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**NMPSIA**  
*Wellness*

# Work and Well-Being Newsletter

Welcome to the February 2020 edition of the NMPSIA Work and Well-Being Newsletter! Check out articles about real meat versus vegetarian substitutes, the cause of coughing, and exercise. Also, find out what wellness activities are happening soon.

## Special Program Announcement!



Brought to you by:



### *BEHAVIOR CHANGE PROGRAM*

Have you tried again and again to form  
**HEALTHY HABITS** but had no long-term success?

This **8-WEEK PROGRAM** provides you with the tools you need to finally achieve behavior change! Health Coaches are available to participants throughout the **ACTION & SUPPORT** phases of the program.  
Class starts September 11th.

Be Well Behavior Change program is structured in 3 steps.

**EDUCATION • ACTION • SUPPORT**

**Course begins March 10th**

[Watch the Orientation Video](#)

[Register Here!](#)

## Quick Links to What's Happening



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## Timely Topics

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# Real Meat versus Vegetarian Meat Substitutes

Vegetarian and vegan diets have become more popular in recent times. Today, many people are exploring plant-based diets and ways to cut back on meat. In keeping with this trend, food companies have introduced substitutes for traditional meat dishes. You can find vegetarian versions of burgers, sausage, chicken, fish, or deli meat just about anywhere. And it's not just vegans or vegetarians that are seeking them out! Many meat eaters are also interested in protein alternatives because they are lower in saturated fat or higher in fiber.

This topic raises many questions. Good Measures' Registered Dietitians are here to get you the answers—plus a recipe so you can try your own homemade, meat-free burger (see below!).

## WHAT IS A MEAT SUBSTITUTE?

Meat substitutes are combinations of different types of plants that imitate items like burgers, breakfast meats (such as sausages and bacon), deli meats, chicken, fish, and pulled pork.

## WHAT ARE THEY MADE OF?

- Beans and legumes: many products use a variety of different types such as garbanzo beans, green peas, and lentils
- Nuts and seeds
- Whole grains: such as brown rice or quinoa
- Gluten: a protein found in wheat and other whole grains, and seitan: made from wheat gluten
- Tofu: made from the curd of cooked soybeans
- Tempeh: made from fermented soybeans
- Mycoprotein: made from mushrooms

## WHY SHOULD I CONSIDER TRYING A MEAT SUBSTITUTE?

Vegetarian and vegan diets may provide health benefits for the prevention and treatment of certain diseases.

- Research has shown that by eating less meat – and more plants – people can reduce cholesterol and blood pressure, and maintain a healthier weight.
- Some substitutes are much higher in fiber and other nutrients than real meat.
- Plant-based diets are more environmentally sustainable than diets rich in animal products. This is because they use fewer natural resources and are associated

with much less environmental damage.

- Eating non-meat alternatives can reduce the risk of outbreaks of food borne illnesses such as E. coli or Salmonella infection.

### **ARE THEY GOOD FOR YOU?**

As with any processed, pre-packaged food, it is always important to read the label to check for added fat, sugar, salt, and artificial ingredients. Try to choose products that contain whole food plant ingredients.

- Some meat substitutes are made with common allergens such as gluten or soy, so it is important to check the label for ingredients that might cause any sensitivities.
- Protein levels in meat substitutes are often (though not always) comparable to those in meat. Remember, however, that meat substitutes lack Vitamin B12, which is a nutrient found primarily in animal products.

### **TIPS AND TRICKS TO EATING MORE PLANTS AND LESS MEAT:**

- Start your week off with “Meatless Monday” – by dedicating one day per week to eating vegetarian or vegan, you can try new dishes and get your family used to the habit.
- If allergens or processed foods are a concern, try whole vegan-friendly alternatives such as beans or tofu rather than prepared meat substitutes.
- Sauces, herbs, and spices can boost the flavor and acceptance of these protein substitutes, and trying them more than once – and in different recipes – might help you get used to them.

### **RECIPE: "KITCHEN SINK" VEGGIE BURGERS**

*This recipe is designed to be adjusted with whatever ingredients you have on hand!*

#### **Ingredients**

1 small onion, diced

1 or 2 carrots, diced (or bell pepper, sweet potato, beets, celery, etc. – whatever you choose!)

1 clove garlic, minced (optional)

1 to 2 Tbs fresh minced herbs (such as parsley, basil, or cilantro) (also optional)

1 can (or 1 1/2 cups cooked) garbanzo beans (or lentils, kidney beans, black beans, etc.)

1 to 1/2 cups cooked brown rice or quinoa (substitute other cooked grains, if desired)

#### **Directions**

Add 1-2 Tbs of cooking oil to a frying pan. Heat on medium-low. Add chopped

vegetables and sauté until they start to brown. Next, if you desire, add minced garlic and herbs of your choice to the pan. Cook for 1-2 minutes until they start to soften. Once the veggie and herbs mixture is cooked, add beans and cooked grains to the pan and stir until heated through.

