



March 2019



WELLNESSWORKS  
MIAMI-DADE COUNTY

# Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

AvMed



## MARCH IS NUTRITION AWARENESS MONTH: FAMILY MEALS ARE A SMALL INVESTMENT WITH A BIG PAYOFF

Gathering around the table to eat as a family has all kinds of benefits. Family meals allow parents to be role models who create a supportive environment that promotes healthy eating. Family meals don't just mean better nutrition. Children of families who regularly eat together also are more likely to have higher intakes of fruits and vegetables and have a healthy weight, and are less likely to have behavior problems or use drugs, cigarettes or alcohol when they get older. Plus, they're closer to their parents. No wonder family meals are on the upswing.

Try these easy-to-follow tips to make family meals happen more often in your home:

- **Keep it simple:** You don't have to make an elaborate meal...build a small collection of go-to recipes to help you get in and out of the kitchen in under 30 minutes.
- **Choose ingredients that multitask:** Choose ingredients you can use for more than one meal can be a major time saver.
- **Say "no" to takeout:** A quick trip to the drive-thru might seem like a speedy way to get dinner on the table, but often lacks the nutrition your family needs. A simple healthy meal made at home is more likely to contain the nutrients your family needs without all the extra sodium and dietary fat.
- **Make it a habit.** When everyone expects to enjoy dinner at 5 p.m. on Sunday, they'll begin to look forward to this family time and will arrange their schedules around it.



- **It's OK to ask for help:** You have a little army of helpers right at your fingertips. Asking kids to set the table, pour drinks or help make a salad doesn't just make your job easier — it also teaches them that taking the time and effort to eat together as a family is important.
- **Make it fun.** Let everyone choose a theme and you'll see that your choices are endless.

Start your new family meal tradition today by making a commitment to eating at least one meal together each week. Before you know it, family dinner will be a time that everyone looks forward to.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/family-meals-small-investment-big-payoff>

# SPRING GREEN FRITTATA



## INGREDIENTS

- 2 eggs, lightly beaten
- 4 egg whites
- 2 tablespoons fat-free milk
- 1 teaspoon snipped fresh chives
- 1/3 teaspoon black pepper
- 1/4 cup finely shredded Parmesan cheese
- 2 teaspoons olive oil
- 1/2 cup 1/2-inch pieces asparagus
- 1/4 cup sliced green onions
- 1/2 cup coarsely chopped spinach leaves
- 1 clove garlic, minced
- 1 small roma tomato, chopped

## DIRECTIONS

Preheat broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese.

In an 8-inch nonstick broiler proof skillet heat oil over medium. Add asparagus and green onions; cook and stir 2 minutes. Add spinach and garlic; cook 30 seconds or just until spinach is wilted.

Pour egg mixture into skillet; reduce heat to low. Cook, covered, 10 to 12 minutes or until nearly set. Sprinkle with remaining 2 tablespoons cheese.

Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until top is set and cheese is melted. Top with tomato.

# HEALTHY SELFIE



MDC employees participate in weekly yoga classes provided at the Miami-Dade County Wellness Center at Steven P. Clarke Center. Every week the Miami-Dade Wellness Center offers a wide range of classes including Spin, Yoga, Pilates, Zumba and more at the SPCC building. Check out the Wellness Center for more information on classes and how to become a member at [www.miamidade.gov/wellness/](http://www.miamidade.gov/wellness/)

**Send us a picture showing you participating in your favorite type of exercise and you will be entered in a raffle to win a prize. Email photos to: [WellnessWorks@MiamiDade.gov](mailto:WellnessWorks@MiamiDade.gov).**

## 10 Tips for Healthy Eating in 2019:

1. Plan ahead: It's easy to grab an unhealthy choice when you are hungry. Plan your meals ahead and have a healthy snack on hand when you are on the go.
2. Fill half of your plate with fruits and vegetables: Make 2 cups of Fruit and 2 1/2 cups of vegetables your daily goal.
3. Watch portion sizes: Trying using your measuring cups one day to see how close your portions are to the actual amount -- fill 2 cups and only eat the food in the cups.
4. Drink more water: Quench your thirst with water rather than drinks with added sugar.
5. Choose healthy snacks: Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods.
6. Get cooking: Preparing meals at home can be healthy, rewarding and cost-effective.
7. Explore new foods and flavors: when shopping make a point of selecting a new fruit, vegetable or whole grain that's new to you or your family.
8. Pay attention to the labels: Nutrition facts can help you shop and eat/drink smarter.
9. Eat seafood twice a week: Fish and shellfish contain a range of nutrients including healthy Omega-3 fats.
10. Slow down at mealtime: Instead of eating on the run, sit down and set aside some time to enjoy the food you are about to eat.

<https://www.eatright.org/food/resources/national-nutrition-month/>

# MARCH EVENTS

Date	Event	Location
<b>Saturday, March 16, 2019</b>	<b>6th Annual Fort Lauderdale Shamrock Run</b>	Huizenga Plaza, 32 East Las Olas Blvd., Ft. Lauderdale, FL 33301
<b>Sunday, March 17, 2019</b>	<b>Rotary Club of Bal Harbour and the Bal Harbour Police Dept 2019 5K Race and Walk</b>	Haulover Park (SouthEast corner), 10451 Collins Ave., Between Bal Harbour and Sunny Isles Beach, Miami Beach, FL 33154
<b>Tuesday, March 19, 2019</b>	<b>Employee Appreciation Fair and Biometric Screenings</b>	Data Processing and Communications Center 5680 SW 87 Avenue, Miami, Florida 33179
<b>Wednesday, March 27, 2019</b>	<b>Employee Appreciation Fair and Biometric Screenings</b>	South Dade Government Center 10710 SW 211 Street, Miami, Florida 33189
<b>Sunday, March 31, 2019</b>	<b>Sunrise Half Marathon &amp; 5K   Elite Events</b>	Markham Park, 16001 W. State Rd. 84, Sunrise, FL 33326
<b>Saturday, April 13, 2019</b>	<b>Legacy 5K Walk &amp; Run</b>	Bill Baggs State Park, 1200 S. Crandon Blvd., Key Biscayne, FL 33149