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Wellness NEWSLETTER

HEALTH OBSERVANCE National Nutrition Month

Katherine Kline – Wellworks For You

Personalizing Your Nutrition Plan: One Size Doesn't Fit All

When it comes to nutrition, there is no such thing as a universal approach. Each of us has unique needs influenced by factors like age, activity level, health goals, and dietary preferences. National Nutrition Month is the perfect time to explore how you can create a personalized nutrition plan that works for your body and lifestyle.

How to Build a Personalized Nutrition Plan

By taking the time to understand your unique needs and preferences, you can create a plan that not only supports your health but also fits seamlessly into your life.

Assess Your Current Habits

Start by keeping a food diary for a week. Record what you eat and drink, portion sizes, and how you feel after meals. This can help identify patterns and areas for improvement.

Set Clear, Realistic Goals

Define what you want to achieve with your nutrition plan. Are you looking to boost energy or increase nutrient intake? Setting specific and measurable goals provides direction and motivation.

Consult a Professional

A registered dietitian or Health Coach can provide personalized advice based on your medical history, lifestyle, and goals. They can help you navigate challenges like food allergies or managing chronic conditions.

Focus on Balance

Aim for a balanced plate at each meal. Fill half of your plate with fruits and vegetables, a quarter with lean protein, and a quarter with whole grains.

Experiment and Adjust

Your needs may change over time, so be flexible and willing to adapt. For example, if you're starting a new workout routine, you may need to increase your protein and calorie intake.

Source: <https://www.myplate.gov/myplate-plan>



2 HEALTH TIP CORNER

The Power of Balanced Meals

Understanding how nutrients work together can help you create meals that nourish your body and unlock your full health potential.



3 SHIFTING WITH THE SEASONS

Building Resilience Through Life's Transitions

Learn to navigate transitions with strength and confidence.



4 Featured Recipe

 NUTRITION

HEALTH TIP CORNER



The Power of Balanced Meals: Understanding Macronutrients

Dawn Koch - Wellworks For You

We have all been told to eat a balanced diet at one time or another. However, research shows that very few assess the healthfulness of their diet accurately. So, what does it mean to eat a balanced diet? A balanced diet is all about variety. Your body needs the right nutrients to fuel it throughout the day. The best way to get what you need is to enjoy nutrient-rich foods from a variety of food groups.

The Plate Method

A typical recommended balanced diet using “the plate method” is to include half fruits and veggies, a quarter protein, and a quarter grain on your plate at meals. While your specific needs are determined by factors like your height, weight, and activity level, at their most basic, the standards set by MyPlate encourage:

50% of your food should be a variety of whole fruits and vegetables.

25% of your foods should be protein, particularly lean protein.

25% of your food should be grains, with at least half of those being whole grains.

3 cups of dairy per day.

A well-balanced diet that includes the right amounts of proteins, carbs, and fats is crucial for maintaining optimal health. Consuming healthy, nutrient-rich foods provides a variety of significant health benefits, including better weight management, brain health and cognition, mood stability, heart health, a strong immune system, and a reduction in risk for chronic diseases. However, if you are living with a health concern that requires a more purposeful eating plan, you are best off following a diet specific to your condition recommended by your health care professional.

Source: <https://www.wholeliving.com/2025/10/01/balanced-meals-your-key-to-optimal-health-in-2025/>

Source: <https://health.clevelandclinic.org/balanced-diet>

Shifting with the Seasons



Building Resilience Through Life's Transitions

Wellworks For You

Life is a constant cycle of change, from shifting seasons to evolving routines and personal milestones. These transitions can bring excitement, uncertainty, or even discomfort, but they also offer opportunities for growth. Rather than resisting change, we can learn to embrace it with adaptability and resilience. By adjusting our perspective, we transform transitions from disruptions into moments of renewal, allowing us to move forward with greater ease and confidence.

Changes in weather, schedules, and priorities often challenge our sense of stability, making it essential to reassess our routines. Instead of holding onto habits that no longer serve us, we can modify them to align with our current needs. As daylight hours shift, adjusting our sleep schedule or incorporating different forms of movement can help maintain balance. Each transition presents a chance to refresh our goals, explore new interests, or deepen our self-care practices. When we approach these shifts with a growth mindset, we cultivate flexibility and make space for personal evolution.

Navigating change also requires self-compassion. It's natural to experience a mix of emotions during transitions, but by giving ourselves grace, we can focus on progress rather than perfection. Small victories—whether maintaining a new habit, adjusting to a new schedule, or simply recognizing our own resilience—deserve celebration. Surrounding ourselves with supportive relationships provides encouragement and helps us gain perspective, reminding us that we don't have to navigate change alone. Taking care of our physical and mental well-being through nourishing food, movement, mindfulness, and rest ensures we have the foundation to manage transitions with strength.

While transitions may feel uncertain at times, they also offer fresh beginnings and the chance to step into something new. By embracing change with openness and intention, we transform life's inevitable shifts into opportunities for self-discovery, renewal, and lasting resilience.

Source: <https://www.apa.org/topics/resilience>

FEATURED RECIPE

Frittata with Asparagus, Leek, & Ricotta

Vegetarian, High-Protein, Gluten-Free

 4 SERVINGS |  30 MINUTES

INGREDIENTS

- 8 large eggs
- ¼ cup crème fraîche
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons extra-virgin olive oil
- 3 cups thinly sliced leeks (about 2 medium), rinsed well and patted dry
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- ¼ cup part-skim ricotta
- 2 tablespoons pesto
- ¼ cup fresh basil

DIRECTIONS

1. Position rack in the upper third of oven; preheat broiler.
2. Whisk eggs, crème fraîche, salt, and pepper in a medium bowl; set near the stove. Heat oil in a large cast-iron skillet over medium-high heat. Add leeks and asparagus and cook, stirring frequently, until soft, 5 to 6 minutes.
3. Pour the egg mixture over the vegetables and cook, lifting the edges so uncooked egg can flow underneath, until nearly set, about 2 minutes. Dollop ricotta and pesto on top and place the pan under the broiler until the eggs are slightly browned, 1 1/2 to 2 minutes. Let stand for 3 minutes.
4. Run a spatula around the edge of the frittata, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Top with basil.

NUTRITION

Per Serving:		Per Serving:	
Calories:	369	Protein:	18g
Carbohydrates:	14g	Dietary Fiber:	3g
Saturated Fat:	9g	Cholesterol:	389mg
Total Sugars:	5g	Sodium:	549mg

Source: <https://www.eatingwell.com/recipe/7951834/frittata-with-asparagus-leek-ricotta/>