

Living on WELL Street Blog: "A Recipe For A Healthier Workforce"

By Michael White

What is a "healthy" recipe? Does "low fat", "low salt" or "light" really mean that a food is healthy? Not necessarily. Understanding what is good nutrition is not always easy, and creating recipes with a variety of ingredients makes it even more difficult. A simple starting point is to use "whole foods" in recipes. Whole foods are foods that are in their natural form – nothing added to them or taken from them. They have been processed or refined as little as possible and do not contain additives or artificial food ingredients. Whole foods, like fruits, vegetables, whole grains, nuts and legumes, provide nutritional value.

The **CONTRIBUTE TO A HEALTHY RECIPES BOOK** activity encourages people to share recipes that have nutritional value. They should include things like:

- Whole foods (that provide good carbohydrates full of fiber, versus refined and processed bad carbohydrates found in white flour and white rice)
- Lean meat, skinless chicken and fresh fish
- Reduced or low fat ingredients and cooking methods
- Unsaturated fats
- Oils like canola, sunflower, olive, peanut or sesame, instead of coconut, palm or vegetable oil
- Reduced sodium in food, during cooking and on the table
- Reduced added sugars

The "Healthy Recipe Book" will provide a nutritional resource that the entire workforce can access and benefit from throughout the year. A recipe can be a family favorite, a new creation, or something researched just for this activity. People should be encouraged to provide samples of their recipes. Or, invite a chef or dietician to conduct a healthy cooking class.

CONTRIBUTE TO A HEALTHY RECIPES BOOK encourages better food choices and provides information that can be shared at home. It can be a gentle way to introduce people to better nutrition and make them more receptive to future healthy eating efforts. Complete details of the activity can be found at: <http://www.wechoosehealth365.com/asp/Public/Page.aspx?pid=15548>.

Eat WELL!

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We Choose Health