

Wellness Tips: Hydration

Has drinking water and staying hydrated been more difficult since you have been working from home, with less breaks to the water cooler? Or maybe because you are required to wear a mask all the time? Hydration is key to your overall health for a many reasons, particularly as we move into the warmer months.

Why staying hydrated is so important:

- Impacts on **energy levels & brain functions**: even 1% (or very mild dehydration) can impair brain function – including mood, concentration, and headaches!
- **Keep your bowel movements regular**: bowel health and regular bowel movements can help improve your mood and your overall function of the digestive system. Staying hydrated can relieve constipation and support your digestive system!
- **Increases satiety & boosts your metabolic rate**: drinking more water can increase your metabolism helping your body burn more calories, it can also help keep you full. Often you may feel hungry, but in fact it is your body needing more water. More water can increase satiety and make you less likely to keep going back to the snack drawer if you are staying hydrated.



How much water do I need?

- *There is no one size fits all for fluid needs!* Activity level, environment/weather, health status, being a male/female all make fluid requirements different. Generally – the recommendation is to drink minimally 64 oz or 8 cups of water – however, the National Academy of Medicine recommends women drink 11 cups of water and men drink up to 15 cups of water.
- Fluid intake includes more than just the water you are drinking out of the faucet, but other beverages and foods count toward your daily allotment including, tea, lemonade, seltzer water, and even fruit etc. *Note: drinks with caffeine (ex: coffee) are a diuretic (which can dehydrate you) so be sure to drink beverages without caffeine and increase your water intake if you have consumed a large amount of caffeine.*

How can I increase my water intake?

- Keep a **reusable water bottle** with you throughout the day – easy to carry from room to room, on an errand, or while you are working out (added bonus: you're helping the planet with less plastic water bottles).
- **Set reminders** – there are tons of water tracking apps on your smart phone that can remind you to drink water and allow you to track on your own! *My Water & Drink Reminder is a Free app you can search in the app store!*
- **Replace sugary beverages with water or seltzer water!** Double whammy – avoid sugar crashes and extra calories that are packed in sweetened beverages and replace them with [infused water](#) (a great family activity you can do with the kids!). Fresh produce is more abundant, try throwing cut up fruit into your water bottle for new and different flavor combinations (*strawberry/basil, watermelon/mint, blueberries/peaches, pineapple /strawberry*).
- Check out the attached **water tracker flyer** – keep yourself on track all week!

WATER TRACKER

INSTRUCTIONS: FILL IN A DROP FOR EACH GLASS YOU DRINK

GOAL: FINISH THE WEEK WITH ALL YOUR DROPS FILLED

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



Wellness Tips: Financial Well-Being

Financial wellbeing is a key part of our day to day life. Whether you are just getting on your feet or looking to retirement, it can be difficult to navigate. In times such as now, we begin to think more about our finances. We have included tips and resources to help you sharpen your financial savvy.

Are you financially well? Check out the Financial Wellbeing Program powered by Dave Ramsey!

- Online videos with financial expert Dave Ramsey
- Step-by-step lessons to help you navigate all stages of our finances
- Online tools: interactive financial forms, a smart and secure budgeting tool, workbooks, quizzes, and audio clips of 4,000+ financial questions and answers
- To access, login to your [CareFirst Wellness Portal](#) today!

Tips to make Grocery Money Stretch

- Keep it **simple** - Make simple meals with fewer ingredients. Not all meals have to be complicated.
- Stay **focused** - Create a meal plan and use it to make your grocery list, this helps prevent over buying
- Keep tabs – when you are at the grocery store set a budget and keep a running total of what is going in your basket
- Keep an **inventory** – go through your refrigerator and pantry to see what you already have on hand and how you can incorporate those items in your meal plan
- Buying in **Bulk** – while buying in bulk can save you money, it doesn't always save you money. Compare prices of your bulk items to the same items in the grocery store, you might be surprised to see the difference
- Buy the **Store Brand** – check out the store brands, you likely won't know the difference and often the name brands are actually making the store brand! Your taste buds won't know any different, but your budget will!
- Shop **Seasonal** – seasonal fruit and vegetables save you money and taste great!
- Don't go Hungry – Don't go shopping when you are hungry, have a healthy snack or meal before you go. This will help prevent impulse buying.
- For more healthy eating on a budget tips, check out the [ChooseMyPlate](#) website.

