



the CommonHealth Compass

Greek Cucumber and Chickpea Bowl

Dill absolutely makes this salad, offering a fresh, herbaceous boost that livens up the canned chickpeas. It's a satisfying bowl of crunchy, creamy, chewy textures.



Ingredients

- 1 1/2 teaspoons extra-virgin olive oil
- 1 1/2 teaspoons red wine vinegar
- 1/8 teaspoon freshly ground black pepper
- Dash of kosher salt
- 1/2 cup unsalted canned chickpeas, drained
- 2 tablespoons slivered roasted red bell peppers
- 2 pitted kalamata olives, finely chopped
- 1/2 cup thinly sliced cucumber
- 2 tablespoons crumbled feta cheese
- 2 teaspoons chopped fresh dill

Directions

Combine first 4 ingredients in a medium bowl, stirring with a fork or whisk. Add chickpeas, bell peppers, and olives; toss to combine. Arrange cucumber slices and chickpea mixture in a bowl; top with cheese and dill.

Nutritional Information

Amount per serving

- | | |
|-----------------------------|-------------------------|
| • Calories 255 | • Fiber 6 g |
| • Fat 11.6 g | • Cholesterol 13 mg |
| • Saturated Fat 3.1 g | • Iron 2 mg |
| • Monounsaturated Fat 5.6 g | • Sodium 467 mg |
| • Polyunsaturated Fat 0.8 g | • Calcium 160 mg |
| • Protein 9 g | • Sugars 3 g |
| • Carbohydrate 28 g | • Est. Added Sugars 0 g |

Go to Full Version of [Greek Cucumber and Chickpea Breakfast Bowl](#)

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FOCUS on FIBER

Fiber is an essential nutrient, yet most Americans are falling short of the recommended daily amount in their diets. Most of us don't even know how much we need in the first place. We also have many questions like this one: Is the fiber I get in a double chocolate chip fudge brownie just as good as the kind in an apple, kale or a serving of beans? What are the different kinds of fiber?



Our understanding of fiber gets a little murky, but one thing is clear: dietary fiber contributes to our health and wellness in a number of ways. Amazing things happen to our bodies when we eat enough fiber. Join CommonHealth and Focus on Fiber starting this winter. Together, we'll get to the bottom of our questions, sort myth from fact, and explore the many health perks of fiber. You'll be on your way to upping your fiber game!

Eating Right Isn't Complicated

To eat right, simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the [Nutrition Facts panel](#) on food labels for total fat and saturated fat.

For more information, view the Academy infographic on the [Total Diet Approach to Healthy Eating](#).

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Capitol Steppers Out Walking



First Place Winner Susan Lee



Second Place Winner Kevin Hill (left)

Capitol Steppers Keep on Tracking!

When Governor McAuliffe encouraged COV employees to MOVE more for the health of the Commonwealth, staff at the Virginia Department of Elections (ELECT) rose to the challenge! Several ELECT employees already had Fitbit/Garmin fitness trackers, so they began to informally challenge each other to “get their daily steps in,” with 10,000 steps per day commonly recommended for good health.

Aiming to inspire their coworkers, Susan Lee, Tanya Pruett, and Bill Chafin kicked up an idea one day while putting a 15-minute break to good use by walking briskly around the Virginia State Capitol grounds. Ultimately, this spark grew into a 5+ month walking initiative at ELECT that became known as the *Capitol Steppers Move-It Challenge*. As other employees learned of the challenge, even more staff jumped in, contributing their talents and creativity to launching *Capitol Steppers*. In the end, it was a real team effort and great for teambuilding!

Everyone was invited to participate, and using fitness trackers, steps were counted 24/7. Teammates selected cartoon characters to represent themselves on a symbolic walking track that stretched the length of several office cubicles. The track celebrated milestones along the way, including:

- **Richmond to Charlottesville (69.2 miles/146,150 steps)**
- **London Underground (250 miles/528,000 steps)**
- **Length of the Grand Canyon (277 miles/585,024 steps)**
- **Across the Serengeti (500 miles/1,056,000 steps)**
- **Across New Zealand (990 miles/2,090,880 steps)**
- **Diameter of Pluto (1,430 miles/3,020,160 steps)**

Organizers set a “team goal” of 24,902 miles to reflect the mileage needed to collectively walk around the world. Participants were also encouraged to declare personal goals for the 5.5-month challenge, with responses ranging from

“walking the length of Italy,” “past Pluto,” to “as far as my feet will take me” and simply “to survive this!” A kickoff event included a balloted election for employees to vote on prizes, sworn oaths, and lots of laughter! As employees reported their weekly steps and results were tallied, characters advanced along the track and momentum grew. Some Steppers even started raising funds for charity with their daily steps by logging mileage through a free app, called Charity Miles. As team members laced up and inspired those around them, several ELECT spouses and even former employees jumped in on the walking challenge. Everyone became a force for good!

In the end, 35 ELECT-connected team members raised their awareness, their heart-rates, and their heels by “moving more” through the *Capitol Steppers Move-It Challenge*. Two lead *Capitol Steppers* were awarded coveted Road Runner prizes. As a team, the *Capitol Steppers* logged 34,479,545 total steps and amassed 15,324 team miles from Jun 1 – Nov 15, 2016. While they didn’t quite make it around the world, they sure covered a lot of ground, improved their health, inspired awareness, and kept each other moving! While everyone was a winner for walking more, only three made it to the covered 2MIL Club. Highest placers included:

1ST PLACE
 Susan Lee – Elastigirl (2,326,589 steps)

2ND PLACE
 Kevin Hill – The Thing (2,177,214 steps)

3RD PLACE
 Gary Finch – Geiko Gecko (2,096,114 steps)

4TH PLACE
 SOA Nancy Rodrigues – Edna Mode (1,982,088 steps)

Seven Tips for Healthy Dining Out

Eating at a restaurant doesn't have to sabotage your healthy diet. Use smart-eating strategies: Plan ahead, consider the menu and choose foods carefully.

Preparation

Have a plan. Eat a light dinner if you ate a big lunch that day. Or, if you know ahead of time that you're going to a restaurant, plan to have lighter meals during the day. Knowing menu terms and cooking basics makes ordering easier, especially if you have special dietary needs.

Choosing a Restaurant

Think ahead. Consider meal options at different restaurants and look for places with a wide range of menu items. Check online menus, if available, for nutrition information ahead of time.

Ordering

Be deliberate when ordering. Balance your meal by including healthier selections from all the different food groups such as lean protein foods, low-fat dairy, fruits, vegetables and whole grains. Look for freshly made entrée salads that give you "balance in a bowl." For example, entrée salads with baked or grilled chicken, beans or seafood provide protein along with fiber and other nutrients. Ask for dressing on the side so you can control the portion size.

For sandwich toppings, go with veggie options including lettuce, tomato, avocado and onion; if using condiments, choose ketchup, mustard, relish or salsa.

Round out your meal by ordering healthy side dishes, such as a side salad, baked potato or fruit. Boost the nutritional value of your baked potato by topping it with vegetables, salsa or chili.

Substitute. Ask for a side salad with dressing on the side to replace fries in a combination meal. Many restaurants honor requests, so don't be afraid to be assertive, ask menu questions and make special requests to meet your nutritional needs.

Control portions. Many restaurants serve huge portions, sometimes enough for two or three people. Eat a smaller portion and bring leftovers home for another meal. Or, order an appetizer in place of an entrée and add a small soup or salad.

Eating

Eat slowly. It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters often are overeaters, while slow eaters tend to eat less and are still satisfied.



Eating Out with Kids

Choose a restaurant that caters to children. This will increase the likelihood that a restaurant has a healthy children's menu that includes smaller portion sizes and meals designed to provide ample nourishment for smaller bodies.

For new foods, offer a bite or two from your order. Otherwise, let kids order their familiar favorites when they eat out. Pick two or three suitable menu items and then let your child pick one. Substitute healthier sides in place of fries, such as carrots or apple slices, or share an order of fries, and order plain foods with sauce on the side.

Calcium is important at all ages, but especially for growing bones. To get more calcium, opt for plain or chocolate milk for a beverage, or add a slice of cheese to their sandwich. Choose dairy-based desserts such as yogurt or a smoothie.

Restaurants may be intimidating to people trying to stick to a healthy eating plan, but with preparation and confidence you can enjoy your restaurant meal without abandoning healthy eating.

Source: Academy of Nutrition and Dietetics, Reviewed by Taylor Wolfram, MS, RDN, LDN,

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www.eatright.org/resource/health/weight-loss/eating-out/eating-out



Staying Active in Cold Weather

When winter blows in, you can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure!

Tips to Keep in Mind

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

1. **No heat and humidity to deal with.** Winter's chill might even make you feel awake and invigorated.
2. **You may be able to work out longer in cold weather** — which means you can burn even more calories.
3. **It's a great way to take in the sunlight (in small doses).** Not only can light improve many people's moods, it also helps you get some vitamin D.
4. **Exercise boosts your immunity during cold and flu season.** Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

Try these outdoor activities:

- Brisk walking or hiking
- Jogging or running
- Raking leaves
- Shoveling snow
- Ice skating
- Sledding
- Cross-country skiing
- Snowshoeing

Stay Warm, Stay Safe

Staying warm and dry when heading out to exercise in cold weather is all about layers. A little preparation can keep you safe from cold weather hazards like hypothermia and frostbite.

Cold temperatures, strong winds and damp conditions (like rain and snow) steal your body heat. For example, according to the National Weather Service, a 30-degree day with 30-mile-an-hour wind feels like about 15 degrees. And if you get wet (from rain, snow or perspiration) that effect is only magnified. That's why layers of clothing are so important. They help trap the heat and form a kind of insulation against the elements.

Resist your instinct to start layering with cotton. Once cotton becomes wet with sweat or snow, the moisture is trapped and will actually make you feel colder (and heavier). For your first layer, you want something that pulls moisture away from your skin, like the moisture wicking fabrics used in high-

performance sportswear. Next, add a layer of fleece; finally, top with a thin waterproof layer.

Know the Signs

Hypothermia means the body temperature has fallen below 35 degrees Celsius or about 95 degrees Fahrenheit. It occurs when your body can't produce enough energy to keep the internal body temperature warm enough. It can kill you.

Symptoms can include:

- lack of coordination
- mental confusion
- slowed reactions
- slurred speech
- cold feet and hands
- shivering
- sleepiness

Children and the elderly may be at more risk because they may have limited ability to communicate or impaired mobility. Elderly people may also have lower subcutaneous fat and a diminished ability to sense temperature, so they can suffer hypothermia without knowing they're in danger.

Stay Hydrated

Don't forget to drink water when exercising in cooler weather. Thirst isn't the best indicator that you need to drink.

Bye-Bye, Couch Potato!

If the winter weather prevents you from getting outside, don't just reach for the remote. Make your time inside count. There are many ways to get physical activity indoors—no gym required. Hand weights or resistance bands are a great addition, but not necessary. You can also wear a heavy backpack to add intensity to your workout.

Try these indoor activities:

- Home workout circuit
- Dancing
- Active housework like vacuuming and sweeping
- Mall walking
- Bowling
- Roller skating
- Yoga or other fun group classes at your local gym, studio, or community center
- Stair climbing

Source: American Heart Association http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Staying-Active-in-Cold-Weather_UCM_479901_Article.jsp#.WD9BUf4UWP8