

MLE - News in Health

August 2021

Dine Out and Take Out Healthy Eating Tips

When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared.

Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.

Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.

Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.

Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.

Choose your sauce

Pick sauces made from vegetables like marinara, rather than creamy butter sauces to limit calories from saturated fat. You can ask for the side or for the dish to be prepared with less or no sauce.

Download 'Start Simple' App

Use the **Start Simple** with MyPlate app to pick simple daily food goals, see real-time progress, and earn badges along the way.



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To Reduce Stress

- Get enough sleep.
- Exercise regularly. Just 30 minutes a day of walking can boost mood and reduce stress.
- Build a social support network.
- Set priorities. Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- Think positive. Note what you've accomplished at the end of the day, not what you've failed to do.
- Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help.
- Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

If you or someone you know is in crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).



National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people every day.

Our August roundup help raise awareness about Immunization Awareness, Breastfeeding and Children's Eye Health.



- **National Immunization Awareness Month**

The Centers for Disease Control and Prevention (CDC) sponsors [National Immunization Awareness Month](#) in August to highlight the importance of vaccination for people of all ages. Use [CDC's educational and promotional resources](#) to encourage people to stay up to date on recommended vaccines during the COVID-19 pandemic. You can also share our [MyHealthfinder vaccine resources](#) to help people learn about vaccines they need to stay healthy.

- **National Breastfeeding Month**

The United States Breastfeeding Committee celebrates [National Breastfeeding Month](#) each August. You can share our easy-to-understand [MyHealthfinder resource on breastfeeding](#) — along with [tips for eating healthy while breastfeeding](#).

- **Children's Eye Health and Safety Month**

The American Academy of Ophthalmology sponsors [Children's Eye Health and Safety Month](#) in August to highlight the importance of protecting children's vision. Use [these kid-friendly resources](#) from the National Eye Institute (NEI) to help children learn about eye health. You can also share our MyHealthfinder resource to [encourage parents to get their kids' vision checked](#).

Together, we can take steps to improve the nation's health.

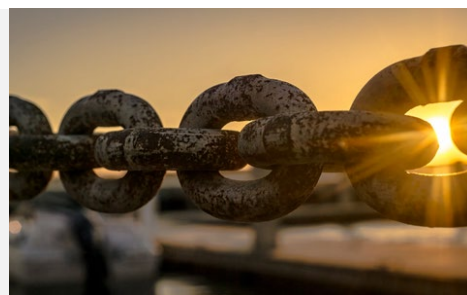
LIVE MONTHLY WEBINAR:

Leveraging Your Vulnerabilities

Date: 08/11/2021 | Time: 1:30 PM to 2:30 PM EST

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