



## Official Newsletter of WIC Worksite Wellness

### SUNLIGHT OR SHROOMS?

Chelsie Miller & Grace Klein

Vitamin D, the “sunshine vitamin,” is found in the foods we eat and can be made by our skin when we stand in the sunlight—about 10-15 minutes. It is great for our bones, immune system, and helps to balance our mood.<sup>1,2</sup> Very few foods are rich in vitamin D, thus about one billion people around the world do not get enough vitamin D.<sup>3-5</sup> The good news is that getting enough vitamin D can be as easy as spending time outside or eating mushrooms!<sup>6</sup>

Just like us, mushrooms can use sunlight to make vitamin D.<sup>6,7</sup> When left in the sun for 15-120 minutes, mushrooms are the only plant that can make enough vitamin D to be called a “good source”.<sup>7,8</sup> So, the next time you buy mushrooms stick them in sunlight, and eat them that day, to make sure you get the most vitamin D from them!<sup>7-9</sup>

Want to know how much vitamin D you need? Check out this [resource](#).<sup>10</sup>

### BRIGHTENING UP A ROUGH DAY



Rebecca Muntslag & Kacey Van Duzer

A positive mindset can help you manage stress, achieve goals, and see the world in a brighter light, but it can be challenging to do when things go off track. Try these tips below to help reset your day and regain control.

#### Positivity tips:

1. Take deep breaths to activate the [parasympathetic nervous system](#). It calms the mind and body.<sup>11</sup>
2. Give yourself credit for the good you do. This helps boost [positive emotions](#) and your health.<sup>12</sup>
3. Try [rational optimism](#). Manage stress by focusing on the good in your life and what you can control.<sup>13</sup>
4. Reach out if you need help and help others out when you can!<sup>13</sup>

# SUGAR SNAP SOY MISO ZOODLE

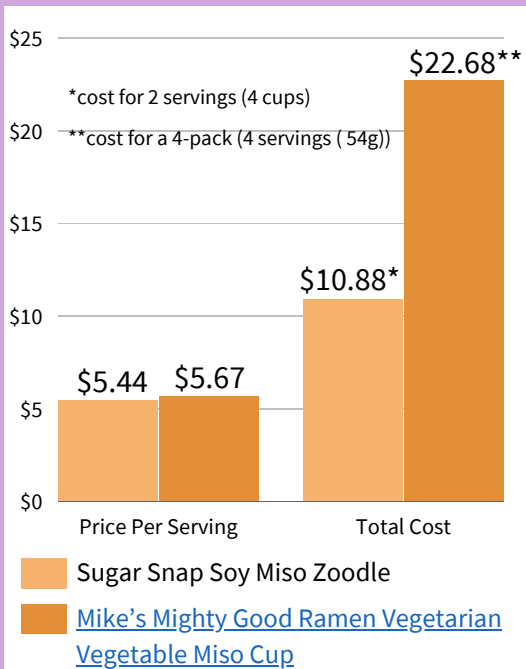
Ashley Gubicza, Edgar Doolan, & Meghan Bishop



Looking for a new meal to warm you from the inside out? This recipe is a flavorful dish full of benefits. It includes healthy fats and is a great source of plant protein—soybeans. Soybeans also provide antioxidants and other helpful nutrients that have been linked to anticancer activity, heart disease prevention, and even lower cholesterol.<sup>14</sup> Not only is this dish delicious, it has all the best ingredients for fueling the [microbiome](#) in the body.<sup>15</sup> Talk about eating for a reason!

**Total time:** 35 minutes **Prep Time:** 15 minutes **Servings:** 2

## PRICE COMPARISON



## Ingredients:<sup>16</sup>

- 4 ounces kale, chopped & stems removed
- 1 ounce fresh ginger, peeled & minced
- 2 cloves garlic, peeled & minced
- 6 ounces sugar snap peas, sliced lengthwise
- Cooking spray (of choice)
- 1 cup soy milk, unsweetened
- 1 tablespoon reduced-sodium red miso paste
- 1 cup frozen edamame
- 10 ounces zoodles (zucchini noodles, spiraled)

## Instructions:<sup>16</sup>

1. Prepare the vegetables first; chop kale, peel ginger, and mince both the ginger and garlic. Slice the sugar snap peas lengthwise and place aside.
2. Lightly spray oil of choice in a large pot over medium-high heat, then add the minced garlic and ginger and cook until browned in places (~1–2 min).
3. Add the soymilk, red miso paste, 1 cup water to the pot, and whisk to combine. Bring to a boil, and then reduce heat to low and simmer until you're ready to serve.
4. Add the edamame and chopped kale to the soy milk broth in the large pot. Add the sugar snap peas into the broth. Leave out a few sugar snap peas to garnish at the end. Stir and cook until the vegetables are bright green (~2–3 min).
5. Divide the zoodles between serving bowls. Don't worry! They will cook when you pour the broth into the bowls.
6. Ladle the red miso soy milk broth and vegetables over the noodles, and top with the remaining sliced sugar snap peas.



