



# the CommonHealth Compass



## Chicken & Portobello Mushroom Club Sandwiches

Use leftover grilled chicken to make these delicious club sandwiches.

2 club sandwiches

### Ingredients

- Olive oil
- 4 slices of whole wheat bread
- 2 Portobello mushrooms
- 2 eggs
- ½ chicken breast, grilled and shredded
- 1 Roma tomato, sliced
- ½ cucumber, sliced

### Instructions

Preheat a griddle pan. In the meantime, lightly drizzle olive oil on both sides of the bread and place them on the preheated griddle pan. Toast the bread on both sides until golden brown. Set aside.

Lightly drizzle olive oil over the mushrooms. Place on a preheated small frying pan and cook until slightly wilted. Set aside on the plate.

Add olive oil to the same pan. Crack the eggs onto the same frying pan. Cook the eggs over low heat until the egg white is opaque without turning. Season with salt and pepper to taste.

Reheat the chicken breast in the microwave for a minute. Shred with two forks.

To assemble: On a slice of bread, layer with sliced cucumber, tomato, shredded chicken, Portobello mushroom and a sunny-side-up egg and finally, top with another side of bread. Repeat this step with the remaining ingredients.

Source: <http://www.fussfreecooking.com/recipe-categories/meat-recipes/leftover-makeover-grilled-chicken-chicken-portobello-mushroom-club-sandwiches/>



## Breathe Well

## Live Well

Your nose has been running for days and your head is throbbing. Is it a cold or maybe allergies?

You cough every morning before you get out of bed. Is this occasional cough anything to worry about or could it be a sign of a larger issue?

Your child's once well-controlled asthma seems to be less and less predictable. Is it time to update your family's asthma action plan?

Asthma affects an estimated 15 million people in the United States. Allergies affect ~ 50 million people in the US. Most of us know someone who suffers from asthma, allergies or another breathing challenge like Chronic Obstructive Pulmonary Disease (COPD)... perhaps that person is you. Breathing is something we all need to do in order to survive.

CommonHealth wants you to be able to do more than simply survive, we want you to thrive! We've taken the time to compile some information on each of these three topics: allergies, asthma and COPD. Learn practical tips you can use immediately, and tools to help you achieve a high quality of life on a daily basis.

Schedule a Breathe Well program with your local Regional Coordinator to learn more information on your lungs and how to breathe easier every day!

## Family Corner

### Rethinking the Clean Plate Club?

A study **to be published** in the International Journal of Obesity found that kids only eat about 60% of what they put on their plate when their parents aren't around. This is because, the researchers say, children are learning about what foods they like and how much it takes to get full. **Another study with adults** show they eat over 90% of the food on their plate.

"Yet to a loving, but frustrated parent who wants their non-cooperating child to be a vegetable-eating member of the clean plate club, these lab results provide a powerful hidden value," says lead researcher, Brian Wansink. "They show that a child who only eats

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## Secretary of Administration Champions CommonHealth!



Secretary Nancy Rodrigues has traveled extensively in recent months to demonstrate her support for CommonHealth programs and activities. To date, she has visited agency coordinators at 24 agencies in all nine CommonHealth regions. Pictured above (clockwise from top left): Secretary Rodrigues meets with representatives from CNU and Peninsula Health District in Newport News, and DOC Probation and Parole in Hampton; VDOT Wytheville Residency; Marine Resources Commission in Newport News; DOC Probation and Parole in Salem; VDH in Norfolk; and NVTC in Fairfax.

## Make Your Habits Healthy in 2015

Are you guilty of skipping breakfast, ordering takeout, getting jitters from coffee overload and counting potato chips as part of a viable diet plan? It's time to kick those habits to the curb and start eating right. Here's a guide to help you get started.

### Eat Breakfast

There's no better way to start your morning than with a healthy breakfast. "It provides your body with the fuel it needs to make energy to keep you focused and active throughout the day," says Jessica Crandall, RD, CDE, Academy of Nutrition and Dietetics Spokesperson. Not only that, but if you are trying to lose weight, fueling your body regularly "will help you from possibly making unhealthy decisions later in the day based on hunger," adds Crandall.

