

UC SAFETY SPOTLIGHT

A UC Systemwide Publication of
the Environment, Health & Safety
Leadership Council

JUNE/JULY 2018

Health, Wellness and
Nutrition

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UC EH&S Professional
Education Partnership

POSTER OF THE MONTH

MONTHLY UC SAFETY SPOTLIGHT
Poster of the Month
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HEALTHY Packed Lunch

Quick & Easy To-Go Lunch!

It's so much tastier and healthier - and cheaper - to make your own lunch by putting together all your favorite clean ingredients. But we often forget about it, or maybe it feels too hard to plan in advance or we never have all the right ingredients at hand. This is one area where a little thinking ahead can save you a great deal of money and also end up benefiting your health.

These are greens, veggies, protein and fat. This principle is very easy to follow when you prepare your lunch. Which means that you must strive to have greens and some veggies every day (which is a healthy habit after all). Then you just need to choose your protein and fat source. For proteins, you can choose chicken slices from yesterday, some salmon, egg or some piece of cheese. You can also combine the protein with fat and cook half an avocado as an add-in. There we use quinoa and egg, which are both great source of protein, one animal and the other - plant based.

Quinoa also adds up on the fiber, which is great for your gut. Feel free to use beans or lentils in place of the egg or in addition to the ingredients listed, to make for an even healthier dish. As for the veggies - they add more fiber, vitamins and minerals that you can switch according to seasons and what's immediately available in the fridge. When you have taken care of the protein portion have a look at the fat content. If you already have an egg or an avocado just divide with some olive oil. If you need more energy during the day you can add more fat and use nuts, seeds and even tahini in your dressing. It all depends on your taste and the energy level you need during the day.

INGREDIENTS

- 2 cups mixed leafy green salad (arugula, spinach, lettuce, beet greens, etc.)
- 1 cup dried quinoa
- 1 egg
- 1/2 sweet potato
- 50g mushrooms
- Salt, pepper, olive oil
- Juice of 1/2 lemon
- Sesame seeds for sprinkling

RECIPE

1. Cook quinoa as directed (see instruction cooking a large batch that can be used in a number of other go-to lunches).
2. Rinse the sweet potato and mushrooms. Chop into large chunks and transfer into a baking tray lined with parchment paper.
3. Season with salt and pepper and toss to evenly coat the 10-15 min in a preheated oven at 350°F.
4. Fry an egg according to your liking and taste.
5. To assemble the meal place greens at the bottom of a lunch box.
6. Add the roasted vegetables and the quinoa. Top with the egg.
7. Season with olive oil, freshly squeezed lemon juice and sprinkle with some sesame seeds.

Note: You can also prep and roast your veggies the night before so that you can assemble the salad faster in the morning.

UC SAFETY SPOTLIGHT



Spotlight on Healthy Habits!

By: Rebekah Shulman, UC Davis Clinical Nutrition, 2019 and Jessica Bonilla, UC Davis Clinical Nutrition, 2019. Reviewed by Linda Adams RD

Nutrition

The USDA recommends implementing **small changes** to your diet over time for sustainably adopting a healthier lifestyle. Their guidelines for building a healthy eating style are outlined as:

- Making half your plate fruits and vegetables
 - Focus on whole fruits
 - Vary your veggies
- Making at least half of your grains whole grains
- Switching to fat-free or low-fat dairy or dairy alternatives
- Eating a variety of protein foods (seafood, lean meats and poultry, legumes, nuts, seeds, and soy products)
- Limiting sodium intake
- Limiting saturated and trans fat intake
- Limiting added sugars intake
- Limit alcohol to up to 1 drink per day for women and up to 2 drinks per day for men

Tips:

- Avoid processed, packaged foods, which often contain added sugars, high levels of sodium, and saturated/trans fat
- Focus on adding in fruits and vegetables to your diet, which leaves less room for processed foods
- Buy pre-washed, pre-cut produce for easy and convenient meals
- Visit the farmers market weekly for fresh, seasonal produce
- Prepare food in bulk for quick, healthy meals throughout the week

Exercise

USDA Guidelines recommend:

- Adults aim for around 150 minutes each week of physical activity at a moderate level (pace of a brisk walk).
 - Spreading this out over at least 3 days a week is best.
 - Can be performed in 10-minute increments.
- Including strengthening activities, such as push-ups, sit-ups, and lifting weights at least 2 days a week.

STRESS RELIEVING WORKOUTS

What do work deadlines, sitting in traffic, paying your bills, grocery lines, raising your kids and battling the bulge have in common? While there are may be many suitable answers, one of the top common denominators is: Stress! In the United States, seven out of ten adults report feeling some type of stress daily. Although people have different stressors, it is something that once it starts to affect us, is often hard to stop. What sets one person off may vary from individual to individual. Some people get stressed out over the littlest things, while others have a much higher breaking point. Regardless, stress can take a physical and mental toll on your overall health if it is not addressed.

The key to stress management is finding a way to relieve your stress so you can cope with any situation that unfolds. Luckily, there are many proven strategies to help someone handle and decrease stress. Fortunately, exercise falls among the many tools that can help you to get a handle on the stress in your life.

Aerobic Exercise - Participating in aerobic activities such as running, spinning, cardio or dance also offer the benefit of an increased heart rate. When your heart rate goes up, your body will release an increased amount of endorphins, which are natural opiates that allow you to "feel good". These activities help you to feel better both physically and mentally. HIIT workouts may be a good way to keep the workout quick and maximally effective for healthy, weight management, and time efficiency.

