

Healthy Eating, 9 to 5!

Your Nutrition Resource Kit

RECIPES INCLUDED!

Looking for advice and support?

A confidential service provided 24 hours a day, 7 days a week.

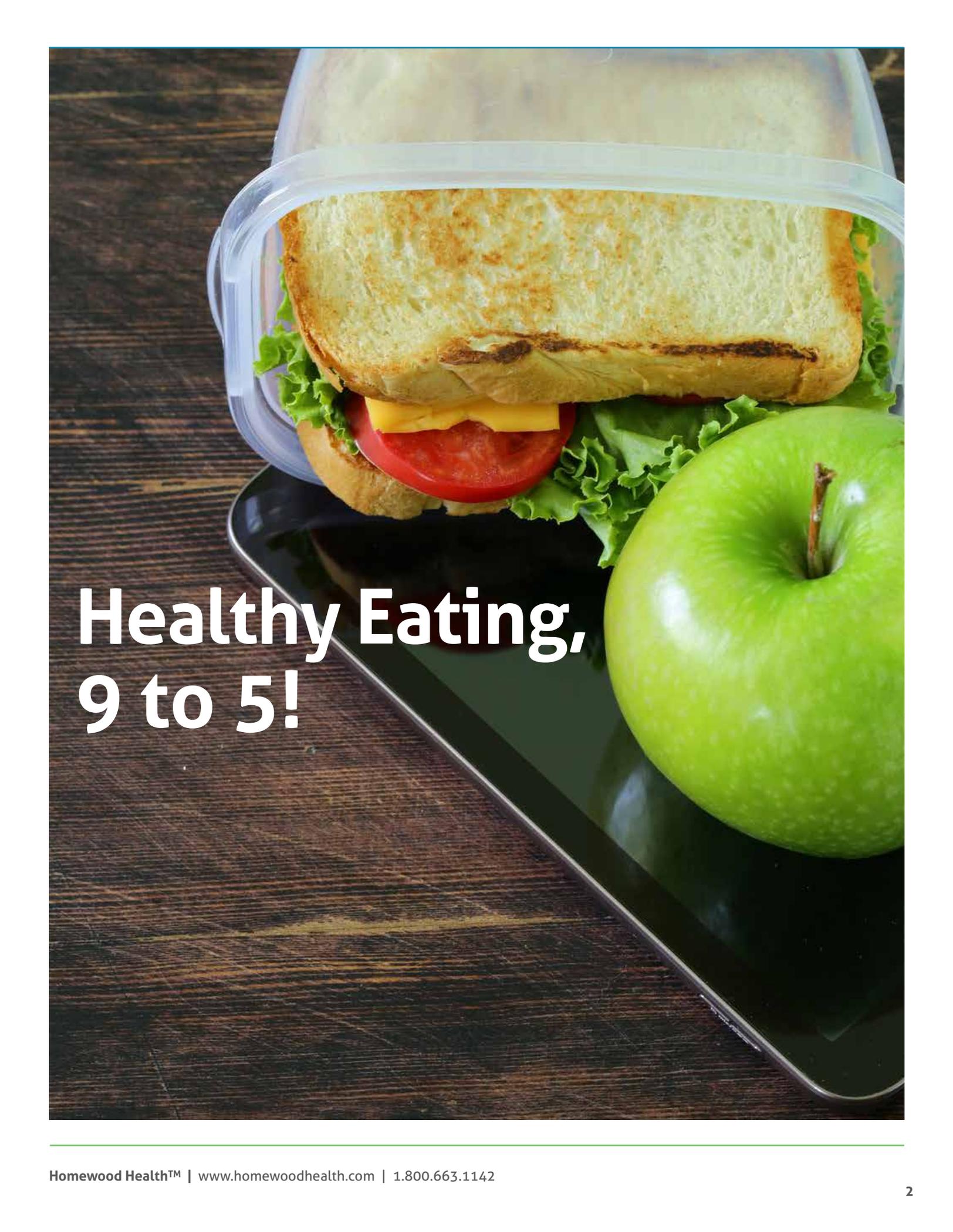
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A photograph of a healthy meal. A sandwich with lettuce, tomato, and cheese is in a clear plastic container. Next to it is a green apple on a black tray. The background is a dark wooden surface.