Remove the pan from heat and transfer your mixture to a food processor (you may have to do this in small batches). Process until mixed well. (It is fine to leave some bumps and lumps for texture.)

Form your mixture into individual burger patties.

Heat 1 Tbs of oil in a pan on medium heat. Fry the patties until they turn golden brown on each side (2-4 minutes each side). Or for a healthier version, brush each side lightly with olive oil and bake at 350 degrees for 15 minutes on each side.

Serve on a whole grain bun with your favorite burger toppings and enjoy!

*\*Note: Patties may be frozen for another quick meal later.*

*Get personalized support from a Registered Dietitian as part of your benefits. NMPSIA members covered under Presbyterian Health Plan and their covered spouses or domestic partners have access to Good Measures personalized nutrition coaching by phone and online tools at no cost. Whether you want to lose weight, feel more energetic, reduce stress, stay healthy, or better manage a health condition, Good Measures can help. To learn more or sign up, go to [nmpsia.goodmeasures.com](https://nmpsia.goodmeasures.com) or call 888-320-1776.*



# The Cause of Coughing

It's the season for colds and flu and that means coughing. Coughing is an important function in your body. It helps clear your airways. Many times a mild cough will go away on its own. But when should you see a doctor about a cough?

## Bronchitis

Bronchitis is an inflammation in the tiny tubes in the lungs. These tubes are called bronchioles. Viruses and bacteria can get into the bronchioles and make you sick. Chemicals and toxins like tobacco smoke can also invade the bronchioles and lead to bronchitis.

Symptoms of bronchitis include:

- Coughing, especially mucus
- Wheezing or feeling short of breath
- Low fever
- Chest pain

Bronchitis is most often caused by a virus so antibiotics will not help. Rest, drinking more fluids and a humidifier can help you feel better.

## Pneumonia

Pneumonia is an infection in the air sacs inside the lungs. These sacs are called alveoli. Pneumonia can range from mild to serious. If you have pneumonia, you may notice:

- Cough with greenish yellow or bloody mucus
- Fever, sweating, and chills
- Trouble breathing
- Stabbing chest pain that hurts when you cough or take a deep breath
- Loss of appetite
- Feeling weak or tired
- Nausea and vomiting (common in small children)

Many times, a doctor will give you antibiotics for pneumonia. Be sure to take them exactly as your doctor tells you. Pneumonia can be life-threatening if it is not treated effectively.

## Pertussis (Whooping Cough)

Pertussis is very contagious. It may seem like a cold at first. People may have a runny

nose or mild cough.

As it gets worse, pertussis causes a severe cough that can last weeks or even months. The cough makes a high-pitched "whoop" sound. It's especially dangerous for babies and people with weak immune systems.

The best way to protect against pertussis is to get vaccinated. If you aren't sure whether you're vaccinated, ask your doctor. Pertussis is treated with antibiotics.

*Source: American Lung Association, Centers for Disease Control and Prevention, National Heart, Lung, and Blood Institute*

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## **Exercise** *What's holding you back?*

Are you struggling to get active? Here are some ways to work on overcoming those exercise barriers.

**Problem:** I haven't exercised in a long time.

**Solution:** Start simple. Try walking for a few minutes. Slowly increase the time and intensity of your walk or other exercise.

**Problem:** I don't have enough time.

**Solution:** Even 10 minutes of exercise is better than none. Find short breaks in your day to dance or walk.

**Problem:** It's expensive.

**Solution:** You don't need to spend money. You only need a comfortable pair of shoes to start walking. Or exercise in your home with a smartphone app or video from the library.

*Source: U.S. Office of Disease Prevention and Health Promotion*



# Program Highlights

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## Good Measures

- Registered

Dietitian Services

NMPSIA offers a variety of Good Measures programs to NMPSIA members with **Presbyterian insurance** and their spouses at no charge. For additional healthy eating information, please access the **Good Measures personalized nutrition coaching and online tools.**

To get started, sign up [here](#) or call Good Measures at 888-320-1776.



## Webinar - Work, Life, Balance

Do you find that the work, family, and personal responsibilities you need to fit into each day have become too hectic? Join us to discuss what work-life balance can look like as we determine where our highest values lie and how to make a plan that works best for our personal wellbeing.

Can't make the webinar? No problem. All registrants will receive a copy of the webinar sent to their email address.

**Tuesday, February 11th**

12:00PM

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## Health Coaching

Health Coaching is available to NMPSIA members covered under Presbyterian Medical Plan. Participants who complete at least three coaching sessions and a final survey will earn 25 points for a \$25 Amazon gift card on Presbyterian's *Wellness at Work*.

Email [nmpsia.coaching@phs.org](mailto:nmpsia.coaching@phs.org) to register or find out more.

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