Wellness Tips: Produce

Healthy eating is a key component of good health! What we eat impacts our energy levels, our mood, our weight, our sleep and our immune system. Incorporating fruits and vegetables in our meals each day helps ensure we are getting the nutrition we need to be our healthiest self. With more of us cooking at home and all the wonderful summer produce right around the corner, we have put together some quick tips to help you include more produce in your daily routine!

Quick Tips:

- Keep Frozen and/or Canned Produce on Hand – this is a great way to make sure you have produce on hand when cooking. Be sure to read the labels, not all are created equal! Watch out for sodium and sugar when purchasing these items.
- Buy Seasonal Produce – it tastes great and is usually more budget friendly. When accessible, farmers markets are great resources and support local farmers!
- Storage is Key – We have attached a flier from the eatright.org to help you with storage facts and tips.

Easy Salad Recipe



Arugula & Strawberry Salad

A rich source of iron and vitamins A and C, arugula is nonetheless in desperate need of balancing—here, with aged balsamic vinegar, walnuts and strawberries, another one of springtime's jewels.

Nutrition Profile: Diabetes Appropriate Gluten Free Diet Healthy Weight High Calcium High Fiber Low Calorie Low Carb Low Cholesterol Low Sodium

SERVES	PREP TIME	TOTAL TIME
4	20 min	25 min

Directions

Ingredients

1/2 cup chopped walnuts
4 cups baby arugula, or torn arugula leaves
2 cups sliced strawberries, (about 10 ounces)
2 ounces Parmesan cheese, shaved and crumbled into small pieces (1/2 cup)
1/4 teaspoon freshly ground pepper
1/8 teaspoon salt
2 tablespoon aged balsamic vinegar, (see Ingredient note)
1 tablespoon extra-virgin olive oil

Cooking Instruction

Step 1

Toast walnuts in a small dry skillet over medium-low heat, stirring frequently, until lightly browned and aromatic, 3 to 5 minutes. Transfer to a salad bowl; let cool for 5 minutes.

Step 2

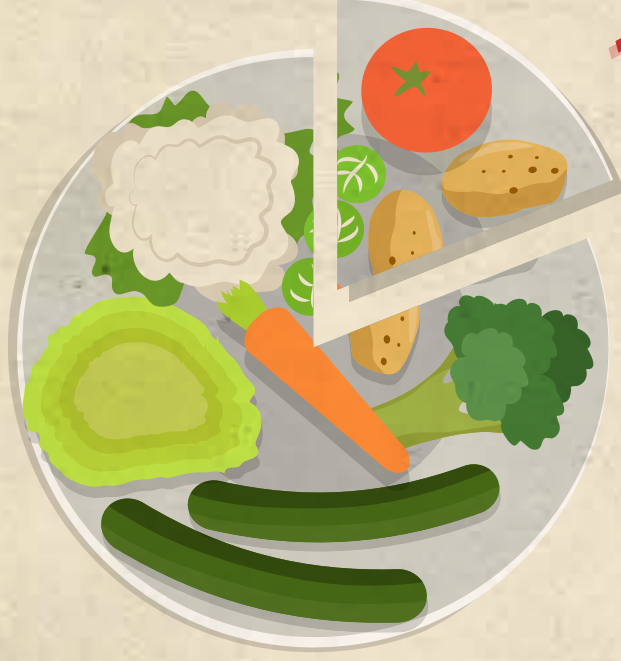
Add arugula, strawberries, Parmesan, pepper and salt. Sprinkle vinegar and oil over the salad; toss gently and serve at once.



PROPER PRODUCE STORAGE

Fruits and vegetables are **often stored improperly**. This **improper storage** causes them to go **bad quickly** and ultimately **get thrown away**.

Americans toss about 19% of vegetables and 14% of fruits they buy.



