

Brown Bagging – It’s a Cool Thing Provided by

It seems today that everyone is packing their own lunch and that is a good thing. Brown bagging saves money, saves calories by allowing control over the nutritional content, and saves time (no running to a food line or restaurant). Make yours a winner with the following tips:

Plan Ahead

- Grocery shop with your lunches in mind. Stock up on fruits, veggies, whole grain breads and lean protein. A good lunch should include something from the four food groups; protein, grain, fruit or vegetable and dairy.
- Wash and prepare veggies and place in small to-go containers. Look for individual sized servings if time is an issue.

- Make extra servings at dinner for next day lunches. After dinner, make your lunch.

Try these for Size

- Whole grain bread, pita, wrap or bagel. Use lean meats or poultry, and top with vegetables such as tomatoes, spinach, peppers and onions
- Baby carrots, celery sticks or apple slices with a low-fat yogurt dip or hummus
- Baked chips or pretzels
- Reduced fat crackers and low-fat cheese
- Fruit salad or whole fresh fruit
- Mixed green salad topped with fruit or protein

- Use leftovers from dinner as salad toppings, side dishes or as an entire meal
- Low-fat yogurt with fresh fruit or whole grain/high fiber cereal
- Whole grain pasta salad with veggies or tuna
- Air-popped popcorn with a sprinkling of parmesan cheese
- Black bean and salsa side salad
- Baked potato topped with salsa or low fat sour cream

Play it Safe

- Drink plenty of water.
- Keep perishables in a refrigerator or insulated lunch box.

Healthy Recipe. Moist, chocolaty and delicious – finally a low-fat, gluten-free brownie that's pretty darn good!

Brought to by 

You won't get over how good these brownies taste considering they're made with no flour and no butter. Yet they're not dry like most low fat brownies you've tried. The secret ingredient is black beans, and I'm sure you're thinking... what? But trust me, you don't taste it! They really feel like you're eating something loaded with butter, yet it only uses 1/2 teaspoon of oil.

Amazing Flour-less Brownies

Servings: 16 • Size: 1 brownie • Old Points: 3 pts • Points+: 4 pts
Calories: 144 • Fat: 5 g • Carb: 26 g • Fiber: 3 g • Protein: 4 g •
Sugar: 17.5 g • Sodium: 150 mg • Cholesterol: 23 g

Recipe can be found *directly* at <http://www.skinnytaste.com/2014/02/amazing-flour-less-brownies.html>

Try more delicious but healthy recipes at [Skinnytaste.com](http://www.skinnytaste.com).



What's Going On!

- > Lifestyle Nutrition and Individual Plan with Debra Cavender. Register for your one on one session through TSW on Pipeline!
- > Fitness classes with MHRFC instructors! Sign up today through TSW on Pipeline.
- > Greatest Loser Challenge! Register on March 10th thru March 20th. Program starts March 24th and ends May 2nd. Sign up at the MHRFC!

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Water 101 By Debra Cavender

Water is the single most important nutrient for our bodies. You can live many weeks without food, but the average adult can last no more than five days without water. Most people wait until they are thirsty or until they have a dry mouth before they take a drink. By that time you are most likely already mildly dehydrated. A dry mouth is one of the last signs of dehydration.

Here are a few reasons good hydration is essential to good health:

Energy: Sub-optimal water intake slows the activity of enzymes, including those responsible for producing energy, leading to feelings of fatigue.

Blood Pressure: When we are chronically dehydrated the blood vessels contract in response to reduced overall blood volume. The body must work harder to push thicker blood through contracted veins, resulting in elevated blood pressure.

Regularity: When the body is low on water, it extracts liquid from the colon for recycling for vital body functions. This makes the stool hard, dry and difficult to eliminate.

Weight Management: Feelings of thirst can be confused with hunger, both because eating can soothe thirst and also because dehydration-induced fatigue is often mistaken as a lack of fuel (sugar).

How much water should you drink?* Take your weight in pounds and divide it by two. The result is how many ounces of water you should drink daily. See calculation below:

Calculation

_____ pounds ÷ 2 = _____ ounces per day
160 pounds ÷ 2 = 80 ounces per day

Most people have no idea they require that much water!

* For individuals with complex medical conditions (especially those with Congestive Heart Failure or kidney failure) should consult with their physician regarding hydration amounts.

Meet Debra Cavender

Debbie Cavender, RDN is in private practice and her company, *Strategic Wellness, LLC* is located in Bloomfield Hills, Michigan. She is a licensed Registered Dietitian Nutritionist and is a member of the Academy of Nutrition and Dietetics. She also received Diplomat certification in LifeStyle Medicine from the American Board of Anti-Aging Health Practitioners, an integrative, science-based standard of professional healthcare.



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Guess who is back? TV host and author

Zonya Foco!



5 Hour Energy—
Bottle Your Own



3/11/14, 12P
Bernath Aud
UGL

Couch to 5K
Challenge
with Sherry
McLaughlin!



Kick off is on
March 24th.

Register for the
event through TSW
on Pipeline.



Success!

This section is dedicated to YOU, our most valuable asset. We want to showcase you! If you've been successful becoming a healthier version of yourself and would like to share your story, please tell us! Many Wellness Warriors have come up to us and told us their story, and we want to share these great people! Perhaps you quit smoking, or lost weight or learned a new

language. These are all great accomplishments towards being a healthy and well-rounded individual.

We also think you'll inspire others to change. What a powerful tool you could be! So if you've made a change and want to share it with us, let us know!

How has the Wellness Warriors Program helped you

reach your goal or helped you accomplish something? Write to us at : wellness@wayne.edu.

Please include a picture! 175-200 words.

Health & Fitness News.

- ◇ A Women's Health Initiative Observational Study found that both underweight and obese women were more likely to die before the age 85 years compared to normal weight women. The findings were published in the JAMA Internal Medicine (2013; doi:10.1001/jamainternmed.2013.12051)
- ◇ According to the International Diabetes Federation (IDF), North America spends the most healthcare dollars on diabetes. Find more information on IDF, visit www.idf.org/diabetesatlas.