Healthy Eating, 9 to 5!

Eating well at work can be challenging with rushed mornings, meetings, food temptations, and end-of-day exhaustion. During March, National Nutrition Month, registered dietitians (RDs) want to inspire Canadians to eat better in the workplace for a healthier 9 to 5!

Eating well in the workplace brings many rewards:

1. Boosts concentration, productivity and vitality;
2. Reduces sick days and corresponding catch-up days by improving overall health;
3. Helps to prevent chronic illnesses such as type 2 diabetes and heart disease.

This March, Dietitians of Canada will feature 31 ready-to-go practical tips to help employees overcome common challenges faced at work when it comes to eating well. As an exclusive sneak-preview, we are sharing three featured tips:

TIP #1: Avoid morning brain-drain.

The secret to having breakfast? Prepare it the night before. Did you know 40% of Canadians skip breakfast due to rushed mornings? The body and brain end up lacking fuel and are less able to concentrate.

Get fueled to take on the day! Grab and go with a make-ahead parfait, layering rolled-oats with Greek yogurt, berries, and nuts, or wake up to the aroma of slow cooked barley topped with apples, pecans and cinnamon. For those really rushed mornings: keep a box of high-fibre cereal, milk and fruit at work.

TIP #2: Reinvent that boring brown bag lunch.

Say goodbye to your old brown bag lunch with these simple and tasty ideas:

- Mix chickpeas, roasted yams, quinoa, and any vegetables you have on hand, with a citrus vinaigrette dressing for a fibre-packed salad bowl.
- Reinvent dinner leftovers by using the extra chicken in a wrap topped with avocado, cilantro, tomatoes, lime juice finished with a kick of hot sauce.

- Prep your own snack platter for lunch with veggie sticks, low fat cheese, hummus, whole grain pita, and cut up fruit.

