



# wellnews



March 2024

## IN THIS ISSUE

Ask the Expert .....	1
Fitness .....	2
Nutrition .....	3
Making Wellness Work ..	4

## Hoosier School Benefit Trust Health & Wellness Center

### HSBT Harding St.

6925 S. Harding Street, Suite B1  
Indianapolis, IN 46217  
317.497.6140

### HSBT Speedway

1011 Main Street, Suite 260  
Speedway, IN 46224  
317.497.6140

### HSBT East Washington Street

7910 E Washington St. Suite 350  
Indianapolis, IN 46219  
317.497.6140

### HSBT Health Coaches

Alicia Robbins  
ARobbins2@eCommunity.com

Dani Jones  
DNJones@eCommunity.com

James Enyart  
JEnyart@eCommunity.com

## ASK THE EXPERT

*Your Questions Answered  
by Health Professionals*

### What is food noise?

*by Alicia Robbins, Health Coach*

Constantly thinking about what to eat next? Are you preoccupied with satisfying hunger? Are your cravings to the point where food and eating begin to dominate thoughts? Sound familiar? This is food noise.

Various factors, such as medical conditions, medications, poor sleep, boredom, and high stress levels can cause food noise. This phenomenon can make it challenging to maintain a balanced diet and manage your weight.

### How to manage food noise

- Identify triggers
- Practice mindful eating
- Slow down eating
- Avoid skipping meals
- Enhance your diet with nutritious foods
- Seek professional help if necessary



If constant hunger and thoughts about food are interfering with your daily life, talk to your doctor about what factors may be causing this food noise. For more information visit: [webmd.com/obesity/features/what-is-food-noise](https://webmd.com/obesity/features/what-is-food-noise)

### Do you have a recipe website or app you like to use?

*by Tara Canda, Fitness Specialist and Intrinsic Health Coach*

When it comes to dinner at our house, recipe choices are all about taste! I routinely seek out new recipes to keep boredom off the table, and one of my favorite recipe websites is [SpendWithPennies.com](https://SpendWithPennies.com).

Holly Nilsson, the creative chef behind the website, offers recipes that are both easy and loved. No unusual equipment or ingredients necessary. If you're considering giving the website a try, I suggest starting with the cauliflower wings (restaurant-level crispy!), easy chicken enchiladas or my new snack of choice, her sugared cranberries. More reasons to love the website: from-scratch salad dressings, lots of ideas for your instant pot and air fryer, comfort foods, nutritious options and meals the kids will like to eat.





## FITNESS

# Pre- and Post-Workout Fueling

by Dani Jones, BS

Eating well and working out goes hand and hand. When and what you eat before and after working out can amplify your results. No matter what activity you're doing, having the right foods at the right time can help boost results and fuel the body for activity.

### Pre-Workout Nutrition

Carbohydrates are an important energy source for the body. Carbohydrates are needed for an easy energy source to prime the body to use its own energy stores. Since muscle tissue is broken down during workouts, adding protein helps the body start the process of rebuilding and repairing muscle tissue prior to the workout. The closer to the exercise session, the lighter the food choice should be to not upset the stomach. Here are some examples of pre-workout foods to consume about 1-4 hours before working out:

- Peanut Butter and Jelly Sandwich
- Oatmeal with Fruit
- Fruit With Nut Butter

### Post-Workout Nutrition

After a workout, the body uses stored energy sources and nutrients to replace what the body used during the workout. Ideally, eating within one hour of completing the workout can provide the biggest benefit. Protein should be the main focus here, but some carbohydrates are needed to support energy levels. Drinking fluids are also important to replenish what was lost during the exercise, mainly through sweat and perspiration. Some good examples are:

- Chocolate Milk
- Eggs and Toast
- Yogurt and Berries
- Wrap With Lean Protein (Turkey/Chicken)

Focusing on eating carbohydrates and protein before and after a workout is an important way to make sure you feel your best. For more information visit

[eatright.org/fitness/physical-activity/exercise-nutrition/timing-your-pre-and-post-workout-nutrition](https://eatright.org/fitness/physical-activity/exercise-nutrition/timing-your-pre-and-post-workout-nutrition)



## MEDITERRANEAN CHICKPEA SALAD

*This salad is made with fresh and bright ingredients for an easy lunch or hearty side dish*

Two 15-ounce cans chickpeas – drained and rinsed  
1 large cucumber – diced  
1 red bell pepper – diced  
2 cups cherry tomatoes – halved  
¼ cup red onion – diced  
4 ounces feta cheese – crumbled  
¼ cup parsley – finely chopped

### Lemon Vinaigrette

⅓ cup olive oil  
¼ cup lemon juice  
1 tsp Dijon mustard  
½ tsp honey or maple syrup  
1 garlic clove – minced  
Salt and pepper to taste

### DIRECTIONS:

1. Toss all the ingredients into a large mixing bowl.
2. Whisk together the vinaigrette.
3. Pour vinaigrette over the salad and gently stir until well combined.

## NUTRITION

# National Nutrition Month®: Beyond the Table

by Jessica Robertson, MA, RDN, CD

This year's theme for **National Nutrition Month®** inspires us to look Beyond the Table when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference—both now and in the future. These are a few tips to help you reach Beyond the Table:

### Focus on a healthy eating routine

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

### Seek the help of a Registered Dietitian Nutritionist (RDN)

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore Beyond the Table to help you reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

### Learn what's involved in growing your food

There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Many farmers and food producers will be happy to answer your questions, let you sample products or provide recipes for foods that are new to you. Some local farms even have tours, so people can see how they operate.

Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind. Other steps include decreasing food waste at home by creating new dishes from leftovers or by composting. You also can add more plant-based foods to your meals and snacks. **National Nutrition Month®** is a great time to start thinking about how you can go Beyond the Table to improve both your health and the planet's.

Visit [eatright.org](https://eatright.org) to find an RDN in your area and get additional food and nutrition information.



# MAKING WELLNESS WORK

## Efficacy of Dietary Supplements

by Beth Gregory, BS, Health Coach

The modern-day supplement industry evolved in the early 1940's and has grown to over a \$160 billion per year market world-wide. Dietary supplements are intended to complement the diet with vitamins, minerals, herbs, botanicals or synthetic substances that enhance overall dietary intake. People use supplements for many different reasons, but the most common is for overall wellness.

Daily multi-vitamins are the most popular, which can fill in gaps that are not supported in daily nutritional intake. Supplements can take form in tablets, capsules, gummy, liquid or powder form. Everything from vitamin C, fish oil to protein powders.

Product manufacturers are responsible to ensure the potency, quality and purity of their products. Manufacturers of supplements do not need approval from The U.S. Food and Drug Administration (FDA) to be sold in the United States. The industry is not regulated the same way prescription drugs are but must follow enforced guidelines set by the Dietary Supplement Health and Education Act of 1994.

Manufacturers may not make false claims about their products, such as curing or preventing disease or health conditions. You will see statements on product labels stating, "not evaluated by the FDA, products not intended to treat, cure or prevent disease." Manufacturers are subject to comply with Good Manufacturing Processes set by the FDA. The purpose of these guidelines is to ensure the quality and safety of their products.

To ensure quality, safety and efficacy, manufacturers can also have their products tested and certified by a third-party verification organization. Testing can confirm potency, safety, purity and validity of the ingredients. Once certified, the product will receive a certification stamp from the third party. Finding this stamp can give you peace of mind that the product is safe and contains the stated ingredients.



### Stadium Jams

Featured Playlist

[spoti.fi/3UIHxee](https://open.spotify.com/playlist/3UIHxee)

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!  
Click the links below:

