

Newsletter

Real Appeal

We all want to live a healthy life. Though each of us may have different goals for our health, taking simple steps in the right direction leads to positive life changes. To help you achieve your personal weight loss goals, we are now offering a convenient digital weight loss program called **Real Appeal**.

Real Appeal is a fun and engaging program that helps you learn simple steps for a healthier life. Real Appeal members who attended 4 or more sessions lost an average of 10 pounds.

Individual results may vary. Consult your physician before starting any weight loss program.

**Real
Appeal**

When you enroll, you receive:

- **52 weeks of access to a Transformation Coach.** Your coach guides you through the program and develops a simple, customized plan that fits your needs, preferences, and goals.
- **24/7 access to digital tools and dashboards** that help you track your food, activity, and weight.
- **A success kit full of healthy weight management tools** including fitness guides, a recipe book (with quick family meal ideas and fast-food eating tips), weight scale, and more.
- **Support from weekly online group classes** to learn healthy ideas from your coach and other members who share what's helped them achieve success.

Real Appeal is a fun and engaging plan that helps you learn simple steps for a healthier life to spark your transformation! Learn more about the program and enroll at ThriveOn.RealAppeal.com.



***Real Appeal** is available through our United Healthcare medical plan at no additional cost to covered employees, their covered spouses, and dependents age 18 or above with a BMI of 23 and higher, subject to eligibility. **By completing 10 Real Appeal coaching sessions between February 1, 2018 and November 30, 2018, eligible participants can earn 15 points in their Wellness Points Bank.**

Coming this Month

Cooking Demo: **Fresh Vegetable and Shrimp Spring Rolls with Asian Dipping Sauce**



How can you eat more vegetables? With this recipe full of fresh vegetables, it's a snap! Just cut, roll, dip, and enjoy!

[Click Here for This Month's Education Calendar](#)

[Click Here to REGISTER for This Month's Education Programs](#)

Yield: 4
Serving
Size:
1.5 cups

FEBRUARY COOKING DEMO

Crunchy Cashew Thai Chicken Quinoa with Ginger Peanut Dressing

Ingredients

Salad

- 1 cup uncooked quinoa
- 2 cups pre-shredded cabbage
- 1 medium red bell pepper, diced
- 1 cup pre-shredded carrots
- ½ cup chopped cilantro
- 2 green onions, diced
- ½ cup halved cashews
- 1 fresh lime
- 6 oz cooked rotisserie chicken breast

Dressing

- 2 Tbsp natural peanut butter
- 2 tsp freshly grated ginger
- 2 Tbsp low sodium soy sauce
- 1 Tbsp honey
- 1 tsp sesame oil

Directions

1. Boil 2 cups water in medium saucepan. Add quinoa and bring to boil. Cover, reduce heat to low and simmer 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff with fork; place in large bowl.
2. While quinoa is cooking, combine peanut butter and honey in a medium bowl. Add ginger, soy sauce, and sesame oil. Stir until mixture is smooth and creamy. Add to quinoa while quinoa is still hot.
4. Once quinoa is cooled, fold in red pepper, cabbage, carrots, and cilantro. Garnish with cashews and green onions.
5. Shred rotisserie chicken breast and add to salad. Serve with lime wedges.

Estimated cost per recipe: \$4.85 Estimated cost per serving: \$1.21

Nutrition Information: Calories 379, Total fat 14 g, Saturated fat 2 g, Monounsaturated fat 2 g, Trans fat 0 g, Cholesterol 30 mg, Sodium 458 mg, Carbohydrate 41 g, Fiber 5 g, Sugars 10 g, Protein 22 g



Eat This, Not That – Chipotle®



Yes, it is true that Chipotle focuses on whole, real foods without preservatives, but that doesn't mean that every menu choice is a healthy one. Below we will compare two chicken options. A few changes to your normal order can make a huge difference when it comes to calories and nutritional content!



EAT THIS

Chicken burrito bowl with brown rice, black beans, fresh tomato salsa, cheese, and lettuce

Nutrition Info

Calories 660, Fat 22.5 g, Saturated Fat 9 g, Trans fat 0 g, Cholesterol 155 mg, Sodium 1450 mg, Carbohydrates 61 g, Dietary Fiber 11 g, Sugar 3 g, Protein 50 g

The bulk of those calories in the burrito option come from the added sour cream, and the tortilla itself. Even without the hearty tortilla, the bowls are very filling. Feel free to save half your bowl for lunch the next day, since their portions are a little on the large side.

To calculate nutritional information at Chipotle, please visit: https://www.chipotle.com/nutrition-calculator?utm_campaign=sitelink&utm_content=nutrition_sitelink&utm_medium=paid-search&utm_source=google

NOT THAT

Chicken burrito with white rice, black beans, roasted corn-chili salsa, tomatillo-green chili salsa, sour cream, cheese, and lettuce



Nutrition Info

Calories 1160, Fat 40 g, Saturated Fat 16 g, Trans fat 0 g, Cholesterol 195 mg, Sodium 2280 mg, Carbohydrates 136 g, Dietary Fiber 15 g, Sugar 10 g, Protein 63 g