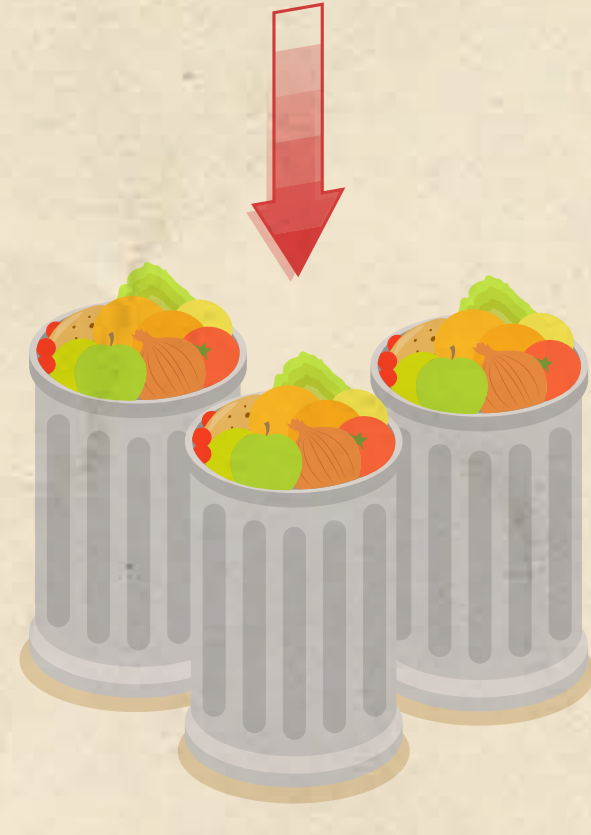
19%



14%



Ensure you are storing your food correctly and safely to reduce food waste.

