



Be Nourished! Challenge

Find *Your* Healthy
Eat Better. Move More.
Live Well. Be Happy.

Join us for the *Be Nourished!* CareHere Connect Challenge starting January 12th, 2015.

Prize drawings for those who participate; the more you participate the greater your chances to win!

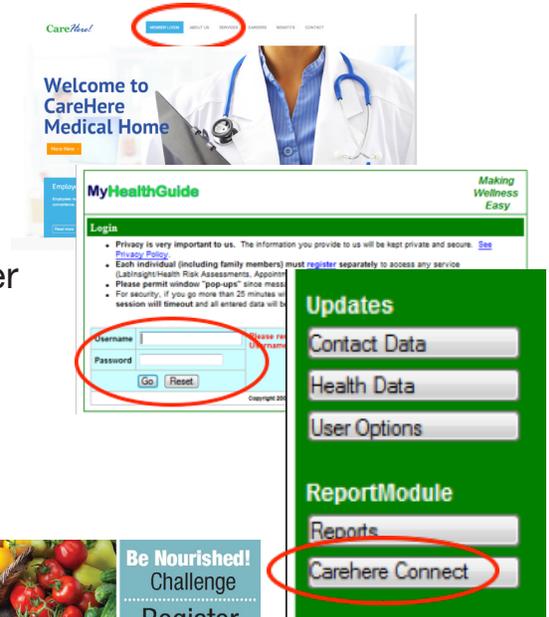
This is a 7-week challenge to help you learn how to nourish your body. Challenge topics will include:

- Learning and understanding the purpose of food
- Deciphering between real food and food product
- Importance of self-assessment to develop a better pattern of eating

Visit the CareHere Connect site to register and learn more!

REGISTRATION will begin on January 5th!

- Go to www.CareHere.com and log in with your **username** and **password**
- Click on the **CareHere Connect** button located in the green navigation bar to enter the CareHere Connect site
- To register for the challenge, click on the **Be Nourished** registration banner located on the center right side of your CareHere Connect home page





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Fearful of Carbohydrates?

People with diabetes often want to shake their fist when they see others enjoying their favorite carbohydrate foods. Fearful of blood glucose going too high, one might be frustrated they cannot enjoy the same foods. New research shows that you can put that fist to better use!

Newer research reports eating consistent carbohydrate levels daily will result in more stable post-meal glucose levels, as opposed to restricting all or certain types of carbohydrate foods. Eat a consistent amount of carbohydrates at each meal and at each snack every day. Remember, a small fistful of a carbohydrate food is typically about 2 servings (1 cup), or 30 grams of carbohydrates.

A dietitian can help you establish a personal meal and snack carbohydrate goal. Most women need 45-60 grams of carbohydrates per meal and most men need 60-75 grams of carbohydrates per meal. It's still recommended that these come from nutritious foods such as fruits and vegetables, whole grain products, and low-fat or fat-free dairy foods. Occasional sweets, such as a fig-type snack cookie, can be included as long as you count them as part of your total carbohydrate level for that meal or snack.

For more information on managing your diabetes, please contact a Registered Dietitian from your CareHere Wellness team at wellness@carehere.com

What's coming with CareHere?

Teaching Tuesday

Dieting Myths Busted • Tuesday, January 13th

CareHere Talk

Eat Local, Eat Fresh • Tuesday, February 10th

CareHere Kitchen

Eating Clean in 2015 • Tuesday, March 10th

10:30 AM MT/11:30 AM CT/12:30 PM ET

Check out CHC for more details!

What's the Scoop?

Have you ever been advised to avoid “white foods?” Taking the time to understand more of the “sweet truth” behind the glycemic index, the measure of how quickly a food causes blood sugar levels to rise, will help you see that the quantity as well as quality are both important considerations. In the end, most foods, even “white foods”, will fit with proper attention to portioning.

Read more: <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/glycemic-index-and-diabetes.html>

<http://www.eatright.org/Public/content.aspx?id=6442478158>

Tobacco Cessation Tip

Research has shown that coupling a behavioral change program with tobacco cessation medication nearly doubles the success rate of remaining quit. You may discuss program and medication options available to you with your health coach.

CareHere!

health management
Nutrition
 behavioral health Health Management
Wellness
 EXERCISE
 NUTRITION



How Whole Are Your Foods?

