



Official Newsletter of WIC Worksite Wellness

WHAT IS A HEART-HEALTHY DIET?

*Jade Martinez &
Janeza Bridges, ACE-CPT, USAW, PN1*

A heart-healthy diet helps decrease the risk of heart disease. According to the American Heart Association, it consists a wide variety of whole grains, lean protein sources, fruits, and vegetables. (1) It does not have to be expensive to start. By making small changes in your diet, you can make a heart-healthy diet a part of your lifestyle.

To practice easy and affordable ways to form heart-healthy eating habits, check out these tips below:

- Aim for nutrients from foods instead of supplements.
- Pick in-season fruits and vegetables to save money.
- Try canned protein sources such as beans or tuna-in-water.
- Purchase frozen fruits and vegetables. They are cheaper and just as nutritious as fresh varieties.
- To reduce added salt, sugar and fats, select whole foods instead of packaged and processed foods. (2)
- Limit intake of red meats, added sugars, and alcohol.

Remember to be mindful of these tips, whether you are eating out or at home. For more information, read the 'Resources Section' or this [link](#).



STRENGTHENING DISTANCE RELATIONSHIPS

Jaquelyn Neves & Jillian Arizcuren

Maintaining relationships with loved ones can be difficult, especially during a pandemic. To strengthen connections, it is important to devote time to those relationships.

To learn how to do that, try out these tips:

- **Make time for each other:** Check out these socially-distanced [activities](#) to help strengthen connections. (3)
- **Be reliable:** Follow through with your plans. It will show your family, friend or partner that you are responsible and trustworthy. (4)
- **Laugh it out:** Humor has been shown to positively impact relationships by helping cope with stressful times. Read more [here](#). (5)
- **Practice self-care:** Here are a few [examples](#) to boost mental health and improve relationships. (6)

CHOCOLATE COOKIE MUG

Ana Hernandez, Ashlyn Taylor, Lexi Skinner



This chocolate cookie in a mug is the perfect heart-healthy solution to satisfy your sweet tooth in 10 minutes by using ingredients you most likely already have in your kitchen without needing an oven. It has a balance of carbs, fat, and protein that provide your body with the proper nutrients to keep you satisfied longer.

Prep time: 10 mins **Cook Time:** 40 mins **Servings:** 1

Ingredients (7):

- 1 tablespoon low-fat margarine
 - Common brands: Earth Balance, Nutiva, Smart Balance
- 10 drops chocolate-flavored liquid stevia sweetener
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon all-purpose flour
- 1 tablespoon egg white
- 1 tablespoon chopped walnuts OR 1 tablespoon chopped pecans (optional)

Directions:

1. Microwave margarine in a small microwavable mug on high for about 10 seconds, until melted.
2. Stir in liquid stevia sweetener and cocoa powder.
3. Slowly stir in all-purpose flour until blended together.
4. Stir in the egg whites and nuts of choice until blended together.
5. Microwave again on high for 45 seconds or until a toothpick or fork inserted comes out with no batter.
6. Allow to cool for ~5 minutes.

Price Comparison

Price	Price Per Serving	Price Per Cake
Homemade Chocolate Cake in a Mug (1 serving) (7)	\$0.47	\$0.47
Target Udi's Mug Cakes (4 servings) (8)	\$1.12	\$4.49
Betty Crocker Mug Treats Triple Chocolate Cake Mix (4 servings) (9)	\$0.75	\$2.99
Duncan Hines Chocolate Lovers Mug Cakes (4 servings) (10)	\$0.66	\$2.64

Nutrition Facts (7) Per Serving

Calories: 134
Total fat: 9 grams
Saturated fat: 1.5 grams
Cholesterol: 0 milligrams
Sodium: 135 milligrams
Carbohydrate: 10 grams
Fiber: 1 grams
Sugar: 0 grams
Protein: 4 grams

HEART HEALTHY APP RESOURCES

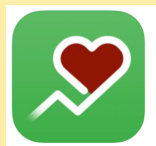
Pedro Guzman BS, & Samantha Camacho

American Heart Association



The American Heart Association provides helpful tips on how to keep your body and mind sharp. This website, [AHA](https://www.heart.org), will help you make healthy and delicious choices along with familiarizing yourself with different food groups. Also, it provides information on how to be more physically active!!

iCardio Workout Tracker



Want to keep track of your heart health? iCardio Workout Tracker is the perfect ally! This app can help you track the steps you walked or the new workout you completed, while showing you the effects on your weight, heart rate, and pace. You can download this [app](#) on any smart device. Do not let this opportunity pass to optimize your heart health!

