

Fuel Your Wellness

A Newsletter from Chapel Hill Wellness@Work



This month brought to you by Natalia Adamson, Registered Dietitian

Small Changes Add Up!

Want to maintain a healthy weight? Reduce chronic disease risk including heart disease, type 2 diabetes?

Not only that, but improving your diet can have positive effects on your mental health and energy levels, helping you feel more alert and energized throughout the day. It can also help improve your mood and reduce stress! Here are three small steps you can start working on today:

1

COOK AT HOME

This gives you control over what ingredients and additives you use.

2

SWAP SUGARY DRINKS

Choose water or unsweetened coffee or tea instead of juice, soda, gatorade.

3

ADD A VEGETABLE

Add an extra vegetable at lunch and dinner to bump up your beneficial nutrients.

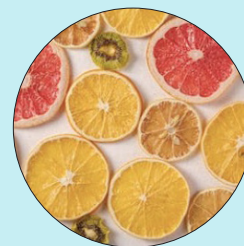
Winter Produce!

Buying in season fruit and vegetables are most cost effective, flavorful, and nutritious!



Winter Veggies

Squashes, carrots, brussels sprouts, cabbage, cauliflower, greens



Winter Fruits

Oranges, grapefruit, pomegranate, kiwis

Momma's Black Beans and Rice

Ingredients:

1–2 Tbsp olive oil
1 yellow onion, diced
1–2 bell peppers, diced
1 jalapeno, diced
Several cloves of garlic, minced
Ground cumin (several tbsp, to taste)
Dried cilantro (several tbsp, to taste)
Salt & pepper (to taste)
2+ limes
2 cans black beans, rinsed
1 cup water

Instructions:

1. Heat olive oil in skillet on medium heat, then add onion and peppers. Stir to coat with oil and let cook for 10 minutes, or until onion and peppers are tender.
2. Add the garlic, heaping tablespoons of cumin and cilantro, and juice of one lime. Season with salt and pepper.
3. Pour in black beans. Stir in another heaping teaspoon each of cumin and cilantro, and juice of second lime.
4. Add one cup of water and let simmer for 15 minutes or so until juices thicken/concentrate.
5. Serve with rice



“This recipe was inspired by a dish at an authentic Mexican restaurant, Best Mi Burro—on West Franklin Street when I was in graduate school (mid-late 1990s). Its been a staple for me since!”

Recipe provided with thanks by Allison Schwarz Weakley

Want to learn more in an individual session with Natalia?

Contact her at:

984-974-4250

natalia.adamson@unhealth.unc.edu



Published by Chapel Hill Wellness@Work
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