Whole Foods are foods that are in their natural state, with minimal processing involved. They are loaded with phytochemicals, antioxidants and other compounds. Eating foods in their natural state has proven beneficial health effects; such as delaying the onset of chronic diseases and disorders like diabetes, colon dysfunction, coronary heart disease and even cancer.

Examples of whole foods include eggs, nuts, seeds, unprocessed fish and lean meats, oats, whole grains, fruits and vegetables. By eating more whole foods, you will decrease the amount of added sugars, sodium, saturated fats and trans-fats that you consume. Try substituting a boneless, skinless chicken breast or tenderloin for the pre-packaged frozen chicken nuggets. How about a handful of nuts and a whole apple opposed to a granola bar? Bake sweet potatoes into “fries” instead of buying potato chips or prepackaged fries. Read your food labels. You’ll be surprised what ingredients are in your foods.

Find Whole Foods by Eating Local!

Eating local not only provides you with a fresh variety of delicious and nutritious whole foods, it also helps support local economies and is much better on the environment.

Shop at Local Farmers Markets. Shopping at a farmers market makes it easier to identify what foods are in season and what is available in your area. Find a farmers market near you by accessing this site: <http://www.localharvest.org/>

Join Community Supported Agriculture (CSA). CSA is way for you to directly connect to a local farmer. Consumers can buy “shares” in a farm’s harvest in advance and in return, receive a weekly delivery of farm fresh produce.

Look for Local Foods at Your Grocer. Some grocery stores will note where they source their products. Look for local labels next time you shop!

Plant a Garden. Planting a garden is a great way to eat local whole foods. No room for a garden? Try planting a container garden with one or two of your favorite vegetables. A homegrown garden is a great way to involve children!

City Dweller? Visit U-Picks and Farm Stands. You can also take the family to visit a nearby farm to learn about where foods come from, and pick up some whole foods!

Try Preserving Food from the Season. Freeze, can, preserve, pickle, or dry to enjoy later in the year.

Article submitted by CareHere Health Coach and Registered Dietitians Emily Maddux and Brittany Wells. If you would like to speak to a dietitian about whole foods or improving your nutrition, please email wellness@carehere.com



Healthy Heather Loves Nutrition!

Healthy Heather loves trying new foods! She likes to help in the kitchen when her family is preparing meals. Heather knows that fruits and veggies are a colorful way to eat healthy, so she has a fruit and a veggie with each meal and snack. She also loves staying hydrated, so she drinks plenty of water, juice and milk throughout the day! Heather loves to help her parents in the garden, where she can eat the tasty vegetables that she and her family have grown.



Children Need Carbohydrates!

In recent years, several diet fads have recommended the reduction, or even elimination, of carbohydrates from our usual diets. But are such “low carb” diets good for a child? While a reduction of certain types of carbohydrates may be beneficial for our children’s growing bodies, removing all carbohydrates are not.

The preferred fuel for active brains and growing muscles, carbohydrates are a diverse nutrient group which includes cereal and milk, potatoes, peas, fruits and juice, noodles, applesauce, and soda. All carbohydrates provide calories; however, the best carbohydrate choices also provide vitamins, minerals and fiber. Examples of these nutrient-rich carbohydrates include whole-grain bread, pasta and cereal, brown rice, potatoes, fruit, peas, and beans.

White bread, noodles and white rice are another group of foods that are sources of carbohydrates. But because they are refined, they are lower in fiber and other essential nutrients. Selecting whole grains is the healthier choice for you and your family. It is possible to find delicious whole grain crackers, bread, noodles, cereals, granola bars and tortillas. Focusing on whole grains over refined grains, and whole fruits instead of juice, plus vegetables, makes the children’s goal for fiber an easy target.

Check the Nutrition Facts label for the amount of fiber per serving!

- Children 1 to 3 years:** 19 grams fiber per day
- Children 4 to 8 years:** 24 grams fiber per day
- Females 9 to 18 years:** 26 grams fiber per day
- Males 9 to 13 years:** 31 grams fiber per day
- Males 14 to 18 years:** 38 grams fiber per day

Read more at <http://www.eatright.org/kids/article.aspx?id=6442482392>

Connect with us, and learn more about CareHere!
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