



## Tulare County Employee Wellness Program

# Nutrition & Healthy Eating

January 2024



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# Articles

## 7 Vitamins and Minerals Your Mouth Needs



Did you know that a good diet is a key part of your oral health? There are seven nutritional building blocks which are essential for your dental health that you should make sure your diet features. Read the following article to find out what these seven nutritional building blocks are, and what foods they can be found in: [7 Vitamins and Minerals Your Mouth Needs.](#)



## Eat With Your Heart in Mind

Following a heart-healthy diet has a big impact on your overall well-being. You can reduce or prevent other medical conditions like high blood pressure, diabetes and obesity—and you feel better too! Read the following article for top tips for eating healthy:

[Eat With Your Heart in Mind.](#)



## Food as Medicine: Pick Foods to Help Your Mood

When a bad mood strikes, there are plenty of options to help you feel better. Meditating, exercising, and reframing negative thoughts are activities that can support your mental health. Another way to fight a bad mood is eating healthy! Read the following article to find out how including a mix of fruits and vegetables, whole grains, healthy fats, complex carbs, and protein in your diet can not only improve your physical health, but your mental health as well - [Food as Medicine: Pick Foods to Help Your Mood.](#)



## Snack Hacks: Eat Healthy at Home or On the Go

From the mid-morning munchies to the afternoon crash, we all get snack cravings. And when hunger strikes, it's tempting to reach for something sweet like cookies or candy. These sugary treats may be convenient, but they're high in calories and low in nutrition. Set yourself up for success by stocking your home with nutritious foods. That way, when cravings strike, you can grab something healthy. Follow the link below to find information for tasty and healthy snack options - [Snack Hacks: Eat Healthy at Home or On the Go.](#)

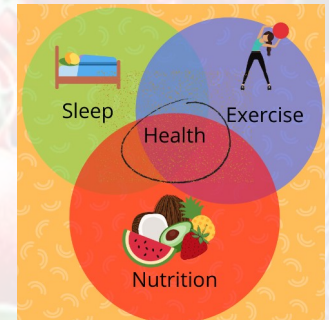




# Podcasts

## The Importance of Nutrition, Exercise and Sleep

If you want to stay healthy and active, it's important to treat your body with care. The choices we make every day around food, fitness, and sleep significantly impact our physical and mental health. Learn about how to best nourish, move and refresh your body by listening to the following podcast: [The Importance of Nutrition, Exercise and Sleep.](#)



## Carbs & Sugar



Carbs and sugar affect your diet in many ways. This podcast addresses how to separate fact from fiction when it comes to carbs and sugar. Many foods have added sugars that you may not realize, and educating yourself on where extra sugar may be hiding in your foods can help you be more mindful of your daily sugar intake. Listen to the following podcast for more information: [Carbs and Sugar.](#)



## Healthy Meal Tips for Busy Families

Everyone is busy during the week trying to prep meals and get healthy meals on the table. This podcast covers tips and tricks on how to meal prep during the week for families to eat well. Listen in for additional information on how to address the challenges of getting healthy meals on the table during a busy week and how to avoid unhealthy foods that may be appealing by being "quick and easy": [Healthy Meal Tips for Busy Families.](#)





# Healthy Eating Apps

If you are looking for a way to help track calories and or get new ideas for healthy eating recipes check out these apps below:



## ***MyFitnessPal***

At MyFitnessPal, we focus on making sure you can log your meals as quickly and easily as possible. The easier we make it for you, the more likely you are to stay on track, and the more likely you are to succeed in your weight loss goals.



## ***Nutrients***

Nutrients offers comprehensive nutrition information at your fingertips. Find fast facts on tens of thousands of foods, including your own recipes. Plus, the app lets you track your own meals, and it supplies a complete breakdown of your daily nutrition so you can make adjustments as needed.



## ***Calorie Counter***

With a fresh, modern aesthetic, this app is your personal virtual assistant for weight loss and diet. It's the perfect multitasker, with features like a food diary, calorie counter, and exercise tracker. Plan your meals in advance, dial in those macros, check out nutrition facts, and get insights based on your data.



