

Nourish your mind, body, & spirit

A silhouette of a person sitting on a grassy hill, looking up with their arms raised towards a large heart shape in the sky. The background is a gradient of purple and blue, suggesting a sunset or sunrise. The heart shape is formed by two large, teardrop-like shapes meeting at the bottom. The overall mood is inspirational and uplifting.

- ▶ 84+ years, started by Railway Mail Carriers
- ▶ 2+ million members worldwide
- ▶ 2nd largest FEHB membership
- ▶ Largest dental membership in FEDVIP

- ▶ Exclusively Federal / Postal / Annuitants / Military retirees
- ▶ Extensive nationwide network of doctors, dentists, hospitals and other providers
- ▶ We want you to Choose Possible

GEHA®

Today's presenters



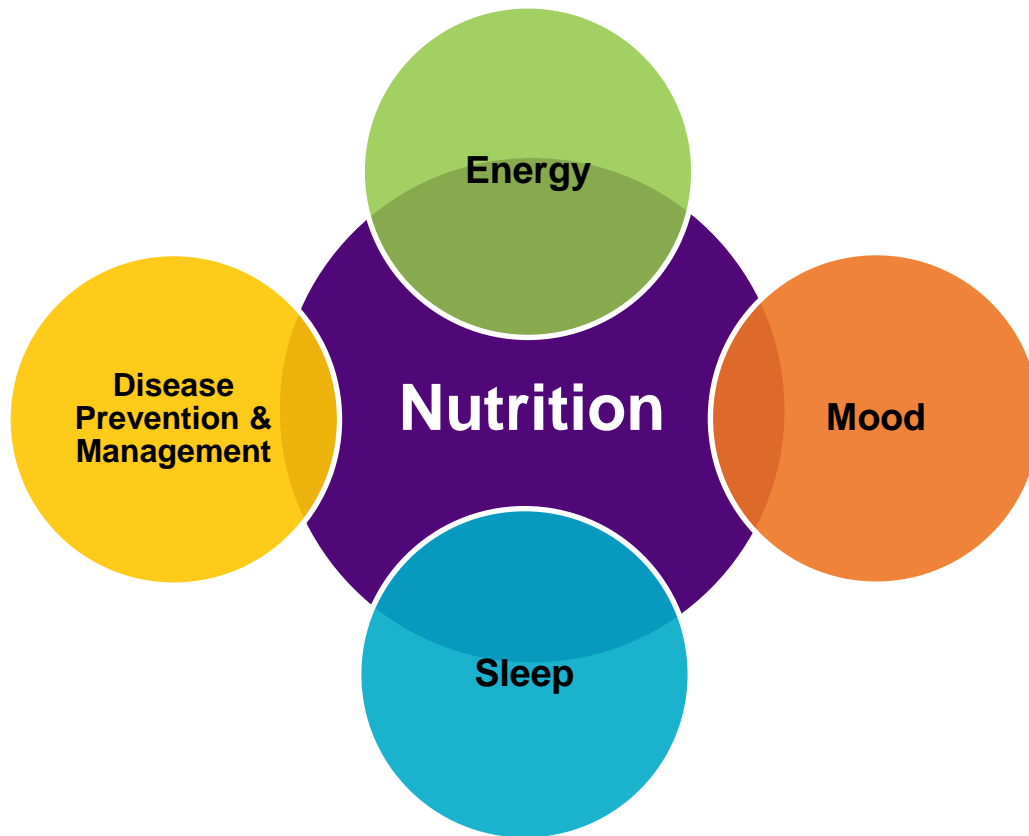
Brian Sperling,
Wellness Presenter | GEHA



Agenda

- ▶ How nutrition fuels a healthy lifestyle
- ▶ Fad diets vs. food patterns
- ▶ Quick tips to build healthy habits
- ▶ Meditation