2022 WIC WELLNESS RETREAT PLANNING COMMITTEE

We would like to build a planning committee to start working on a WIC Worksite Wellness Retreat for July or August of 2022. This will be one or two half-day virtual retreats centered on issues of wellness, burnout, conflict resolution, compassion fatigue, collaboration, equity, joy, celebration, and fun. We will be offering CEUs and providing a safe space for WIC staff across the state to share and take part in honest conversations, radical wellness, and purposeful self-care. Please [email Jodi](#) if you or a staff member are interested in taking part in this planning committee. We will poll everyone to pick a regularly scheduled bi-weekly meeting, once we have a pool of committee members.



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

REFERENCES

1. New look at Nutrition Research identifies 10 features of a heart-healthy eating pattern. American Heart Association. Published November 02, 2021. Retrieved January 21, 2022, from <https://newsroom.heart.org/news/new-look-at-nutrition-research-identifies-10-features-of-a-heart-healthy-eating-pattern>
2. Heart-Healthy Eating on a Budget. John Hopkins Medicine. Retrieved January 20, 2022, from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/heart-healthy-eating-on-a-budget>
3. Jones, H., Yoon, D., Theiss J., Austin J., & Lee L. (2021, May 24). Assessing the Effects of COVID-19 on Romantic Relationships and the Coping Strategies Partners Use to Manage the Stress of a Pandemic. Journal of Family Communication. <https://www.tandfonline.com/doi/abs/10.1080/15267431.2021.1927040?journalCode=hjfc20>
4. Amherst College. 10 Tips for Healthy Relationships. https://www.amherst.edu/campuslife/health-safety-wellness/counseling/self_care/healthy_relationships/10_tips_for_health_realtionships
5. Lawrence R., Jeanne S., Ph.D., Melinda S., M.A.(2020 December) Managing Conflict with Humor. <https://www.helpguide.org/articles/relationships-communication/managing-conflicts-with-humor.htm>
6. Jenny E., Isabel G., Iris E., Josefin B., Lauren C., Una F. (2016 May). Relationships in the 21st century : the forgotten foundation of mental health and wellbeing. <https://www.mentalhealth.org.uk/publications/relationships-21st-century-forgotten-foundation-mental-health-and-wellbeing>
7. Chocolate nut cookie in a mug. recipes.heart.org. (2020, October 19). Retrieved January 21, 2022, from <https://recipes.heart.org/en/recipes/chocolate-nut-cookie-in-a-mug>
8. Udis gluten free cinnamon coffee mug cake - 4ct/9.8oz. Target. (n.d.). Retrieved February 3, 2022, from https://www.target.com/p/udis-gluten-free-cinnamon-coffee-mug-cake-4ct-9-8oz/-/A-54156210_ref=tgt_adv_XS000000&AFID=google_pla_df&fndsrc=tgt&DFA=71700000012510691&CPNG=PLA_Grocery%2BShopping%7CGrocery_Ecomm_Food_Bev&adgroup=S_C_Grocery&LID=700000001170770pgs&LNM=PRODUCT_GROUP&network=g&device=c&location=9031264&targetid=pla-382350310489&ds_rl=1248099&gclid=CjwKCAIAI-6PBhBCEiwAc2GOVLXpPqc0wO86U7Hw-kjxVebsEQVP3j4KK1KpVPSoEfaohNbNtZG1KxoCIO0QAvD_BwE&gclid=aw.ds
9. Betty Crocker Mug treats triple chocolate cake mix - 4CT/12.5oz. Target. (n.d.). Retrieved February 3, 2022, from https://www.target.com/p/betty-crocker-mug-treats-triple-chocolate-cake-mix-4ct-12-5oz/-/A-53448362?ref=tgt_adv_XS000000&AFID=google_pla_df_free_online&CPNG=Grocery&adgroup=261-4
10. Duncan Hines Mug Cakes chocolate lover's cake mix with chocolate frosting, 13 oz. Walmart.com. (n.d.). Retrieved February 3, 2022, from <https://www.walmart.com/ip/Duncan-Hines-Mug-Cakes-Chocolate-Lover-s-Cake-Mix-with-Chocolate-Frosting-13-OZ/150481939?wl13=2479&selectedSellerId=0>