The key to a good breakfast is balance. Include lean protein, whole grains and fresh, frozen or canned fruits and vegetables. For example, oatmeal cooked with low-fat milk and sliced almonds and berries or crust-less quiche with mixed veggies, low-fat cheese and a slice of whole wheat toast.

### Cut Back on Caffeine

Too much caffeine can interfere with sleep, can make you jittery and can cause you to lose energy later in the day, says Jim White, RD, ACSM-HFS, Academy Spokesperson. Keep your caffeine intake in check by limiting regular coffee to 3 cups or less a day. And watch what you put into it. Skip unwanted calories and sugar by drinking it as plain as possible.

Need to wean off? White says to try three things: switch to half decaf or tea, drink plenty of water and eat small, frequent meals to keep up energy.

### Bring Lunch to Work

How do you make bringing lunch to work easy? "Have your arsenal of food for the week. Have the right foods to put together," says White. "By stocking up the fridge, you're setting yourself up for success."

White suggests preparing the week's lunches over the weekend — bake chicken, chop veggies, steam rice. Make sure your options include a combination of protein and carbohydrates. For example, whole grain bread with turkey, one cup of veggies and a piece of fruit. Or a salad with veggies and chicken, a piece of fruit and a 100 calorie cup of low-sodium soup. It doesn't have to be a full meal. "If you're crunched, get a snack," says White. Go for yogurt and fruit, crackers and low-fat cheese or hummus and baby carrots.

### Eat More Fruits and Vegetables

Fruits and veggies add color, flavor and texture, plus vitamins, minerals and fibers to your plate. Crandall recommends picking one fruit or veggie you've never tried each time you go to the grocery store. "It's a great way to discover new options," she says.

Don't let winter stop you from enjoying produce either. It might be harder to find fresh options, but frozen and canned are great alternatives.

### Cook Dinner at Home

Making meals at home doesn't have to zap the last bit of your time and energy. The trick is to plan ahead. "If the week is cramped for you, then prepping on the weekend is a great time saver," says Crandall. Choose options you can make in advance. For example, cook a batch of soup you can portion out for lunches or dinner during the week, or bake a whole chicken to slice for sandwiches, wraps and casseroles, suggests Crandall.

Use shortcuts such as pre-cut or frozen veggies and keep staples on hand such as low-sodium broth, herbs and lemons for flavoring. A quick and easy idea is to turn leftover beef into stew with beans, no salt added diced tomatoes and pre-cut veggies.

## Wellness Works for the Commonwealth: Recognizing Excellence in Workplace Wellness



CommonHealth Worksite Certified  
Wellness Works for the Commonwealth

CommonHealth has launched a worksite certification program for state agencies. To qualify as CommonHealth Worksite Certified, agency locations create cultures that are conducive to a healthy workforce through policies and programs, managerial support, and innovative ideas that further the mission of employee wellness in the Commonwealth.

### What are some of the benefits of making health a priority at work?

- Increase employee productivity and job satisfaction
- Recruit and retain the best talent
- Reduce lost time
- Boost creativity
- Create of a better sense of community at work
- Promote a culture of health for all employees with lifelong benefits

CommonHealth Worksite Certified Locations share best practices with other state agencies and receive positive recognition for the value placed on employee health. All certified locations will receive a 5 x 5 window cling to signify their commitment to employee wellness and a feature article in our Compass publication.

### CommonHealth Worksite Certified... Wellness Works for the Commonwealth

We spend the majority of our waking hours on the job, and that means that the culture in our worksites has a big impact on our wellbeing. By integrating wellness practices into workplace culture and infrastructure we can improve the health and wellbeing of our workforce AND boost employee productivity, creativity, and retention.

### How to Apply

Apply online by completing our short application to promote your agency as a leader among the healthiest worksites in Virginia. All applications will be reviewed by the CommonHealth Certification Advisory Board.

**For more information, visit our CommonHealth website at [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov).**

### Family Corner

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half to two-thirds of the food they serve themselves isn't being wasteful, belligerent, or disrespectful. They are just being normal children."

The problem is the heightened focus on what can override the how. In short, parents may unknowingly compromise their child's ability to self-regulate food intake, an important 21st century skill, for nutrition.

Excerpted from the website [www.raisehealthyeters.com](http://www.raisehealthyeters.com)



## Visit CommonHealth Online!

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

Questions? E-mail us at [wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov).



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