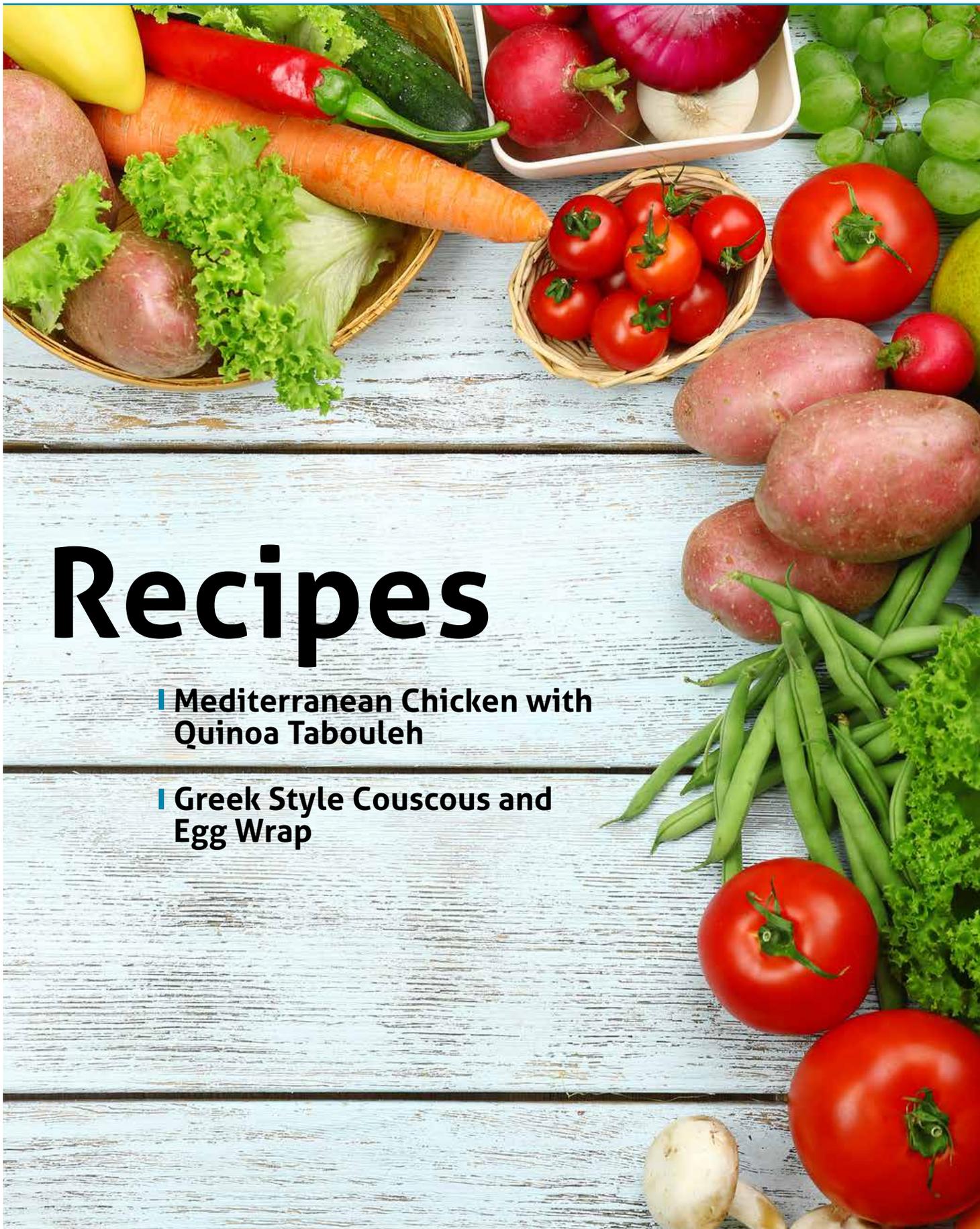
TIP #3: Tackle mid-day energy slumps.

Skip the afternoon slumps with these three energy-boosting habits:

- Energize your body with a quick power walk or do a few stretches at your desk.
- If you're hungry, grab a high fibre and protein snack such as celery sticks with nut butter or sliced fruit with cottage cheese for long-lasting energy.
- Stay hydrated to avoid feeling sleepy. For a refreshing twist, add frozen fruit and mint to your water.

For more solutions to your workplace nutrition challenges, call your Homewood Health dietitian by dialing 1.800.663.1142. Receive ready-to-go Nutrition Month tips that will keep you eating healthy, 9 to 5!

When you speak with your Homewood Health registered dietitian (RD), you are receiving support from a qualified professional who provides science-based nutrition advice that is realistic and easy to follow. A dietitian will take into account your specific nutrition challenges, interests and lifestyle. For advice you can trust on food and nutrition, turn to dietitians.



Recipes

- | **Mediterranean Chicken with Quinoa Tabouleh**
- | **Greek Style Couscous and Egg Wrap**

Mediterranean Chicken with Quinoa Tabouleh



Ingredients

- 1 cup (200g) quinoa
- 1 bunch flat-leaf parsley, finely chopped
- 2 tbsp finely chopped mint
- 8 cherry tomatoes, quartered
- 3 spring onions, chopped
- 1/4 cup (60ml) extra virgin olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp paprika, plus extra to sprinkle
- 1 tsp ground cumin
- Pinch of cayenne
- 1 tsp brown sugar
- Salt and pepper, to taste
- 100g low-fat thick Greek yogurt
- 1 tbsp olive oil
- 4 x 180g chicken breast fillets

Method

Step 1

Place the quinoa and 600ml water in a small saucepan over medium heat, and then bring to a simmer. Cook for ten minutes or until tender. Drain well and leave to cool.

