

WELLNESS FOR LIFE



JANUARY 2026 BUSINESS BUZZ

A FRESH START

January is often seen as a time for big resolutions, but true wellness doesn't require perfection or drastic changes. This month is about setting a steady foundation and focusing on small, sustainable habits that support both your physical and mental health. Whether it's moving your body a little more, prioritizing sleep, staying hydrated, or carving out moments to manage stress, consistency matters more than intensity. As you ease into the new year, remember that progress looks different for everyone. Choose habits that feel realistic, supportive, and motivating, and let January be the start of a healthier rhythm you can maintain all year long.

DIETARY PATTERNS LINKED TO MENTAL HEALTH

Here are some of the nutrients most notably linked with mental health, as well as a few foods they're found in:

Omega-3 fatty acids: walnuts, chia and flaxseed, salmon, herring, sardines

Folate: beef liver, rice, fortified cereals, black-eyed peas, spinach, asparagus

Iron: oysters, beef liver, fortified cereals, spinach, dark chocolate, white beans, lentils

Magnesium: spinach, pumpkin and chia seeds, soy milk, black beans, almonds, cashews

Zinc: oysters, chicken, pork chops, beef roast, Alaska king crab, lobster, pumpkin seeds

B vitamins: chicken breast, clams, tuna, salmon, chickpeas, potatoes, bananas

Vitamin A: beef liver, herring, cow's milk, ricotta cheese, sweet potatoes, carrots

A diet that includes pre- and probiotics helps maintain a balanced state of homeostasis (stability) in the gut. Some research also suggests they may play a role in the body's response to stress and depression.

Some foods that contain prebiotics or probiotics include:

Fermented foods: yogurt, kefir, buttermilk, kimchi, sauerkraut, tempeh, kombucha

Alliums: garlic, onions, leeks

Vegetables: artichokes and asparagus

Fruits: apples and bananas

Grains: barley and oats

LOADED MASHED POTATO STUFFED MUSHROOMS

Ingredients

4 slices bacon, chopped

32 large cremini mushrooms, stemmed
(about 1 1/2 lb.)

1 1/2 cups shredded sharp Cheddar
cheese, divided

1 cup leftover mashed potatoes

2 tablespoons sour cream plus 1/4 cup,
divided

1/4 cup thinly sliced scallions, plus more
for garnish

1/8 teaspoon salt

Preheat oven to 375°F. Line a large rimmed baking sheet with parchment paper. Cook bacon in a large nonstick skillet over medium heat, stirring often, until crisp, about 5 minutes. Carefully carve out any remaining mushroom stems with a spoon or paring knife to leave a clean cavity. Place mushrooms, stem-sides down, on the prepared baking sheet. Bake until they have released most of their moisture, about 20 minutes. Meanwhile, stir 1 cup Cheddar, mashed potatoes, 2 tablespoons sour cream, scallions, salt and 1/4 cup of the cooked bacon together in a medium bowl. Spoon 1 tablespoon potato mixture into each mushroom; place on a parchment-lined large rimmed baking sheet. Sprinkle the mushrooms with the remaining 1/2 cup Cheddar. Bake until mushrooms are tender and cheese is melted, 15 to 20 minutes. Dollop with the remaining 1/4 cup sour cream; sprinkle with the remaining bacon. Garnish with more scallions, if desired. Serve warm.

