



BalanceWorks® Newsletter

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Healthy Recipes for a Healthy New Year

It's no secret that many of the most popular New Year's Resolutions involve improving one's health.

Common health related resolutions include:

- Eating Healthier
- Losing Weight
- Controlling Chronic Health Conditions
- Getting in Shape

Proper nutrition plays a vital role in accomplishing all of the resolutions listed above. An important first step in any weight loss plan is making healthy food and beverage choices. In addition, many people can help control/improve chronic health conditions by following a healthy diet. Finally, fueling your body with food that provides plenty of nutrients can provide the energy needed to kick-start any new fitness program.

Let's take a look at a few general healthy eating tips, courtesy of the American Heart Association, that you can utilize this year to reach your healthy goals.

Incorporate the following in your diet:

- Plenty of fruits and vegetables
- Beans and Legumes
- Whole Grains
- Nuts and Seeds
- Fatty Wild-Caught Fish (such as salmon)
- Lean Meats (such as poultry)
- Low Fat or Fat Free Dairy Products
- Healthy Fats (such as olive oil)

Limit:

- Excessive Salt
- Saturated Fat
- Sugar Sweetened Beverages (such as soda)
- Excessive baked goods
- Packaged Foods

Avoid:

- Trans Fat

A few More Tips:

- Eat a wide variety of healthy foods to get all the nutrients you need
- Eat reasonable portions to keep

For more information or support on healthy recipes, contact the work/life experts at **BalanceWorks®** by calling:

1.800.327.2255

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calories in check

- Cook the majority of your meals at home so you are in control of what you are putting in your body
- Read labels carefully on all packaged foods

It's important to remember that these are general healthy eating tips and may not be applicable to everyone. For example, if you have a gluten intolerance, avoid whole grains that contain gluten. If you are diabetic, avoid eating too much fruit, etc. Always follow your doctor's recommendations and incorporate the tips that apply to you into your diet.

Healthy home cooking can seem complicated and intimidating, but it doesn't have to be! Try these simple and delicious healthy recipes this year (Courtesy of the Food Network).

Grapefruit Brulee – A Simple Satisfying Snack

Cut a grapefruit in half and then cut between the membranes to loosen the segments, but keep them in place. Sprinkle each half with 2 teaspoons superfine sugar. Caramelize the sugar with a kitchen torch or place under a broiler just until caramelized. Top with raspberries.

Hummus and Grilled Vegetable Wrap – An Easy Nutrient Packed Lunch

Preheat the grill or grill pan over medium heat. Brush both sides of the zucchini slices with olive oil and sprinkle

with salt and pepper. Grill until tender and slightly browned, about 4 minutes per side.

Spread 1/4 cup of store bought hummus over each piece of bread. Sprinkle 1 tablespoon of pine nuts on top. Top with 3 slices of zucchini, 2 pieces of red pepper, 1/2 cup of spinach, a few sliced onions, and 1 tablespoon of the mint. Roll each of them up and cut in half on a diagonal.

Smokey Salmon Lettuce Wraps – A Super Healthy and Simple Dinner

Lay romaine lettuce leaves on a plate and evenly spread the insides with cream cheese, 1 teaspoon each. Sprinkle with lemon pepper seasoning and top with smoked salmon.

Top the salmon with onion. Equally distribute cucumber slices among the lettuce leaves. Evenly top with sun-dried tomatoes.

These recipes show us that healthy home cooking is not an exact science and can be quite simple. The key is using healthy whole ingredients to make a dish that delights your taste buds!

Remember that eni's Personal Assistants are available to provide our members with research and referrals that can help them accomplish their resolutions this year!

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