



# LIVE WELL @ WORK Newsletter

UC San Diego | Center for  
SCHOOL OF MEDICINE | Community Health

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## FEATURE

### Picnic Perfect

With the summer season in full swing, it's time to call your family and friends and make plans for a picnic at the beach or park. Don't forget to pack your picnic basket with healthy and fresh snacks. Try chilled watermelon, cut veggies with a Greek yogurt dip (high in protein), or maybe some turkey sandwiches on whole grain bread to keep you satisfied. Instead of juice and soda, try some seltzer water with slices of fresh fruit for a light summery drink. Being outdoors is a great chance to be physically active, so bring your frisbee, soccer ball, or football. Lastly, make sure everyone protects themselves from the sun by wearing protective clothing, sunglasses, and using sunscreen. Remember to choose a sunscreen that has an SPF of 30 or higher, and reapply a generous amount every two hours. Make sure your sunscreen is waterproof when you are being physically active or planning to take a dip in the water. If swimming, apply immediately after getting out of the water.

## HARVEST OF THE MONTH

### Avocados & Plums

The fat in avocados is a healthy fat since they contain high amounts of monounsaturated fat, which can help keep up your HDL ("good") cholesterol levels.

When selecting plums at the store, choose plums that are firm, but give slightly to gentle pressure.



## SWAP OUT → SWAP IN

### Eating Out > Home Prepared Meals

While eating out can be a convenient last-minute dinner option, there are many benefits of preparing meals at home. According to the Obesity Action Coalition, some of the benefits of eating at home include meals being less expensive, healthier, and more familiar. An average meal for a family of four prepared at home costs \$20 compared to \$60 when eating out at a restaurant.

Food portions at restaurants have increased over the years, which often lead people to eat more than they need. Food prepared at restaurants contain about 376 more calories than a similar meal prepared at home. Also, not all restaurants have to disclose the ingredients, calories, fat, or other additives in your meal. When you are making meals at home, you control exactly what you are putting into the dish, and your body.