Yoga - This type of exercise is considered a mind-body exercise, which in itself can strengthen your bodies internal response to stress. Yoga often involves various poses with deep breathing, which allows you to learn to relax while strengthening your body and improving your posture.

Martial Arts - For many people martial arts is the perfect way to get in shape, release energy and let off tension. Learning the techniques is helpful in keeping your mind occupied and away from stressors. The many forms of martial arts allow you to learn self-discipline and self-defense while keeping you in shape.

Kickboxing - For many people under stress, there is a strong feeling of tension and anger. Taking up kickboxing is a great way to reduce your stress through a series of punching and kicking movements. Improving your balance, burning calories, and becoming more flexible are among the many benefits of this form of exercise.

Pilates - Despite the fact that Pilates is an anaerobic exercise, it is also a stress relieving exercise to consider learning. Pilates focuses on mat exercises with a series of controlled movements. This workout was created to improve strength, endurance and flexibility.

From: FitnessBlender.com

Tips:

- Try to incorporate exercise into your daily routine by taking the stairs or parking far away from your destination.
- Plan your workouts in advance (find [resources online](#) for ideas)
- Plan activities with friends and family, such as going on a hike, walking to a coffee shop or through your local park, or going on a run.

Mental Health

- Mental health, which includes our emotional, psychological and social well-being, is important because it determines the way we think, act, and feel.
- It's crucial to take care of our mental health throughout our lives because it can affect the way we handle stress, relate to others and to make life decisions. In addition, it will allow us to balance life activities and to increase our ability to enjoy life.

Signs:

- Eating/sleeping too much or too little
- Pulling away from people and usual activities
- Low or no energy
- Feeling like nothing matters
- Feeling helpless
- Experiencing severe mood swings that cause problems in relationships
- Inability to perform daily tasks like getting to work

Tips:

- Getting professional help if needed
- Taking care of your body
- Surround yourself with good people
- Getting physically active
- Learning how to deal with stress
- Getting enough sleep

References: [USDA ChooseMyPlate](#), [Mental Health.gov](#)



University of California EH&S Professional Education Partnership

Your workplace health and safety training connection

[UC Berkeley Center for Occupational & Environmental Health](#)

- [Free Webinar: Improving Employee Emotions and Emotion Regulation](#) (Wednesday, June 6, 2018, 10:30 am – 11:30 am, online)
- [Pesticide Exposure & Health: Protecting Agricultural Communities](#) (Wednesday, June 20, 2018, 1:00 pm - 4:15 pm, Oakland, CA)
- [Health from the Soil Up: Bridging the Silos of Health and Agriculture](#) (Thursday, August 9, 2018, 8:30 am – 5:00 pm, Berkeley, CA)

[UC San Diego Extension](#)

- [OSHA 502 – Update for Construction Industry Outreach Trainers](#) (Monday, June 4, 2018, 8:00 am - 4:30 pm – Wednesday, June 6, 2018, 8:00 am - 4:30 pm, Brookhurst Community Center 2271 W. Crescent Avenue, Anaheim, CA 92801)
- [OSHA 5029 – Cal/OSHA Update for Construction Industry Outreach Trainers](#) (Thursday, June 7, 2018, 8:00 am - 4:30 pm, Brookhurst Community Center 2271 W. Crescent Avenue, Anaheim, CA 92801)
- [OSHA 511 – Occupational Safety and Health Standards for General Industry](#) (Monday, June 11, 2018, 8 am- 4:30 pm—Thursday, June 14, 2018, 8:00 am-4:30 pm, Van de Kamp Center 2930 Fletcher Drive, Los Angeles, CA 90065)

[UCLA/UC Irvine Southern California Education & Research Center](#)

- [Indoor Air Quality](#) (Tuesday, June 19, 2018, 8:00 am - 5:00 pm – Wednesday, June 20, 2018, 8:00 am - 5:00 pm, Los Angeles, CA)
- [Sampling and Instrumentation](#) (Monday, July 30, 2018, 8:00 am - 5:00 pm—Tuesday, July 31, 8:00 am - 5:00 pm, Los Angeles, CA)
- [Ventilation](#) (Wednesday, August 1, 2018 8:00 am - 5:00 pm – Thursday, August 2, 2018, 8:00 am - 5:00 pm Los Angeles, CA)

[UC Risk & Safety Training](#)

- [EH&S Professional Education](#) (Online)
 - UC Santa Barbara Workshop (Wednesday, November 14, 2018, 9:00 am - 5:00 pm, UCSB)



CONNECT

Know where to turn on your UC campus for the information you need to keep yourself, your workplace and your environment safe and secure. Click on the campus links below to connect to local program, educational and informational resources.

[UC Berkeley](#) • [UC Davis](#) • [UC Irvine](#)
[UCLA](#) • [UC Merced](#) • [UC Riverside](#)
[UC San Diego](#) • [UC San Francisco](#)
[UC Santa Barbara](#) • [UC Santa Cruz](#)
[UCOP](#) • [UC ANR](#)



FEEDBACK PLEASE

Send an email to safetyspotlight@ucdavis.edu to submit your comments on the this issue or to suggest content ideas for future issues. We look forward to hearing from you!

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