## NUTRITION FACTS<sup>17</sup>

Serving size: 2 cups

- Calories: 238
- Total fat: 8 g
- Saturated fat: 1 g
- Cholesterol: 0 mg
- Sodium: 345 mg
- Carbohydrates: 26 g
- Fiber: 9 g
- Sugar: 10 g
- Protein: 20 g

# SPRINGING FORWARD INTO HEALTH RESOURCES

Karina Montes & Aneth Gonzalez



## FARMERS' MARKET FINDER

Low vitamin D levels? This app can help! [Dminder](#) uses GPS tracking to determine the best days and times to make the most vitamin D based on your location. Simply stating that you are outside in the sun will allow the app to calculate your vitamin D production. In the Pro version, you will be able to view your exposure history and schedule future sun exposure times! Give it a try!

Buying fresh produce can inspire you to eat healthier & support local farmers! The [Farmers' Market Finder](#) is a resource where you can find farmers' markets in California. You can also see which markets accept EBT. Using this site makes it easy to get fresh produce at your convenience. Check out the link to find markets near you!



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

## REFERENCES

1. Chang, S. W., & Lee, H. C. (2019). Vitamin D and health - The missing vitamin in humans. *Pediatrics and neonatology*, 60(3), 237–244. <https://doi.org/10.1016/j.pedneo.2019.04.007>
2. Penckofer, S., Kouba, J., Byrn, M., & Estwing Ferrans, C. (2010). Vitamin D and depression: where is all the sunshine?. *Issues in Mental Health Nursing*, 31(6), 385–393. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908269/>
3. *Vitamin D deficiency: Causes, symptoms & treatment*. Cleveland Clinic. (2022, August 2). Retrieved March 2, 2023, from <https://my.clevelandclinic.org/health/diseases/15050-vitamin-d-vitamin-d-deficiency>
4. U.S. Department of Health and Human Services. (2012, August 12). *Office of dietary supplements - vitamin D*. NIH Office of Dietary Supplements. Retrieved March 3, 2023, from <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
5. Lips, P., & van Schoor, N. M. (2011). The effect of vitamin D on bone and osteoporosis. *Vitamin D: Classical and Novel Actions*, 25(4), 585–591. <https://pubmed.ncbi.nlm.nih.gov/21872800/#:~:text=Vitamin%20D%20supplementation%20may%20decrease,year%20may%20have%20adverse%20effects>
6. Wu, S. E., & Chen, W. L. (2022). Moderate Sun Exposure Is the Complementor in Insufficient Vitamin D Consumers. *Frontiers in Nutrition*, 9, 832659. <https://pubmed.ncbi.nlm.nih.gov/35350415/>
7. Cardwell, G., Bornman, J. F., James, A. P., & Black, L. J. (2018). A Review of Mushrooms as a Potential Source of Dietary Vitamin D. *Nutrients*, 10(10), 1498. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6213178/>
8. Keegan, R. J., Lu, Z., Bogusz, J. M., Williams, J. E., & Holick, M. F. (2013). Photobiology of vitamin D in mushrooms and its bioavailability in humans. *Dermato-endocrinology*, 5(1), 165–176. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3897585/>
9. Roberts, J. S., Teichert, A., & McHugh, T. H. (2008). Vitamin D2 formation from post-harvest UV-B treatment of mushrooms (*Agaricus bisporus*) and retention during storage. *Journal of Agricultural and Food Chemistry*, 56(12), 4541–4544. <https://doi.org/10.1021/jf0732511>
10. National Institutes of Health, Office of Dietary Supplements. (2022, November 8). *Vitamin D Fact Sheet for Consumers*. Retrieved March 7, 2023, from <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>
11. Tiayon, S. (2023, February 8). *Four Ways to Turn a Bad Day Around*. Greater Good Science Center. [https://greatergood.berkeley.edu/article/item/four\\_ways\\_to\\_turn\\_a\\_bad\\_day\\_around](https://greatergood.berkeley.edu/article/item/four_ways_to_turn_a_bad_day_around)
12. Park, N., Peterson, C., Szvarca, D., Vander Molen, R. J., Kim, E. S., & Collon, K. (2014). Positive Psychology and Physical Health: Research and Applications. *American journal of lifestyle medicine*, 10(3), 200–206. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6124958/>
13. Scheier, M. F., & Carver, C. S. (1985). Optimism, coping, and health: Assessment and implications of generalized outcome expectancies. *Health Psychology*, 4(3), 219–247. <https://pubmed.ncbi.nlm.nih.gov/4029106/>
14. do Prado, F. G., Pagnoncelli, M. G., de Melo Pereira, G. V., Karp, S. G., & Soccol, C. R. (2022). Fermented Soy Products and Their Potential Health Benefits: A Review. *Microorganisms*, 10(8). <https://doi.org/10.3390/microorganisms10081606>
15. Singh, R. K., Chang, H. W., Yan, D., Lee, K. M., Ucmak, D., Wong, K., Abrouk, M., Farahnik, B., Nakamura, M., Zhu, T. H., Bhutani, T., & Liao, W. (2017). Influence of diet on the gut microbiome and implications for human health. *Journal of translational medicine*, 15(1), 73. <https://doi.org/10.1186/s12967-017-1175-y>
16. *Spring Ramen with Sugar Snap Peas & Red Miso Coconut Broth*. (n.d.). Purple Carrot. Retrieved March 9, 2023, from <https://www.purplecarrot.com/plant-based-recipes/spring-ramen-with-sugar-snap-peas-red-miso-coconut-broth>
17. Cronometer. (2023, February). Track nutrition & count calories. Retrieved from <https://cronometer.com/>