Nutrition fuels every goal



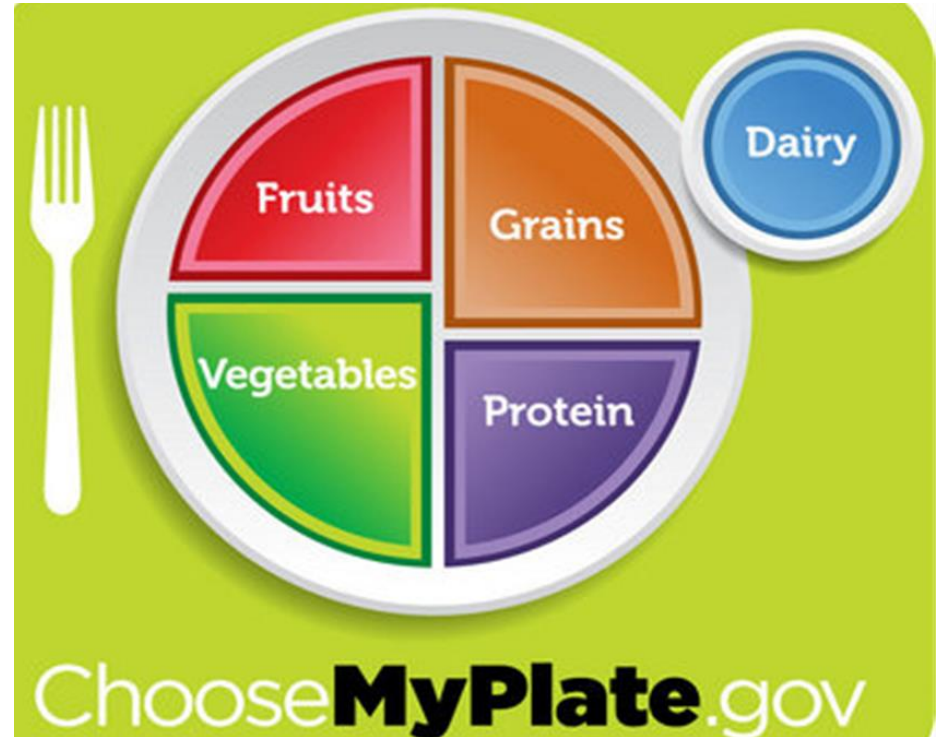
Fad diets

- ▶ Any diet you cannot sustain
 - ▶ Eliminates a food group or a macronutrient (carbohydrate, protein, fat)
 - ▶ Makes strict rules
 - ▶ Punishes and/or falsely rewards
 - ▶ Gain weight as soon as it's over
 - ▶ Too simple or too complicated
- ▶ Examples:
 - Atkins
 - Ketogenic
 - South Beach
 - Fasts (juice, time, etc.)



My Plate

- ▶ Use the USDA MyPlate to help create balance each meal.
- ▶ $\frac{1}{2}$ fruits & vegetables
- ▶ $\frac{1}{4}$ whole grains
- ▶ $\frac{1}{4}$ lean protein



Food patterns

- ▶ A food pattern is what you eat consistently
- ▶ Shift in focus from what we 'shouldn't' eat to what is nourishing
- ▶ Promotes applying positive thinking to our food, bodies and environments
- ▶ Provides insight to preventing chronic disease
- ▶ Respects the interplay of different foods

Examples of food patterns



▶ Traditional diets of regions with longer life spans:

- Sardinia (Italy), Seulo, Nicoya (Costa Rica), Ikaria (Greek island), Okinawa (Japan), “blue zones”
- Consist of minimally processed plant-based foods – mostly whole grains, greens, nuts, tubers and beans
- People ate meat on average only five times a month

▶ Patterns tested across populations:

- Mediterranean
- Vegetarian
- Pescatarian



Mediterranean diet

- ▶ High in fruits and vegetables:
 - Fiber, potassium, polyphenols, fluids, vitamins, minerals
 - 5 servings of vegetables and 4 servings of fruit
- ▶ Low in red meat (steak, beef) and processed meat (hot dogs, deli meat)
- ▶ Moderate in healthy fats:
 - Fatty fish (salmon, tuna)
 - Nuts (almonds, walnuts, pine nuts, pecans)
 - Extra-virgin olive oil

[Eating Well's Mediterranean Diet Center](#)

[GEHA Webinar by Coletta Meyer and Mandy Katz:](#)

[“Fighting Inflammation, Naturally”](#)



