



ChallengeME

MONTHLY MINUTE

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Monthly topic: **Nutrition Health**



Healthy Eating on the Run

1. Think ahead and plan where you will eat.
2. Consider what meal options are available.
3. Look for places with a wide range of menu items.
4. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.
5. Review and compare nutrition information if it’s available. Menu terms indicating healthier items include baked, braised, broiled, grilled, poached, roasted, and steamed.
6. Menu terms that mean a portion of food is higher in saturated fat and calories include batter-fried, pan-fried, buttered, creamed, crispy, and breaded. Choose these foods only occasionally and in small portions.
7. Think about your food choices for the entire day. If you plan a special restaurant meal in the evening, have a light breakfast and lunch. Hold the bread or chips until your meal is served.

Meet with an in-network dietitian at NO COST to you!

(Unlimited visits) for one-to-one consultations to discuss your current meal plan and start you on your way to better health! If you are interested in meeting with a dietitian and need help looking for an in-network provider, please contact Anthem Member Services at 1-844-273-4614 or WellStarME at 207-620-9202 or wellstar@mcd.org

How to find an In-Network Dietitian

Step 1: Contact Anthem Member Services at 1-844-273-4614 or visit anthem.com/find-care

Step 2: Log in to or create your Anthem account OR choose the Guests option.

Step 3: Answer a few questions and select a plan/network to search.

Step 4: Search by zip code. Type “Dietitian” in the search bar.

Step 5: Click View Details on your preferred choice.

Eating on a Budget:

Getting the most nutrition for your budget starts with a little extra planning before you shop. Here are some tips for eating right for less.

- Cook at home. Eating out can be expensive. Many home-cooked meals cost less and can be healthier. Pre-packaged foods can add up when calculating the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.
- Focus on nutritious, low-cost foods.
- Make the most of your food dollars by finding recipes that use the following ingredients: legumes, potatoes, eggs, peanut butter, canned seafood, grains like oats, brown rice, barley, or quinoa, and frozen or canned fruits and vegetables.
- Many snacks, even healthy ones, usually cost more when sold individually, so make your own. Purchase large tubs of low-fat yogurt or cottage cheese and divide them into smaller containers. For trail mix, combine unsalted nuts, dried fruit, whole-grain pretzels, or cereal. Air-popped popcorn and whole fresh fruits in season also cost less than pre-packaged items.
- Start a garden. A garden can be fun and is an affordable way to eat more fruits and vegetables.
- Another way to increase your family’s produce variety is to visit a farmers market. Locally grown fruits and vegetables often cost less than at the grocery store.
- Drink water. Tap water is a low-cost way to stay hydrated. It saves you money but may also help you reduce extra calories from sweetened drinks.

Visit the ChallengeME website:

Sign up for Health Coaching:

Call: TTY: 800.697.0353 | **Online:** guidanceresources.com

WellStarME: wellstar@mcd.org | 207-620-9202

Health & Wellness Navigation Team

wellnessnavigator@mcd.org | 207-620-9209

For benefits questions, please contact Employee Health & Wellness:

(207) 624-7380 or 1-800-422-4503 TTY: dial Maine Relay 711 or visit maine.gov/mdot/challengeme

ChallengeME
MaineDOT Healthy Workforce

Coming up April: Stress Awareness

Comments, questions, ideas, or submissions?
Please email Janice.Arsenault@maine.gov