



ChallengeME MONTHLY MINUTE



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Monthly topic:

Nutrition

Test your Nutrition IQ:

1. What percentage of Americans eat enough vegetables?
a. 60% b. 33% c. 15% d. 9%
2. If you eat seafood, how often should you have it?
a. Once a week b. Twice a week
c. Four times a week
3. Which of these seafoods should you NOT eat more of?
a. King mackerel b. Salmon c. Shrimp
4. Green peas are an example of a lean protein that can replace meat in your diet.
a. True b. False
5. Which of the following is a whole grain?
a. Popcorn b. Couscous
c. Multigrain bread
6. How much of your grains should be whole grains?
a. At least 10% b. At least 25%
c. At least 50%
7. Which type of food is the biggest single source of sodium in the American diet?
a. Chicken dishes b. Pizza
c. Burgers and sandwiches d. Pasta

Answers at: maine.gov/mdot/challengeme

Are You Prone to Overeating at Your Home Office?

Take a moment to contemplate the following questions:

1. Are you working in the kitchen, dining room, or near the kitchen?

Being close to the kitchen lends itself to all sorts of bad eating habits. You might mindlessly grab a snack during a conference call, or find yourself grazing because food is readily available just around the corner.

2. Do you eat meals and snacks at varying times of the day?

Establish when you are going to eat throughout the day and keep to that schedule. Planning out your meals and snacks, and establishing when you're going to eat throughout the day can help you stick to your nutrition goals.

3. Do you often get caught up in your work and suddenly realize you haven't eaten a thing all day?

Just as overeating can affect your health and wellbeing, undereating can affect your alertness and productivity. Make sure you recognize your hunger signs and take the time to step away and fuel your body. When you do eat, focus on the food. Being distracted during a meal can lead to over-eating and decreased satiety.

4. Do you find yourself making a second (or third, or fourth) cup of coffee to "get through the day"?

Having access to endless cups of coffee might seem like a great idea, but tread carefully when it comes to caffeine. Too much is known to cause headaches, anxiety, digestive issues and even fatigue.

5. When you go to get a snack, do you find yourself staring at the cupboard or fridge but nothing looks appetizing?

This is a telltale sign that you aren't actually hungry, but may be looking for food out of boredom or stress. Instead, try having a glass of water and find something productive to do.

St. Patrick's Day Recipe: Reuben-Topped Irish Nachos

THOUSAND ISLAND DRESSING:

- 2 1/2 tbsp nonfat plain Greek yogurt
- 1 1/2 tbsp ketchup
- 2 tsp sweet pickle relish
- 3/4 tsp white vinegar
- 1/4 tsp hot sauce
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 1/8 tsp kosher salt

POTATOES:

- 1 1/2 lb russet potatoes
- 1 tbsp extra virgin olive oil
- 3/4 tsp garlic powder
- 3/4 tsp onion powder
- 3/4 tsp kosher salt
- 1/8 tsp black pepper

REUBEN TOPPING:

- 3 oz extra-lean deli corned beef, chopped
- 1 c shredded, reduced-fat Swiss cheese
- 1/4 - 1/3 c sauerkraut, drained and gently pressed to remove extra moisture
- finely chopped parsley, for garnish

INSTRUCTIONS:

Preheat oven to 475°F

Combine ingredients for dressing in medium bowl
Slice potatoes into 1/8"-thick rounds, toss with spices
Bake potato slices 15-20 minutes (flipping half way through)

Mound potatoes, layer with corned beef, cheese, sauerkraut. Return to oven until cheesem is melted.
Garnish with parsley and drizzle with dressing.

ChallengeME

MaineDOT Healthy Workforce

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Coming Up April: Move More

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov