



Eat the BeWell Way for Better Health

The blueberry nutrient profile makes it a superstar in preventing disease such as diabetes and cancer and promoting heart and brain health and is a perfect choice as our healthy eating icon. If you're looking to improve your health, add Elior North America's BeWell eating approach into your wellness plan. Follow these six diet guidelines while also being mindful of portion size and sodium and limiting processed foods and trans-fat.

Emphasize Plant-Based, Whole Foods

Health benefits of a plant-based, whole food diet are plentiful—from decreasing risk of disease and cancer to managing weight. They also have a lower impact on the environment compared to animal and processed foods. Examples: fruits, vegetables, whole grains, nuts, seeds, legumes, soy foods, herbs and spices.

Eat Healthy Fats

Gone are the days of low-fat diets. We need a certain amount of fat in our diets to stay healthy, except for trans-fat. The healthiest fats are omega 3 polyunsaturated fats and monounsaturated fats. Examples: nuts, nut butters, flax and chia seeds, salmon, tuna, avocados, and walnut, avocado or olive oil.

Add Lean Protein or Plant-Based Protein

Protein is an important building block of bones, muscles, cartilage, skin and blood. While high-protein diets surge in popularity, most people get too much. Fill your plate with plant-based foods and add lean protein in 2–3 oz portions. Or go veggie all the way and choose plant-based protein only. Plant-based protein examples: tofu, tempeh, soybeans, legumes, lentils, nuts and seeds. Lean protein examples: lean beef, lean lamb, veal, lean pork, bison, venison, poultry, fish and eggs.

Limit Added Sugar

High-sugar intake is linked to obesity, cavities and heart disease. Common culprits of foods high in sugar are ice cream, grain-based desserts, cereals, candy and beverages, such as soda and sports, energy and fruit drinks. To avoid sugar-laden foods, check food packages for added sugar and choose whole foods, including fruit and water most often.

Fill-Up on High Fiber Foods and Add Probiotic Foods

Fiber is a nutrient all-star; it feeds good gut bacteria to keep you healthy, maintains digestion and weight, and stabilizes blood sugar. Examples: whole grains, fruits, vegetables, legumes, nuts and seeds. Probiotic foods are foods that are either naturally fermented or have probiotics added to help promote digestion and good gut health. Examples: kefir, yogurt, miso, kimchi, kombucha and tempeh.

And...Drink Water and Get Moving

Water is our source of life; make it your beverage of choice. Get moving; adapt a purposeful exercise routine to improve or maintain health. Aim for 150 minutes or more of exercise per week or 30 minutes per day.



BeWell eating guidelines are recommended by our Registered Dietitians and were influenced by the commonalities of six well-respected and evidenced-based diet patterns that promote health: USDA Dietary Guidelines 2015–2020, American Heart Association Dietary Guidelines, Anti-Inflammatory Diet, Dietary Approaches to Stop Hypertension (DASH) diet, Harvard T.H. Chan School of Public Health's Healthy Eating Plate, and the Mediterranean Diet.

St. Charles AAA

July 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Each Meal served with 2 % Milk</p> <p>New Items are in <i>Bold Italics</i></p>	 <p>TRIO Community Meals an elior company</p>	<p>1</p> <p>Hot Dog w/ Chili Mixed Vegetables Fiesta Potatoes Hot Dog Bun Mandarin Oranges</p>	<p>2 JULY SPECIAL</p> <p>BBQ Chicken Baked Beans Crmd & W. K. Corn White Roll Fresh Cantaloupe</p>	<p>3</p> <p>Closed</p>
<p>6</p> <p>Country Meatballs Broccoli/Cauliflower Cream Style Corn Whole Wheat Bread LD Fig Bar Margarine</p>	<p>7</p> <p>Sausage/Pinto Bns Brown Rice Turnip Greens Pickled Beets Cornbread Fresh Apple</p>	<p>8</p> <p>Buffalo Style Chkn Potato Wedges Apple Juice 4 oz. Wheat Hamburger Bun Bread Pudding/Raisins</p>	<p>9</p> <p>Meatloaf Brown Gravy Mashed Potatoes Southern Green Beans Whole Wheat Bread Cardinal Citrus Gelatin Margarine</p>	<p>10</p> <p>Chef Salad Mandarin Oranges Whole Wheat Crackers Blueberry Cake Ranch Dressing</p>
<p>13</p> <p>Sliced Ham Raisin Sauce Chantilly Potatoes Buttered Cabbage Whole Wheat Bread LD Jelly Crème Pie Margarine</p>	<p>14</p> <p>Taco Salad Lettuce/Tomato Shredded Cheese Chuckwagon Corn Corn Chips Strawberry Short Cake Sour Cream Taco Sauce</p>	<p>15 BIRTHDAY SPECIAL</p> <p>Chkn/Sausage Gumbo Brown Rice Okra & Tomatoes Potato Salad White Dinner Roll Cake Ice Cream</p>	<p>16</p> <p>Cheeseburger Baked Beans Lettuce/Tomato/Pickle Wheat Hamburger Bun Peach Cobbler Mustard Mayo Chocolate Milk</p>	<p>17</p> <p>Breakfast Sausage or Ham Grits Escalloped Apples Orng-Tangerine Juice Biscuit Fruit & Grain Bar Jelly Margarine</p>
<p>20</p> <p>Chicken & Sausage Jambalaya Carrots Broccoli Whole Wheat Bread Apple Juice 4 oz. Margarine</p>	<p>21</p> <p>Roasted Turkey Brown Gravy Candied Swt Potatoes Green Peas/Peppers Whole Wheat Bread Almond Cookie</p>	<p>22</p> <p>Teriyaki Meatballs Steamed Rice Fresh Melon Mix Oriental Blend Whole Wheat Bread LD Raisin Crème Pie</p>	<p>23</p> <p>Ham & Lima Beans Brown Rice Strawberry-Kiwi Juice Steamed Spinach Cornbread Chocolate Moon Pie</p>	<p>24</p> <p>Chicken Salad Pickled Beets Confetti Coleslaw Wheat Bread (2sl) Fresh Banana Ranch Dressing</p>
<p>27</p> <p>Chile Lime Chicken Chantilly Potatoes Green Peas Whole Wheat Bread LD Oatmeal Cookie Margarine</p>	<p>28</p> <p>Hamburger Chuckwagon Corn Lettuce/Tomato/Pickle Hamburger Bun Pineapple Cobbler Mayo Ketchup Chocolate Milk</p>	<p>29</p> <p>Black-eyed Peas/Saus Steamed Rice Collard Greens Creamy Cucumber Cornbread Fresh Fruit Margarine</p>	<p>30</p> <p>Chicken Fajita Shredded Cheese Garden Salad Pinto Beans Flour Tortilla Lemon Poppysed Cake Ranch Dressing Sour Cream</p>	<p>31</p> <p>Ham & Cheese Lettuce/Tomato/Pickle Carrifruit Salad Wheat Bread (2sl) Fresh Fruit Mustard Mayo</p>