Tales from the Scales

WEEK 7

Nutritional Tip:
Using brown rice in recipes provides the benefits of a whole grain. Brown rice is unmilled or only partly milled, leaving the germ and bran portions of the grain, so it’s called a whole grain. The Dietary Guidelines for Americans recommends that half of the grain servings we consume daily be whole grains.

Physical Activity Tip:
Develop new friendships with physically active people. Join an active group, such as a biking or hiking club.

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.

Stephen Lerner
UPMC Health Plan Health Coach

Advice from Stephen:
Give yourself some slack. If you are stressed out about preparing healthy meals every day, use what some experts call the “80/20” rule in your eating. If 80 percent of what you eat is healthy, then allow yourself to take it a little easier for the remaining 20 percent.

Motivational Tip:
“Nothing great was ever achieved without enthusiasm.”
-Ralph Waldo Emerson

Asian Brown Rice Pilaf

Ingredients:
- 1 cup uncooked brown rice
- 2 1/2 cups water
- 2 tsp. ginger root, peeled and finely chopped
- 1/2 tsp. sesame oil
- 1/2 tsp. curry powder
- 4 tsp. soy sauce

Preparation:
1. Rinse uncooked rice in warm water and drain.
2. Peel and finely chop ginger root.
4. Cover pan tightly and let rice simmer 45 minutes without lifting lid. After 45 minutes, turn off the heat and let stand, covered, for 10 minutes.
5. Fluff with a fork.

Serving suggestion: Drizzle with soy sauce.

Yields 6 (1/2 cup) servings. Nutritional information Per Serving: 121 calories, 2.9g protein, 24.2g carbohydrate, 1.3g fat, 0mg cholesterol, 228.8mg sodium

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.americasonthemove.org and click on “Get Involved Today” to access free tools for tracking and modifying physical activity, eating, and body weight.