



# ChallengeME

## MONTHLY MINUTE

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### Monthly topic: **Five-a-Day**



#### Fruit: Taste Delight

It's not so hard to get 2 to 4 daily servings of fruit. Think of all the times and places to enjoy fruit.

- A topping of cereal, non-fat yogurt, or low-fat cottage cheese
- Fruit or fruit juice at breakfast
- Angel food cake topped with strawberries or blueberries
- Lemon ice topped with strawberries or blueberries (either whole fruit or puree)
- Frozen fruit bars: try making your own with fruit juice
- Half of a small melon (cantaloupe or honeydew) filled with berries and topped with fresh lemon juice or non-fat yogurt
- Fruit kabobs made with chunks of fresh fruit and served on a skewer (try grapes, melon balls, strawberries, kiwi, and bananas or make up your own colorful and refreshing creations)

#### Did you know?

**Your benefit plan allows you to meet with an in-network dietitian at NO COST to you!**

As a benefit of your health plan, you can meet with a dietitian (unlimited visits) for one-to-one consultations to discuss your current meal plan and start you on your way to better health! If you are interested in meeting with a dietitian and need help looking for an in-network provider, please contact Anthem Member Services at 1-844-273-4614 or WellStarME at 207-620-9202 or [wellstar@mcd.org](mailto:wellstar@mcd.org)

#### Salad Improvement Days Are Here

- **Pasta Salad:** Try a pasta salad that's more vegetable than pasta; top it with reduced-calorie dressing or oil and vinegar with a dash of oregano, basil, and black pepper.
- **Bean Salad:** Add some new kinds of beans to your favorite bean salad and toss with reduced-calorie dressing.
- **Potato Salad:** Try new or red potatoes and leave the skin on; add color and flavor with vegetable touches, like grated carrot or green pepper; toss with a low-fat yogurt or reduced-calorie mayonnaise dressing.
- **Chicken or Turkey Salad:** Combine chicken or turkey meat with onion, celery, grapes, or raisins, and mix with a dressing made from low-fat yogurt, reduced-calorie mayonnaise, and curry powder.
- **Rice Salad:** Mix a variety of vegetables into white or brown rice. Add some raisins and chopped apples and mix with reduce calorie dressing.



#### Be sure to visit the ChallengeME website:

- Sign up for Health Coaching:  
Call: TTY: 800.697.0353  
Online: [guidanceresources.com](http://guidanceresources.com)
- Listen to the ChallengeME Podcasts
- Know YOUR Health Plan benefits- Benefits Booklet:  
[Benefits Summary \(PDF\)](#) July 1, 2022

#### For more Wellness Information:

- <http://maine.gov/mdot/challengeme>

**ChallengeME**  
MaineDOT Healthy Workforce

**Coming up** September: Know your Numbers

Comments, questions, ideas, or submissions?  
Please email [Janice.Arsenault@maine.gov](mailto:Janice.Arsenault@maine.gov)