## ***MyPlate Calorie Counter***

MyPlate is a user-friendly app designed to help you lose weight and improve your health. This app offers easy-to-use nutritional facts, as well as personalized daily calorie goals, healthy meal plans, a barcode scanner, extensive food database, and detailed statistics about your nutrition.



## ***Superfood***

This app lets you look through a large database of recipes that use super-healthy superfoods to help you meet your health goals. It even has a cooking mode that keeps your phone screen on while you cook so that you don't lose your place in the middle of a meal.



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HUMAN RESOURCES  
& DEVELOPMENT  
TULARE COUNTY

# 2024 Health Topics



## January

### Nutrition & Healthy Eating

- Educational articles & podcasts on healthy eating
- Promotion of 98point6 Virtual Primary Care

## February

### Healthy Heart

- National Wear Red Day
- Educational articles & videos



## March

### Musculoskeletal Health

- Educational articles, videos or webinars



## April

### Fitness and Exercise

- Educational articles, videos or webinars



## May

### Asthma & Allergies

- Biometric Screenings
- Educational articles, videos or webinars



## June

### Diabetes Awareness

- Health Coaching
- Educational articles, videos or webinars



## July

### Mental Health Awareness

- Educational articles, videos or webinars



## August

### Financial Wellness

- Educational articles, videos or webinars



## September

### Preventive Health

- Health Fair
- Flu Shots
- Educational articles, videos or webinars



## October

### Women's Health – Cancer Awareness

- Pink Tuesday
- Mobile Mammography Screenings (to take place in November)
- Educational articles, videos or webinars



## November

### Men's Health – Cancer Awareness

- Movember Challenge
- PSA Screening (held in May)
- Educational articles, videos or webinars



## December

### Creating Healthy Habits

- Educational articles, videos or webinars
- Online Wellness Challenge





# One thing you can count on this flu season? **24/7 hassle-free access to care.**

98point6®

## Why turn to 98point6 first:

- ✓ Doctors available on your time and terms, for **\$0 per visit**.
- ✓ Avoid germy waiting rooms—protect yourself and others.
- ✓ Hassle-free first stop to easing worries and understanding the best next step.

**Start a visit today** for all your cold, flu or COVID-19 concerns in addition to 400+ conditions that our physicians can help diagnose and treat.

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**[98point6.com/members-homebase](https://98point6.com/members-homebase)**



# Lemon Chicken Soup



## INGREDIENTS:

- ◇ 1 tablespoon olive oil
- ◇ 1/2 cup celery chopped finely
- ◇ 1 cup onion chopped finely
- ◇ 1 tablespoon garlic minced, about 5 cloves
- ◇ 2 cups carrots sliced in small circles
- ◇ 1/2 teaspoon salt
- ◇ 1/2 teaspoons pepper
- ◇ 1/2 teaspoon dried parsley
- ◇ 1/4 teaspoon dried thyme
- ◇ 4 bay leaves
- ◇ 1.5 lb boneless, skinless chicken breasts about 3 chicken breasts
- ◇ 6 cups chicken broth low or no salt (1.5 quarts)
- ◇ 1/2 cup fresh squeezed lemon juice (off to the side)
- ◇ 1 cup dry orzo or other pasta sub zoodles or GF pasta

## DIRECTIONS:

- 1) Chop all vegetables. In a large pot, heat olive oil in the pan and sauté celery, onion + garlic until fragrant and softened (about 5-10 minutes)
- 2) Once cooked, stir in carrots and spices (including bay leaves).
- 3) Place whole chicken breasts on top of vegetables. Cover with chicken broth. Do not add lemon juice to the pot.
- 4) Cover pot and bring to a boil. Once boiling, reduce heat and simmer over low-medium heat for 1 hour.
- 5) While the soup cooks, bring a pot of water to a boil and cook your pasta per the directions.
- 6) After one hour, remove bay leaves from the chicken broth and discard. Remove chicken from the pot + shred on a cutting board with forks or in a mixer.
- 7) Add shredded chicken, lemon juice and cooked pasta or zoodles to the pot. Stir to combine and enjoy!

*Pro Tip: To avoid soggy pasta/noodles: Add cooked orzo or zucchini noodles to a bowl. Serve soup on top of the zoodles/pasta. This prevents the pasta/noodles from absorbing chicken broth and turning mushy*

THE  
**clean eating**  
couple