



Newsletter Week 3

WellPath's Daily Dozen Challenge

We are coming up on the half-way point of the Daily Dozen Challenge. I have found it to be almost too easy. For the most part I just add ingredients to what I already eat or make snacks out of the other servings. There's a slide show of participants' servings on the [Challenges Page](#). **We would love to post some pictures of other dishes you enjoy.**

For me, it's time to take it to the next level. [Here's a page](#) from *Dr. Greger's Daily Dozen Challenge Site* with recipes. I made the chunky guacamole and was glad I did.

Although I do feel better eating off the challenges page, there is some evidence that we feel even better over time. Also, that we may even change our taste preferences. Check out this video about how [our taste preferences may change](#) after three weeks eating from the Daily Dozen Checklist.

DAILY DOZEN FACT:

Studies have shown plant-based eating can improve not only body weight, blood sugar levels, and ability to control cholesterol, but also emotional states, including depression, anxiety, fatigue, sense of well-being, and daily functioning.



Cruciferous have it all!

Packed with vitamins, minerals, fiber & phytochemicals. Only place to get Sulforaphane, a power house phytonutrient...Benefits include: cancer prevention, protect against cardiovascular disease, prevent DNA damage, activate defenses against pollutants and pathogens, boost liver detox enzymes, have antiviral & antibacterial effects, and anti-inflammatory. Popular cruciferous include arugula, broccoli, cabbage, cauliflower, brussel sprouts, bok choy, radish, rutabaga, turnips, kale, horseradish, and collard greens. Add to meals as sides, add to soups/salads/smoothies, stir fry, try kale chips, and eat as a snack.



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|--------------------|---------------|
| • Arugula | • Horseradish |
| • Bok choy | • Kale |
| • Broccoli | • Radishes |
| • Brussels sprouts | • Rutabaga |
| • Cabbage | • Turnips |
| • Cauliflower | • Watercress |
| • Collard greens | • Wasabi |

Keeping Foods Fresh In a Pandemic With Coach Christine Eley

Thursday, September 3rd, at 11:00 AM

[Click Here](#) to register

How many times have I purchased produce with great intentions and end up throwing it out because it has gone bad? A LOT! If you're like me (and even if you are not), you will want to attend this webinar. The Daily Dozen Challenges you to eat plant-based foods every day for 8-weeks. We these foods on your table and not in your trash.

This webinar is optional for participants in the Daily Dozen Challenge. You do NOT have to be participating in the challenge to attend. This webinar is endorsed for 15 WellPath Points.

WEEKLY RECIPE: SIMPLE SALSA

Ingredients:

- 9 vine tomatoes
- 1 serrano pepper
- 1 medium yellow bell pepper
- 1/2 medium red onion
- 1 garlic clove
- Juice of 1/2 fresh lemon
- Pinch of black pepper
- Cilantro (to taste)



Instructions:

1. Roughly chop all ingredients and transfer to a food processor. Process until salsa is mostly smooth, leaving a bit of texture.
2. Add salsa to a pot and cook on medium heat for 15 minutes. Let cool in the pan and then move to the fridge to chill and set before serving.

RESOURCES:

[WellPath's Challenges Page](#)

[Nutrition Facts](#)

[Video: How much should you exercise](#)

[Daily Dozen Slideshow](#)

[Dr. Greger's Recipe Page](#)

[Changing our Taste buds](#)



WELLPATH'S DAILY ACTIVITY BREAK:

Join us everyday at 2:30 for WellPath's Daily Activity Break for stretching, light exercises, and meditation with Coach Christine.

<https://www.gotomeet.me/WellPath>



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