Tales from the Scales

WEEK 11

Physical Activity Tip:
Convince yourself that if you give it a chance, physical activity will increase your energy level; then try it.

Health Coach:
Health coaches are available to support you in your healthy living goals, whether you’re trying to manage your weight or quit using tobacco. Call the Health Coach line at 1-800-807-0751.

Mike Connell
UPMC Health Plan Health Coach
Advice from Mike: Do you have too much cake left over after a party? Give it to a guest or a neighbor if possible; otherwise, throw it away. Don’t be afraid to throw away leftover food in order to prevent yourself from eating food you do not want.

Motivational Tip:
—Aslan
Chronicles of Narnia

Tilapia with Cranberry, Orange, and Apricot Salsa

Ingredients:
1 cup fresh cranberries, coarsely chopped
2 Tbsp. + 2 tsp. honey
2 tsp. lime juice
½ cup red onion, minced (about 1 small onion)
½ cup cilantro, minced
2 Tbsp. jalapeno peppers (about 1 medium pepper), seeded and minced
¼ cup ½-inch chunks of one fresh orange
¼ cup dried apricots, chopped
6 5-oz. portions of tilapia

Preparation:

Yields 12 (1/2 cup) servings
Nutritional Information Per Serving: 75 calories, 4.7g protein, 10g carbohydrate, 2.4g fat, 0mg cholesterol, 57mg sodium

Nutritional Tip:
Tilapia is a fresh-water, farm-raised fish. Like cod, its saltwater counterpart, tilapia is a good source of omega-3 fatty acids. Omega-3 fatty acids promote heart health. Sources of omega-3 fatty acids include fish, flax, walnuts, and canola oil.

UPMC Health Plan is proud to sponsor America On the Move in Pittsburgh — part of a national initiative to promote active living and healthy eating across the country. Visit the America On the Move website at www.americaonthemove.org and click on “Get Involved Today” to access free tools for tracking and modifying physical activity, eating, and body weight.