

# NATIONAL NUTRITION MONTH

## MARCH

March 2023 Newsletter

## Boost Your Nutrition to Boost Your Health!

March is National Nutrition Month, a good time to think about what we eat and how we can improve our diets to maximize our health. But when it comes to expert advice on good nutrition and healthy dining, does it seem like the goal posts keep moving? Certainly, there are a lot of food fads and diets of the day, but the basics have remained consistent over the years. A recent article in the *New York Times* on nutrition myths quotes nutrition expert Dr. Marion Nestle: "In the 1950s, the first dietary recommendations for prevention of obesity, Type 2 diabetes, heart disease, and the like advised balancing calories and minimizing foods high in saturated fat, salt, and sugar. The current U.S. Dietary Guidelines urge the same." The article also cites author Michael Pollan's seven simple words of advice: "Eat food. Not too much. Mostly plants."

**Here are some tips we've gathered from nutrition experts and our own coaches over the years:**

- Don't skip breakfast
- Fill half your plate with fruits and vegetables
- Increase your fiber intake
- Watch portion sizes
- Learn to read food labels
- Make healthy, colorful

- snacks
- Drink more water
- Reduce consumption of processed foods
- Cook with fresh, local ingredients
- Search menus for healthy options when dining out
- Limit added sugar and salt
- Eat seafood twice a week
- Explore new foods and flavors
- Experiment with plant-based meals
- Slow down – practice mindful eating
- Cut down on saturated fats
- Avoid sugary drinks
- Practice "5 a day" for your intake of fruits and vegetables.

### MAP Tools:

- Consult with your MAP Wellness Coach! Connect by phone at **800-252-4555** for one-on-one coaching 24/7 to get support for reaching your nutrition and fitness goals.
- Click "**Member Login**" at [www.UnionAP.com](http://www.UnionAP.com) to access reliable articles, videos, and self-assessments for dealing with stress, diet, fitness, and smoking.

## Cool Tools for Money Management

Explore dozens of money management calculators by logging in to your Self-Help Resources. Here's just a sampling:

- **Cool Million Calculator** - What might it take to save one million dollars? This financial calculator helps you find out!
- **Home: Rent vs. Buy Calculator** - Weigh the variables to help you decide between these options.



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Assistance Program  
*A division of ESI*



### Don't Forget!

MAP services are available to you and your household members as well as dependent children living away from home, up to age 26.

### ESI MAP's Featured March Webinar

**Caring for the Caregiver** - Every month, a webinar and related resources are featured at the top of the member site.

Simply log in to [www.UnionAP.com](http://www.UnionAP.com) during the month of March to explore the resources or take the webinar at your convenience.

### Noteworthy Events in March

- National Nutrition Month
- Women's History Month
- March 12th – Daylight Savings Time
- March 12th-18th – National Sleep Awareness Week
- March 19th-25th – National Poison Prevention Week



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- **U.S. 1040EZ Tax Form Calculator** - Get an estimate of your refund or the amount of tax you may owe.
- **Compare Savings Rates Calculator** - Find out how different savings rates can impact your savings strategy!

## Get Smart!

Boost your knowledge this month by exploring thousands of online E-Learning courses – we’ve offered a few suggestions to get you started. Click “Member Login” at [www.UnionAP.com](http://www.UnionAP.com), and when you are signed in, click on the comprehensive training library in the “Training Center.”

- **New! Professional Excellence: Effective Communication Techniques**  
Course ID: **SVL\_104424**  
In this 7-minute video, you’ll learn about body language, the power of kickball, the pitfalls of gossiping, and so much more!
- **New! How to Effectively Address Racism | Course ID: SVL\_014592**  
This 19-minute video course talks about how to address racism with your family, friends, and coworkers as you work to create an antiracism environment in your everyday life.
- **Wellness Toolkit: The Science of Good Sleep | Course ID: SVL\_1020495**  
Learn about sleep cycles, the amount of sleep you need, and the many ways that sleep benefits us every day in this 8-minute video.

## Learn More!



*Scan the QR code with your device or smart phone to explore more of your member benefits!*



### How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

## Accessing Your MAP Training Center

1. Go to [www.UnionAP.com](http://www.UnionAP.com) and click **Member Login**.
2. If you’ve already created an account, log in with your User Name/Password.
3. If it’s your first time, click **REGISTER** to create your User Name and Password. **You only need to register once.**
4. Click the ‘**Training Center**’ and then choose ‘**Comprehensive Training Library**’.
5. In the **Search** bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon, and click the ‘**Play**’ or ‘**Start**’ button to begin.

**To get a certificate:** View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To get your certificate, click on the ribbon icon below the right corner of the video. The certificate will download to your computer.

