



**A Bi-Weekly Letter For SONOCO Professionals Working in the Gulf**

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**July 15, 2020**

It always seems impossible until it's done.

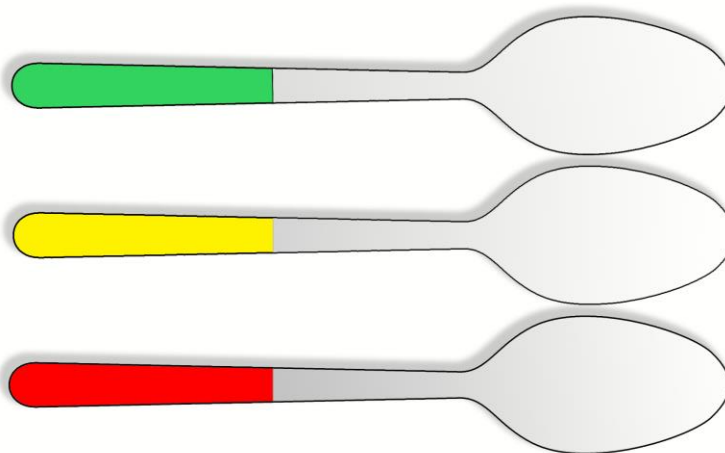
*~ Nelson Mandela ~*

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

*~ Thomas A. Edison ~*

Be kind whenever possible. It is always possible.

*~ Dalai Lama ~*



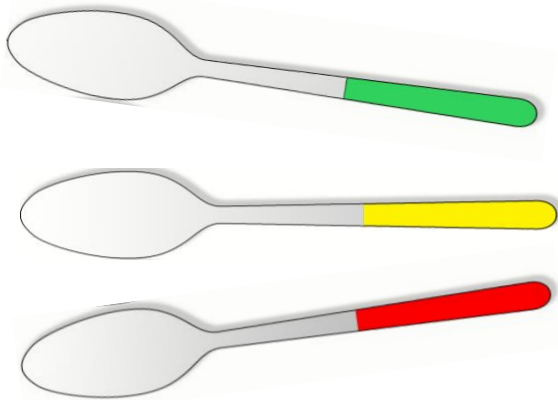
## Going Green...

It's time to reprint our Go Green menu program to update everyone on the requirements. Remember, this is about personal choices we can each make to improve our health and safety not only at work, but also at home.

Or more to the point, how SONOCO provides information to our customers so they can make informed choices about what we put in front of them every meal, every day. What is the best choice for them? And how can they tell?

That's where the colored utensils come in... 

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CALORIES PER SERVING		
Entrees	Sides	Snacks
400 or Less	100 or Less	200 or Less
400 - 600	100 - 300	200 - 300
600 or More	300 or More	300 or More

*This chart shows the relationship of colors/calories*

Every location should have a complete set of colored utensils to use on the serving line and salad bar. (If you don't please let us know and we'll help to get your set of utensils completed).

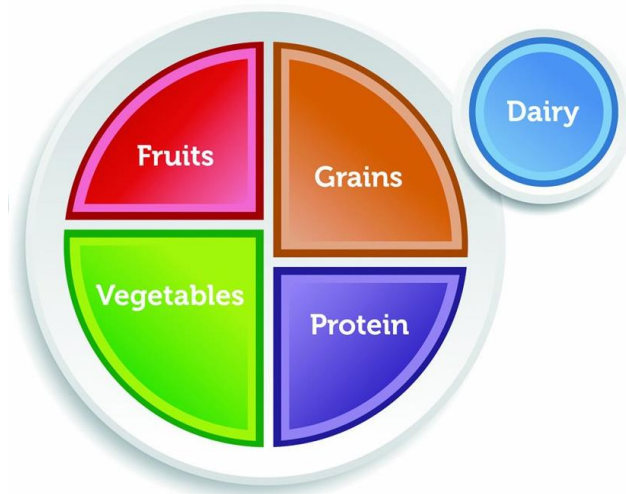
So, about those colors and what they mean. Here goes:

**Green:** this is your best option. This is the lowest calorie dish and is prepared with less fat, and – usually – less sodium.

**Yellow:** this is still a good choice but consider what you put on your plate. The USDA suggests that about half your daily intake come from carbs. In fact, beans and rice together are a great protein source.

