

NUTRITION NEWS

Optimal You Dietitians Bringing Nutrition Straight to You.



JANUARY 2021

Your Registered Dietitians are planning a new year full of flavor with a focus on nutrition tailored to meet your needs! Learn about our new format, cooking to reset and upcoming events.





RENEW IN 2021

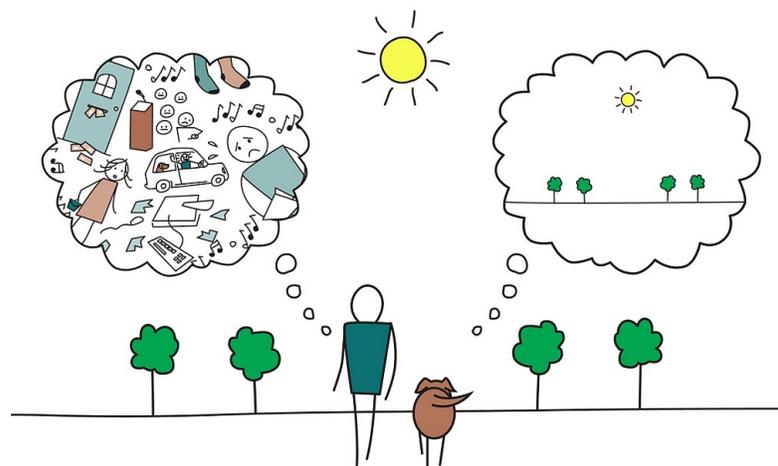
Last year didn't bring a lot to savor. As restrictions tightened, loosed, and tightened again, my immediate reaction wasn't to find new opportunities, instead I considered the barriers. I struggled to maintain an office space separate from my teenagers and their virtual schooling. Eventually I found my space and adjusted my expectations to meet the sanity of family life. Thinking back, where were my trusty PRO & CON lists? Why didn't I approach the significant changes in my life with thoughtful consideration and planning? There had been little warning but we've somehow survived, though I wonder at what cost.

The experience is similar to mindless eating. The tendency to quickly consume, barely tasting the foods while ignoring hunger and fullness cues. A goal to get through the meal instead of savoring the flavors.

What if we stop trying to survive the changes and instead set our sights on how to thrive? While the year ahead is uncertain, there are a few variables I can now anticipate and create a 'plan' (or loose schedule). Working from home allows for mornings of avocado toast breakfasts (complete with pre-sliced tomatoes) and preparing extra for my daughter. My afternoon work schedule opens up around the noon hour, allowing time for a walk or a virtual exercise class. Both clear my head and restore my patience with my teen 'colleagues' at home. After school, I can delegate more household tasks, including meal prep.

To renew my well-being in 2021, I plan to focus more on the opportunities I can create, those within my power, and open my mind to possibilities for growth.

“ Mindful eating is about awareness. When you eat mindfully, you slow down, pay attention to the food you're eating, and savor every bite. -Susan Albers



Mind Full, or Mindful?



COOKING TO RESET

Ditching foods and adopting a restrictive food plan is NOT advised when it comes to a diet “reset.” Try a more balanced approach that starts with small changes in your kitchen.

Increase the Greens

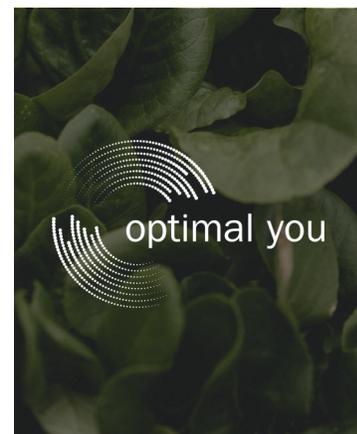
Choose a natural “detox” by adding dark, leafy greens to each day. The antioxidants found in kale, spinach and greens help boost immunity and fight inflammation. Sauté washed greens with garlic and a squeeze of lemon juice for a quick side, wilt into your favorite soup or cooked whole grains, or blend a handful into your homemade hummus, bean burger or salmon cake.

Plan a Nutrient-Packed Breakfast

Try this *Chia Coconut Oatmeal*. We dare you to call it boring! Mix 1/2 c old fashioned oats, 1 c unsweetened almond milk and 1 T chia seeds. Heat in microwave until liquid is mostly absorbed, about 2 1/2 minutes. Top with unsweetened coconut nibs, 1/2 sliced banana, a sprinkle of cocoa powder and a drizzle of honey. For a step up, first sauté the banana slices in coconut oil until toasty.

Focus on Whole Grains

Limiting processed foods is crucial to a dietary reset. As you reduce pre-made items like bread, cereal and pasta made with refined flour, replace them with in-tact grains like quinoa, barley, and farro. Try adding a garlic clove to the boiling grains for extra flavor. Once cooked, drizzle with a small bit of olive oil, herbs and spices. Try lemon juice and dried dill for a Greek side, or a scoop of salsa, cumin and chili powder to accompany a South American meal. Or, a bit of toasted sesame oil, ground ginger and scallions can pair well with an Asian dish.



ROASTING 101

Roasting can enhance flavor and make for quick, weeknight solutions to healthy eating. With the oven at 375–425 degrees F and a rimmed sheet pan, you can cook everything from brussels sprouts and broccoli to sweet potatoes and salmon.

Experiment with various spices and food combinations. Roasting is very forgiving; feel free to be adventurous! If you'd like your food to brown nicely, ensure it's not crowded on the pan and is patted dry before cooking.

ROASTED BROCCOLI & CHICKPEAS

- 1 head broccoli, chopped
- 1 15-oz can chickpeas (drained & dried)
- 1 T olive oil
- 1 T garam masala spice
- 1 pinch sea salt
- 1 pinch red pepper flakes (optional)
- 1 tsp real maple syrup

Spread broccoli and chickpeas on a sheet pan. Drizzle with oil and sprinkle with spices, mix. Roast at 375 F for 20–25 minutes until desired crispness.

COMING UP!

Nutrition classes and events

Nutrition Education in 2021

Each month this year we will spotlight a variety of nutrition topics and tips. Stay tuned for our monthly events, from a live TEAMS seminar to virtual cooking class. Don't miss our brief monthly videos bringing the latest in nutrition news straight to you.

Virtual Cooking Class

KITCHEN RESET

Tuesday, January 26, 2021

12:00—1:00pm EST

Email for TEAMS link:

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