

Be Joyful: Happy Life, Happy Diet?



Every day, we are faced with choices; cheeseburger or salad, soda or water, fruit salad or chocolate cake?

Normally when we are making these choices, we are thinking about our physical appearance, not our mental wellbeing. Studies show that our diet directly impacts our mental health and can even help fight off conditions like anxiety and depression. Why? Our brains run on the energy put into our bodies and are influenced by shifts in our hormones, blood sugar levels and many other biological processes.

Here are some tips on how to make a better nutritional choice for your brain:

- **Limit your alcohol intake:** It may seem like it calms your nerves, but in reality alcohol negatively impacts your hydration and sleep, which triggers anxiety and depression. Try sparkling water with a splash of bitters or lime as an alternative.
- **Try and lay off the Joe:** High levels of caffeine not only increase nervousness, but can also decrease the natural production of the feel-good chemical serotonin in our bodies. Green tea can be a good substitute for your morning (or afternoon) coffee fix.
- **Think twice about that charcuterie board with a glass of wine:** Aged, fermented and cultured foods contain histamine (who knew?), which can trigger insomnia by affecting your digestion, hormones and nervous system. Picking fresh, whole foods are always a better choice for your mental health.
- **Watch out for that sneaky added sugar:** Added, not natural, sugar causes your blood sugar and energy levels to spike and crash, which makes your mood do the same. Opting for fresh fruits and naturally sweet vegetables, like sweet potatoes, helps avoid extra sugar and possible mood swings.

Source: <https://www.healthline.com/health/mental-health/surprising-foods-trigger-anxiety#7>

Frozen Yogurt Bark



Ingredients

- 2 cups Greek yogurt
- 2 tbsp. honey
- 1 tbsp. cranberries
- 1 tbsp. raisins
- Toppings:
- 5 fresh strawberries, chopped
- 1 tbsp. dark chocolate chips
- 1 tsp. desiccated coconut

Source: <https://www.myfussyeater.com/frozen-yogurt-bark/>

Instructions

1. Mix the yogurt and honey together until well combined. Add the cranberries and raisins and stir again.
2. Line a baking tray with foil and pour the yogurt mixture on top. Spread it depending on how thick or thin you want your bark to be.
3. Sprinkle the strawberries, chocolate chips and desiccated coconut on top and place in the freezer for 2-4 hours or until it is completely frozen.
4. Remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in food bags.

Sign up Today for March Healthy Eating Challenge: Mindful Munching

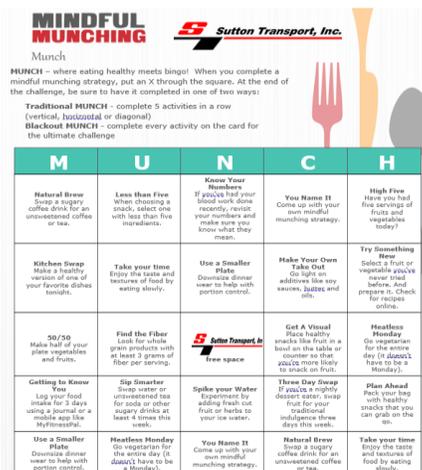
March Wellness Plans:

All Month: Mindful Munching Bingo

Enroll to participate in Bingo Challenge and Awards

Weekly Healthy Eating Tips: See Terminal Communication Billboards and TVs for Healthy Eating Tips of the week.

For Questions or to get Signed up, please contact Ashley Manion (HR Generalist) at Amanion@suttontrans.com.



MINDFUL MUNCHING Sutton Transport, Inc.

Munch
MUNCH – where eating healthy meets bingo! When you complete a mindful munching strategy, put an X through the square. At the end of the challenge, be sure to have it completed in one of two ways:
Traditional MUNCH - complete 5 activities in a row (vertical, horizontal or diagonal)
Blackout MUNCH - complete every activity on the card for the ultimate challenge

M	U	N	C	H
Natural Brew Skip a sugary coffee drink for an unsweetened coffee or tea.	Less than Five When choosing a snack, select one with less than five ingredients.	Know Your Numbers If you've had your blood work done recently, revisit your numbers and make sure you know what they mean.	You Name It Come up with your own mindful munching strategy.	High Five Here you had five servings of fruits and vegetables today!
Kitchen Swap Make a healthy version of one of your favorite dishes tonight.	Take your time Enjoy the taste and texture of food by eating slowly.	Use a Smaller Plate Determine dinner wear to help with portion control.	Make Your Own Take Out Additive free, no sauces, dressings and oils.	Try Something New Select a fruit or vegetable you've never tried before. And prepare to check for recipe online.
50/50 Make half of your plate vegetables and fruits.	Find the Fiber Look for whole grain products with at least 3 grams of fiber per serving.	Sutton Transport, Inc. Free space	Get A Visual Place healthy snacks like fruit in a bowl on the table or counter so that you're more likely to snack on fruit.	Mealless Monday Go vegetarian for the entire day (it doesn't have to be a Monday).
Getting to Know You Log your food intake for 3 days using a journal or a mobile app like MyFitnessPal.	Sip Smarter Swap water or unsweetened tea for soda or other sugary drinks at least 3 times this week.	Sip your Water Experiment by adding fresh cut fruit or herbs to your water.	Three Day Swap If you're mighty dessert eater, swap fruit for your traditional indulgence three days this week.	Plan Ahead Pick your top 5 healthy snacks that you can grab on the go.
Use a Smaller Plate Determine dinner wear to help with portion control.	Mealless Monday Go vegetarian for the entire day (it doesn't have to be a Monday).	You Name It Come up with your own mindful munching strategy.	Natural Brew Swap a sugary coffee drink for an unsweetened coffee or tea.	Take your time Enjoy the taste and texture of food by eating slowly.