



Breakfast Burrito

Hungry for a healthy breakfast that's packed with protein and tastes great? Give this recipe a try:⁵

Ingredients

- 1 can vegetarian refried beans
- 4 tortillas, corn
- 2 T red onion (chopped)
- 1/2 C tomatoes (chopped)
- 1/2 C salsa, low-sodium
- 4 T yogurt, non-fat plain
- 2 T cilantro (chopped)

Directions

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between two sheets of damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish, and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Serves: 4.
146 calories per serving.

Trying to Eat Healthier? Beware of Restaurant Meals

Study: 70% of all restaurant meals aren't healthy

When your stomach tells you it's feeding time, how do you respond?

- Grab your healthy brown-bag lunch and bottle of water.
- Whip up a meal in the kitchen made from fresh ingredients.
- Hit the nearest restaurant or drive-thru and munch your way through an entrée, sides, and a drink.

If your diet looks anything like the typical American's (fast food, burgers, fries, pizza, fried chicken, soda, etc.) **1 out of every 5 calories you eat** comes from restaurant food.²

Yes. It's possible to order healthy food from the menu. You know...

- The leafy-green salad
- The soup of the day
- Sans-bun with burger + lettuce wrap
- Vegetables instead of fries
- The fruit parfait, or...
- Water instead of soda, milkshakes, or sugary coffee drinks



But guess what? Most people don't. In the study, researchers found that:

- **70% of all fast-food meals** are of poor dietary quality
- **50% of all full-service restaurant meals** ordered are of poor nutritional quality
- **The typical fast food or restaurant entree** contains 1,200 to 1,500 calories. And that doesn't include drinks, sides, or desserts!

Dining out? 6 ways to eat healthier

Pay attention to your food choices and calories, and you can still eat healthy at a restaurant. Here's how:

1. Find out how many calories are in a meal, before you order.
2. Place half your meal in a to-go box before you start eating.
3. Split a meal with someone else.
4. Order from the kid's or senior's menu.
5. Pick a side dish as your main course.
6. Ask the restaurant staff to make you a smaller portion.

MORE

How to make restaurant meals healthier
<https://tinyurl.com/2amijzf7>

This is Your Brain on Stress...Any Questions? (continued from page 1)

"The faster pace of life today probably means more stress," says lead researcher Dr. Sudha Seshadri. "When we are afraid, when we are threatened in any way, our cortisol levels go up ... It's never too early to be mindful of reducing stress."

Feeling stressed out? Take a deep breath. Go for a walk. Talk things out with someone you trust. Laugh more. And get professional help if you need to. You'll feel better and live longer.

MORE

7 ways to reduce stress
<https://tinyurl.com/2p8dj53p>

References

1. Meyer, J., et al. (2021). High sitting time is a behavioral risk factor for blunted improvement in depression across 8 weeks of the COVID-19 pandemic in April-May 2020. *Frontiers in Psychiatry*. From: <https://tinyurl.com/yue5w39p>
2. Liu, J., et al. (2020). Quality of meals consumed by US adults at full-service and fast-food restaurants: Persistent low quality and widening disparities. *The Journal of Nutrition*, 150(4): 873-883. From: <https://tinyurl.com/2p978wzy>
3. Echo-Tcheugui, J., et al. (2018). Circulating cortisol and cognitive and structural brain measures. *Neurology*, 91:2. From: <https://tinyurl.com/mtskfknm>
4. Amaro-Gahete, F., et al. (2019). Energy expenditure differences across lying, sitting, and standing positions in young healthy adults. *PLOS ONE*, 14(7): e0219372. From: <https://tinyurl.com/3ncmr2ph>
5. U.S. Department of Agriculture. (2020). Breakfast burrito. Michigan Department of Community Health. From: <https://tinyurl.com/ywtsh39h>



Take the March Health Labels Challenge!

Read Food Labels: Take time to learn about what you're eating

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Can exercise help treat depression?