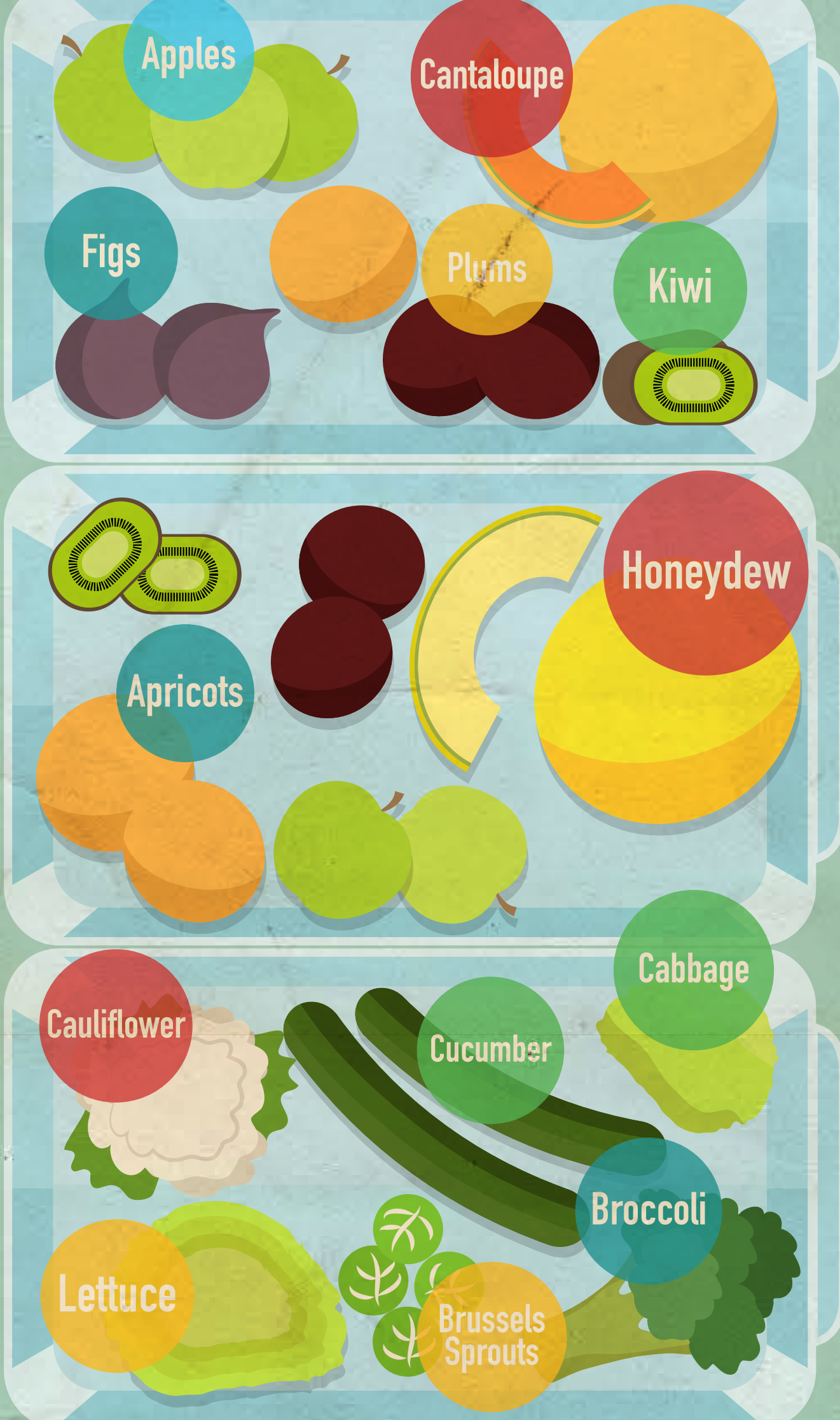


WHERE TO STORE?

Some fruits and vegetables should be stored in the refrigerator while others are cold-sensitive and should be stored at room temperature. Make sure you are storing your produce in the proper place.

REFRIGERATE

DON'T REFRIGERATE

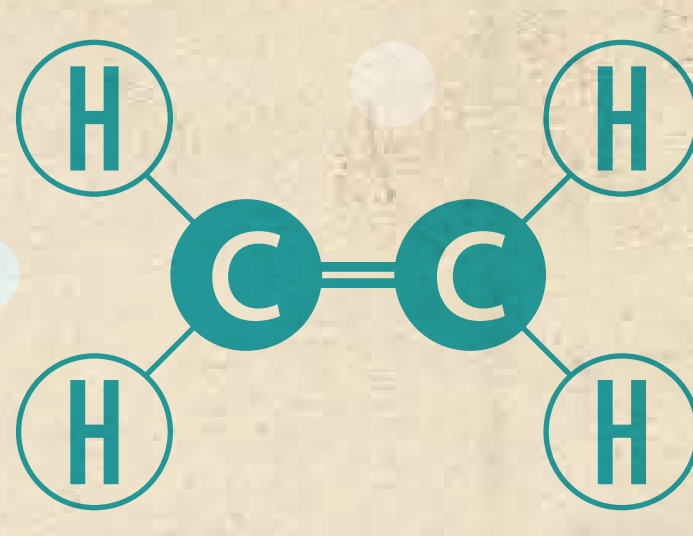


If your produce rots after just a few days, you might be storing incompatible fruits and veggies together.



Keep the two separate

Those that give off high levels of Ethylene gas (a ripening agent) will speed the decay of ethylene-sensitive foods.



GAS RELEASERS

- Apples
- Apricots
- Cantaloupe
- Figs
- Honeydew
- Kiwi
- Plums
- Avocados
- Bananas, unripe
- Nectarines
- Peaches
- Tomatoes



Use trapped ethylene to your advantage: To speed-ripen a peach, put it in a closed paper bag with a ripe banana.



GAS SENSITIVE

- Bananas, ripe
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Lettuce and other leafy greens
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon



KEEP IT SAFE

FROM PURCHASE TO PLATE

1

DON'T PURCHASE PRODUCE WITH **MOLD** OR **BRUISES** OR **CUTS**

2

WASH ALL PRODUCE BEFORE EATING

3

SEPARATE

ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs



4

Set fridge to

40°F

or lower



www.eatright.org



Academy of Nutrition and Dietetics