**Red:** Well, we pretty much know that red is a cautionary color. Here, it means think about it. So think about it before you pile on that fried food. Or seconds. 😊

Here's a look at the USDA "My Plate", the latest version of their recommended daily guidelines.



## Some tips from the USDA

- Make half your plate fruits and vegetables.
  - ✓ Focus on whole fruits.
  - ✓ Vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free milk or yogurt.
- Vary your protein routine.
- Drink and eat less sodium, saturated fat, and added sugars.



## Myth Busting Edition

There are perhaps hundreds, if not thousands, of conflicting ideas about what works and what doesn't when trying to lose weight. Let's take a look at a few of the more common ones:

**1: All carbs are bad.** It's a myth, but that doesn't mean there's nothing to learn from low-carb diets. Carbs are not all created equal, and you want to avoid processed carbs that are often high in sugar and white flour. Instead, enjoy beans, whole grains -- think brown rice and whole grain breads -- and don't forget fruits and vegetables, which provide a host of nutrients and fiber, are low in calories, and can help reduce the risks of several diseases.

The body also uses carbs as fuel during exercise to burn body fat, another great reason to keep the bread basket on the menu.

*(Source: WebMD)*

**2: Fat is bad.** If you want to lose fat, you should avoid eating any fat, right? Wrong. While animal fat and other saturated fats are

linked to health problems, monounsaturated fats, like olive oil, have been shown to reduce blood pressure, lower cholesterol and reduce your risk of heart disease and stroke.

"You have to have certain fats to remain healthy," says Peter LePort, medical director of Memorial Care Center for Obesity at Orange Coast Memorial Medical Center in Fountain Valley, California. "A diet like the Mediterranean diet that's high in good fats can be a great way to lose weight."

*(Source: US News & World Report)*

**3: To lose weight, you have to go hungry.** You may think that losing weight means skipping meals and snacks, and feeling hungry all day. But that just leads to irritability, frustration and, ultimately, going off your diet and quickly regaining weight.

"The first rule of dieting is: No skipping meals!" says Anna Taylor, MS, RD, LD. "This just makes your body try to hold onto fuel more efficiently by slowing down your metabolism, and often triggers overeating (typically the wrong foods) later in the day."

Instead, eat a healthy snack or mini-meal every three to four hours during the day, she suggests. Focus on lean protein and produce (1 ounce of nuts, Greek yogurt with berries, carrots with hummus). Keep hunger at bay to set yourself up for long-term success. You'll be in a better mood, too.

*(Source: The Cleveland Clinic)*

**4: Eat as much as you want if you exercise.** Unless you're working out like an Olympic athlete, to lose weight you'll still need to keep an eye on how many calories you're eating. "Calories in" add up much more quickly than "calories out."

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Consider this: two medium cookies cost you about 400 calories. To burn 400 calories, the average person needs to run or walk 4 miles.

**5: To lose weight, you have to give up all your favorite foods.**

You don't have to give up all your favorite foods when you're trying to lose weight. Small amounts of your favorite high-calorie foods may be part of your weight-loss plan.

Just remember to keep track of the total calories you take in. To lose weight, you must burn more calories than you take in through food and beverages.

*(Source: NIH: National Institute of Diabetes and Digestive and Kidney Diseases)*

## Sonny's Spicy Trail Mix

1	cup	whole raw almonds
1	cup	pecan halves
1	cup	walnut halves
1	cup	unsalted sunflower seeds
2	tablespoon	canola oil
1/2	teaspoon	salt
1/2	teaspoon	garlic powder
1/2	teaspoon	chili powder
1/2	teaspoon	ground cumin
1/8	teaspoon	cayenne pepper

- ✓ Mix all spices together and set aside  
Put the nuts and seeds in a bowl
- ✓ Add oil and toss into the nuts
- ✓ Sprinkle the spices into nuts and toss
- ✓ Spread into baking pans in a single layer
- ✓ Bake at 350F for 10 to 15 minutes
- ✓ Remove and allow to cool on sheet pans
- ✓ Store in airtight container

## More Food for Thought...

If you aren't going all the way, why go at all?

~ Joe Namath ~

There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do.

~ Derek Jeter ~

It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe.

~ Muhammad Ali ~

