



Nourish

ISSUE 80

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What Does Being Well Mean to You?

An absence of serious illness may come to mind when we think of being well. Or we might define well-being as the ability to function in everyday life.

Researchers have studied what well-being means to people as they age, and they have uncovered common themes. One study reviewed the results of 53 studies over 50 years. The researchers found that connecting with others, including family and friends, played a significant role in well-being.

Being well is more than maintaining our physical health by eating well, getting exercise, having check-ups and taking our medications.

In fact, there are eight dimensions of well-being.

- **Intellectual well-being** can be enhanced by learning music, studying a foreign language or taking any type of course.
- **Environmental well-being** means you are taking care of nature in various ways, from shopping at thrift stores to composting lawn waste.
- **Physical well-being** can include eating a healthful diet and getting plenty of exercise. Eating colorful fruits and vegetables and going for walks or swims is part of physical well-being.



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- **Financial well-being** involves careful use of the money and other resources you have.
- **Emotional well-being** includes taking breaks for yourself to reduce stress. Sometimes when you do things for others, such as paying a compliment or buying someone's coffee, the practice pays dividends for your own emotional well-being.
- **Social well-being** includes getting involved in groups of people to go to movies, cook, read books, go to car shows or do crafts.
- **Vocational well-being** does not have to include paid work. You can share skills from your education and experience to help others and make a contribution in this dimension.
- **Spiritual well-being** can include being an active member of a faith community or exploring spirituality in various ways, from exploring mindfulness to deep-breathing exercises.

We will have a new program through NDSU Extension all about well-being in the future, including online modules to be added to our seven-lesson series. Visit www.ag.ndsu.edu/nourish to learn when classes are being offered and check out the online resources.

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Question

I am a single person, and I struggle with cooking for one. I find myself going through drive-through restaurants too often. When I cook, I get sick of the food and end up throwing it away. Do you have any tips?

Eating out can be expensive and also not as healthful as cooking at home. Try these tips:

- Have a well-stocked pantry, with flour, baking soda, baking powder, condiments, herbs, spices, rice, pasta, dry beans and lentils, canned tomatoes and sauces.
- Consider some time-saving ingredients, such as prewashed, precut and fruits and vegetables.
- Keep flour and corn tortillas on hand to make burritos with beans and salsa and/or leftover taco filling.
- When you are in the mood to cook, freeze the rest of family-sized recipes into single servings, especially when you are making soups or casseroles.
- Consider leftovers to be “planned overs” and use these foods in different recipes. For example:
 - If you have extra fruit, add it to smoothies, quick bread or pancake batter.
 - Add extra vegetables or meat to salads, soups or casseroles.
 - Use planned-over spaghetti sauce, veggies and cheese to make mini pizzas.
 - Make microwave-baked potatoes with chili, cheese and other toppings.
 - When making canned soup, such as tomato, add some green onion, basil, vegetables or garlic powder.
- Use these nutrition tips as you shop for and prepare food.
 - Try to fill half of your plate with colorful fruits and vegetables.
 - Make half of your grain choices whole grains.
 - Choose a variety of proteins.
 - Include a calcium-containing food or beverage on your menu, whether that is milk, yogurt, cheese or other calcium-rich food.



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One-pan Paprika Chicken and Vegetables Meal

- 6 chicken thighs
- ¼ teaspoon salt, divided
- 1 pound Brussels sprouts, trimmed and halved
- 2 sweet potatoes, peeled and cubed
- 2 shallots, peeled and quartered (or substitute ½ mild onion)
- 3½ teaspoons garlic, minced, divided
- 3 tablespoons olive oil (plus more for drizzling)
- 1 tablespoon fresh lemon juice

Spice Mixture

- 2 tablespoons sweet paprika, divided
- 1 teaspoon dried cilantro, divided
- 1 teaspoon allspice, divided

Preheat the oven to 425 F. Sprinkle chicken lightly with salt on both sides and set aside. Place the Brussels sprouts, potatoes and shallots on a large sheet pan. Season the vegetables lightly with salt and drizzle with olive oil, then toss the vegetables to mix. In a small bowl, mix the spices. Sprinkle 1 tablespoon of the spice mixture on top of the veggies. To the remaining spice mixture, add 2 teaspoons garlic, 3 tablespoons olive oil and 1 tablespoon lemon juice. Stir into a paste. Brush both sides of the chicken and under the skin with this paste. Add chicken to the pan, and sprinkle remaining minced garlic on top of the chicken and vegetables. Roast for about 35 minutes, or until the chicken reaches internal temperature of 165 F and the vegetables are tender.

Makes six servings. Each serving has 360 calories, 21 grams (g) fat, 17 g protein, 28 g carbohydrate, 7 g fiber and 210 milligrams sodium.