What's right for you

- ▶ Balanced and sustainable
- ▶ Considers your genetics, finances, health concerns, schedule, family, culture
- ▶ Applies to almost everyone:
 - At least half your plate in vegetables
 - Source of protein
 - Healthy fats (liquid at room temperature, nuts and seeds)
 - Reduce convenience and high-processed foods
 - Eat at the table



Foods to make part of your food pattern

- ▶ Berries, esp. blueberries and raspberries
- ▶ Purple fruits and vegetables, such as beets, red cabbage, carrots
- ▶ Garlic and onions
- ▶ Mushrooms
- ▶ Extra-virgin olive oil, avocado oil, walnut oil
- ▶ Tart cherry concentrate
- ▶ Lemons and limes
- ▶ Omega-3: salmon, tuna, sardines, scallops, walnuts, pumpkin seeds, chia seeds, flax seeds



Foods to make part of your food pattern

- ▶ Fermented foods
- ▶ Beans and legumes, esp. black beans
- ▶ Green leafy: spinach, kale, collards, arugula
- ▶ High potassium: banana, melon, avocado, dried apricots, sweet potatoes, dates, beets, greens
- ▶ Spices and herbs: turmeric, ginger, rosemary, oregano, cinnamon, clove, cayenne/red pepper, stevia



Quick nutrition tips

#1

Check (the label)

#2

Scan (your body and room)

#3

Plan

#4

Establish support

Tip #1: Check the label

- ▶ Lean: <10 g total fat, <4.5 g saturated fat
- ▶ Good source: serving is 10-19% of daily value of a nutrient
- ▶ High source: serving is 20% or more of daily value of a nutrient
- ▶ Reduced: food is altered to contain 25% less of a certain component
- ▶ Light or lite: <50% of calories from fat and 1/3 fewer calories or half the fat of the original version



Tip #2: Scan



THE HUNGER SCALE

- ▶ Scan to improve your nutritional intake before every meal and snack:
 - Your body (your stomach and your mind)
 - Your environment
- ▶ Helps to:
 - Choose your environment and restaurant carefully
 - Be aware of your hunger before sitting down
 - Encourage your family and friends to slow down and savor the company and food
 - Be aware of influences
 - Reduce distractions



Tip #3: Plan

- ▶ Start small: one day at a time or one intervention at a time
- ▶ Examples:
 - Small goal: eat more fiber by working on breakfast choices
 - Small goal: be more mindful of dining choices in how much fat and sodium they contain
 - Small goal: be aware of hunger by reducing distractions
- ▶ Work towards planning a week's worth of meals



Tip #4: Establish support

- ▶ Many types of support can be helpful:
 - Spouse or partner
 - Friend(s) – ask one to be an accountability partner
 - Family
 - Coworkers
 - Care team, e.g. your doctor or physical therapist
 - Registered dietitian
 - Social media – share your goals/progress
 - Technology: fitness wearables and apps
 - MyFitnessPal, Samsung Health, Fitbit, Garmin, etc.
- ▶ Non-food rewards:
 - One month of daily food journaling = a massage



Summary

- ▶ Nutrition fuels every life goal
- ▶ Start with sustainable and small plans of action
- ▶ Practice the 4 tips every day: check the label, scan, plan and get support
- ▶ Eat the 80 / 20 rule
- ▶ What you eat affects how you think

Spiritual wellness

► Gratitude

- Physical health
- Psychological health
- Self-esteem
- Rewire the brain

► Kindness

- Increases serotonin and energy
- Decreases anxiety and stress
- <https://www.randomactsofkindness.org/>

► Aromatherapy

- Holistic healing
- Relaxation
- Physical conditions
- Mental conditions



Meditation

- ▶ Clear the minds mental chatter
- ▶ Feeling of calm
- ▶ Techniques
 - Guided imagery
 - Diaphragmatic Breathing
 - Transcendental/Mantra meditation
 - Mindfulness



Q&A

Thank you

At GEHA, we exist to empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. At times like this, when your path toward health and well-being is potentially at risk, that's when it's most important that we do what it takes to be your trusted partner.

For more information

geha.com | geha.com/Blog

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This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at [geha.com/Plan Brochure](https://geha.com/Plan%20Brochure). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure.

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