-up). Dark chocolate is also an excellent source of magnesium, a mineral essential to heart function.

Legumes With legumes (beans, lentils, and peas) the possibilities really are endless. They’re flavorful in soups and salads. Beans are full of heart-healthy protein, folate, and cholesterol-lowering fiber.

Lean Meats A few of the most heart-healthy meats you can eat are skinless chicken, turkey, and other unprocessed lean meats.

Leafy Greens Broccoli, spinach, kale and other dark leafy greens are loaded with healthy vitamins and minerals. These veggies contain combinations of vitamins A, C, E, K, and several types of B. Dark leafy greens are also packed with antioxidants that have been proven to decrease the risk of heart disease.

Non-Tropical Oils Instead of vying for tropical oils, use vegetable-based oils such as canola, olive, corn, and sunflower oils.

Yogurt (Low-Fat) Eating healthy, low-fat yogurt can help your heart by keeping blood pressure and cholesterol in check. Look for yogurt that contains “live and active” cultures, which also

aid in digestion and a healthy metabolism.

Avocado A quarter of an avocado contains a mere 6 grams of total fat—monounsaturated fat (the good kind!) Add avocado to your toast, a salad, or all by itself. Your heart will thank you!

And, for all you snacker’s out there, here’s a list of some heart healthy munchies that will be of benefit to you.

Apples & Pears As the saying goes, “An apple a day will keep the doctor away”.

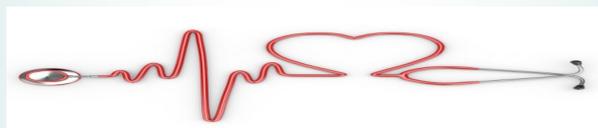
Carrots & Celery Sticks You can add some all natural peanut butter to that celery for a little flavor and protein. Crunch Away!

Popcorn Go for air popped and stay away from all the added butter and salt.

Bananas & Grapes Try them frozen! So yummy!!!

Canned Fruit In natural juice or light syrup. Be sure to read the label and look for added sugar.

Always be sure to check out the nutrition label of what your buying and choose wisely when shopping. Watch for added sugars and salt. Try making healthier versions of packaged snacks at home so you can choose and control the ingredients.



Staying Hydrated in the Summer Heat

Hydration is vital to our overall health and well-being. In addition to helping the body function properly, water not only quenches one's thirst, it allows the body to flush toxins, maintain system equilibrium (balance), support brain function, hormone balance, metabolic processes (including fat metabolism), helps transport vitamins and minerals, and supports the integrity of muscle, joint and bone health in our bodies

The following tips can help you stay well

hydrated this summer.

1. Drink six to eight 8 oz. glasses of water each day.
2. Bring a reusable water bottle to work and drink from it throughout the day, refilling as needed.
3. Drink water during your meals. Not only can it help you stay hydrated, but it can help you feel more full, which can help prevent you from overeating at mealtime.

Not a huge fan of drinking plain water? That's okay! Consider flavoring it with slices of citrus fruit or a splash

of 100% fruit juice.

Just as equally important, know the warning signs of dehydration! If you feel thirsty, your body is telling you it needs fluids. It's a good idea to listen to your body and drink water throughout the day to avoid dehydration.

Watch for these signs of mild dehydration:

1. Feeling thirsty
2. Headache/ lightheadedness
3. Fatigue or sleepiness
4. Less frequent urination or decreased urine output
5. Dark yellow or amber-

- colored urine
6. Constipation
 7. Muscle cramps
 8. Vomiting or nausea
 9. Few or no tears when crying
 10. For infants, no wet diapers for three hours.

Remember, hydration is especially important during the summer months when we need to increase our fluid intake to counteract warmer temperatures and higher humidity.



Fur-Kid Corner

As we fast approach the 4th of July Holiday, please remember to secure your furry family members, as they too can become freighted by the fireworks and run off.

Below are some tips to help you if your furry family member gets lost or if you find someone's lost furry loved one.

1. Make a lost or found report with your local city or county animal control. If you lost a furry one, be sure to do a walk through of the shelters as dog/cat breeds can be mislabeled when found. If you live in

the city of South Bend, contact the South Bend Animal Resource Center located at 521 Eclipse Place, (574) 235-9303. If you live in Mishawaka or in county limits, contact the Humane Society of St. Joseph County, located at 2506 Grape Rd., (574) 255-4726. Also, be sure to follow them on Facebook as well, as they post pictures of found dogs/cats.

2. Check and follow your local Facebook groups whom help reunite lost pets with their owners. Local groups such as, South Bend Lost and Found Pets, Elkhart County Lost and Found Pets, Lost and Found Pets of Michiana,

and Pet Alert Indiana all have dedicated members whom help in the reunification of animals.

Also, if you find a furry friend, you can contact local veterinarians offices, as most of them have scanners and will check the animal for a microchip for free. Some local Facebook groups also have microchip scanners and will help with scanning the animal as well.

Always be sure to have updated photos (especially of unique markings) of your furry family member, so you can upload it to your local Facebook group pages

and or make and distribute lost or found fliers.

Also, please be sure to ask for proof of ownership if you find an animal. And, please DO NOT post the animal as free on Craigslist, as the animal is lost and should be taken to animal control if you're unable to keep it until reunification.

Remember, don't give up if you lose a furry family member, many animals have been reunited with their families.





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MEAP



Easy Summer Dinner

Chicken Fajitas



Ingredients

- 1/2 c plus 1 tbsp. of extra virgin oil.
- 1/4 cup lime juice = 3 limes
- 2 tsp. of cumin
- 1/2 tsp. crushed red pepper flakes
- 1 lb. boneless chicken breast
- Kosher salt
- Fresh ground black pepper
- 2 bell peppers thinly sliced (Cheat alert!! Walmart sells a fajita mix with green and red bell peppers and onions in the frozen vegetable isle. No prep time cutting!)
- One large onion, thinly sliced (see above tip).
- Tortillas (corn or flour).

Instructions

- **Step One:** In a large bowl, whisk together 1/2 cup oil, lime juice, cumin, and red pepper flakes. Season chicken with salt and pepper, then add to bowl and toss to coat. Let marinate in the fridge at least 30 minutes and up to 2 hours
- **Step Two:** When ready to cook, heat remaining tablespoon oil in a large skillet over medium heat. Add chicken and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then slice into strips.
- **Step Three:** Add bell peppers and onion to skillet and cook until soft, 5 minutes. Add chicken and toss until combined. Serve with tortillas.

Nutrition Facts

Nutrition (per serving): 176 calories, 18 g protein, 5 g carbohydrates, 1 g fiber, 2 g sugar, 9 g fat, 1 g saturated fat, 277 mg sodium

To read additional questions and comments regarding the recipe, please go to:
<https://www.delish.com/cooking/recipe-ideas/a19665622/easy-chicken-fajitas-recipe/>

To better serve our employers and their employees and families, Michiana EAP offers both in person and telehealth services, which include scheduling appointments to occur via video using the HIPPA-Compliant Platform, Doxy.

To schedule an initial appointment, simply call our office at 574-287-1879.