Step 2

Add herbs, tomato and onion to quinoa and toss to combine. Combine oil and lemon juice, 1/2 tsp paprika, cumin, cayenne, sugar, salt and pepper. Reserve.

Step 3

Place yogurt in a bowl and drizzle over 2 tsp dressing, then sprinkle with some paprika. Toss salad in remaining dressing.

Step 4

Preheat grill to medium-high. Mix oil and remaining paprika, season, then brush over chicken. Grill for 7-8 minutes each side until cooked through. Serve sliced with salad and yogurt.

Greek Style Couscous and Egg Wrap



Using hard cooked eggs in sandwiches adds protein and a creamy texture to the filling. Switch up your cheese. Try goat cheese or ricotta instead of the feta for a flavour twist.

Ingredients

- 1/2 cup whole wheat couscous
- 1 clove garlic, minced
- 1/2 tsp dried thyme or Italian herb seasoning
- 3/4 cup sodium reduced vegetable or chicken broth
- 1/4 cup each grated carrot and zucchini or diced bell pepper
- 3 hard cooked eggs, peeled
- 1/3 cup 0% fat plain Greek yogurt
- 1/2 cup quartered grape tomatoes or chopped tomatoes
- 1/4 cup crumbled light feta cheese
- 3 tbsp chopped fresh basil or parsley
- 1/4 tsp fresh ground pepper
- 4 small whole wheat flour tortillas

Method

Step 1

Place couscous in a bowl with garlic and thyme. Bring broth to a boil and pour over couscous. Stir in carrot and zucchini; cover and let stand for five minutes.

Step 2

Meanwhile, in another bowl, mash eggs with a fork and stir in yogurt, tomatoes, feta, basil and pepper. Add couscous mixture and stir to combine.

Step 3

Divide among the tortillas and roll up to enjoy.



30 Day Challenge

The 30-Day Nutrition Challenge to a Healthier You is Back!

Do you find yourself wishing that you could eat healthier and feel your best, but somehow never managing to bridge the gap from wishing to doing? Having the right tools and a coach to give you a push can help you take the leap from thought to action. Our experienced team of registered dietitians has a focused plan and expert advice to get you on track in only 30 days.

By popular demand, the 30-Day Nutrition Challenge is back!

The 30-Day Nutrition Challenge to a Healthier You is designed to help you achieve your nutrition goals with the support of your personal nutrition coach, a Homewood Health registered dietitian (RD), every step of the way to a healthier, happier you!

The 30-Day Nutrition Challenge offers three options:

- Weight Loss Challenge
- Healthy Heart Challenge
- Sugar Buster Challenge

Benefits of the 30-Day Nutrition Challenge:

This creates an opportunity for you to take control of your health. You become the main player in pushing your limits for change in your own well-being.

- The challenge will consist of a weekly 30-minute phone conversation with your registered dietitian.
- The initial phone call will help establish your main goal and break it into manageable tasks. The following phone calls will help support you on your journey.
- You will also receive key information on your nutrition goal, fun facts, online videos, recipes and practical tips throughout the 30 Day Nutrition Challenge to keep you motivated, strong and successful!

In addition this year, when you sign up to any of the three challenges, you will receive ready-to-go Nutrition Month tips to address work challenges and offer solutions to conquer them.

Challenge Accepted?

Whether it's the Weight loss Challenge or the Healthy Heart Challenge or the Sugar Buster Challenge we are ready when you are! Seize the opportunity!

**MAKE A
LASTING
CHANGE
AND SIGN UP
TODAY.**

Contact the Client Services
Centre: 1.800.663.1142

About Homewood Health

Homewood Health offers the highest quality of clinical support and intervention available within the EFAP industry, and an unmatched continuum of services — spanning health promotion, mental health and addictions support, and prevention-focused work-life balance services.

Contact Us

Call us to get started
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