

Each quarter of 2016, the UF and UF Health Shands Wellness Committee, along with GatorCare, will focus on a different wellness topic. This quarter's focus is on nutrition, diabetes and prediabetes.

# Recipe <sup>for</sup> Health

## Wellness Wednesdays

First Wednesday of Every Month at Noon

Bring your lunch to the UF HR Building (903 West University Ave.) the first Wednesday of each month from noon to 1 p.m. for presentations on a range of wellness topics provided by UF and UF Health experts.



To register, click on the titles below. To sign up for the live stream, email [hrs-wellness@ufl.edu](mailto:hrs-wellness@ufl.edu).

- **Raising a Healthy Eater, October 5** • *Linda Bobroff Professor, UF/IFAS Department of Family, Youth, and Community Sciences* • Feeding young children can be a delight and/or a source of anxiety, guilt, and frustration. This session will focus on what parents and caregivers can do to increase the odds that feeding children will be a positive experience and support their healthy development. We will explore the *Division of Responsibility* in feeding, developed by Ellyn Satter, RD, MS, MSW, internationally known authority on child nutrition and feeding. This approach promotes positive attitudes about food, appropriate self-regulation of food intake, and pleasant mealtimes for all.

*Interested in learning more about child nutrition and cooking? Enroll in a free, 5-hour course with Maya Adam, MD, Stanford School of Medicine.*

- **A Consumer's Guide to Probiotics and Health Benefits, November 2** • *Wendy Dahl, PhD, Associate Professor, UF/IFAS Department of Food Science and Human Nutrition* • With so many brands of probiotics available and each containing its unique mix of organisms, choosing which to use can be a challenge. This presentation will highlight the current evidence on the effectiveness of select probiotics for common conditions, such as constipation, IBS and type 2 diabetes, and provide tips for choosing the right probiotics for you.

- **To Toss or Not to Toss? Ways to Reduce Your Food Waste, December 7** • *Wendy Dahl, PhD, Associate Professor, UF/IFAS Department of Food Science and Human Nutrition* • Food waste has been a popular subject in recent years. Loss can occur at any point, from production on the farm to our personal tables. According to the USDA, 31% (133 billion pounds) of all food in the U.S. supply chain never gets eaten; this loss occurs at both the retail (43 billion pounds) and the consumer (90 billion pounds) levels. The top three food groups in terms of values lost are meat/poultry/fish, vegetables, and dairy products. Learn research-based practices that will help you, as a consumer, reduce your personal food loss, save money, and lessen your impact on the environment.

View recordings of a couple of our most popular Wellness Wednesdays on diet and nutrition by clicking the title below.

- **Fall Vegetable Gardening in Raised Beds**
- **Prevent Diabetes STAT: Screen Test Act Today**
- **Your Perfect Guide to a Healthy Weight: Eating Plan? Or Eat with Wisdom?**





## Fresh off the Farm: Community Supported Agriculture and the Gator CSA Program

October 6, noon to 1 p.m.,  
McCarty D, Room 1031

Bring a bagged lunch and join Field and Fork Campus Food Program to find out how you can eat fresh off the farm. Learn how to join the community supported agriculture movement (CSA) and meet the farmers that participate in the Gator CSA program at UF. The session will be held October 6 from 12-1pm McCarty D, Room 1031. **For more information, email [ahoekspaans@ufl.edu](mailto:ahoekspaans@ufl.edu).**



## Diabetes Support Group at HealthStreet

Fourth Wednesday of Every Month

Join this recurring meeting for adults with diabetes. Learn successful management skills, understand what it means to live with diabetes, empower yourself with the support of others, and obtain a hands-on approach led by a diabetes educator. **Call HealthStreet at 352.294.4880 for more information.**

## Mission: Nutrition, Seven-Day Challenge

Challenge will be released October 31

Improve your nutrition this fall with Mission: Nutrition, a comprehensive nutrition challenge. Participants will start by creating a customized food plan with the USDA's SuperTracker tool. Participants will then track their food for seven days, focusing on meeting MyPlate recommendations and getting enough colorful fruits and veggies. During this seven-day period, participants will also work on incorporating healthy behaviors in to their routine, like meal planning, mindful eating and cooking as a family. The challenge is open for two weeks; participants should complete their checklist for seven days of the two week period. Participants will be entered into a drawing to win nutrition related prizes! **The challenge will be released October 31 via the Wellness Email List and will close on November 15.**

## InControl Diabetes Program for GatorCare Members

Enroll by December 2

Get 'in control' of your diabetes! Participate in this six-month program to learn how to slow the progression of diabetes through proper nutrition, exercise, stress management and medication. Develop healthy behaviors in a supportive environment to prevent potential complications and engage with your providers to ensure proper management. Members who complete the program will receive \$150 and will have their 2017 \$100 pharmacy deductible waived. **Visit the [GatorCare Diabetes page for more information.](#)**

**Not a GatorCare member but still interested in learning more about diabetes or prediabetes? Visit the [GatorCare Diabetes page for universal resources like screening tools and standards of care that are available to all, regardless of insurance coverage.](#)**



## Great American Smokeout

November 17

If you or someone you care about uses nicotine in any form, consider this date to take an important step toward a healthier life by making a plan to quit, or by planning in advance to quit smoking that day. **Find support at [TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com).**



## Ready to conquer something else?

Visit [GatorCare.org/wellness](http://GatorCare.org/wellness) for a list of available wellness resources and programs including:



- Information on **quitting tobacco**, including free classes and quit aids like patches, gum or lozenges
- Physical activity **resources** including free group fitness classes, campus walking maps and information on campus gyms
- **Media Library** with an array of presentations from campus experts

Sign up for the **Wellness Email List** to stay up to date.

Email [HRS-WELLNESS@UFL.EDU](mailto:HRS-WELLNESS@UFL.EDU)

