

Happy 4th of July
Stay Safe this
Summer!

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Wellness Corner Connection

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HEALTHY SUMMER TIPS

The Human Body
is Amazing:

The surface area
of your lungs is
large enough to
cover one side of a
tennis court.

Your body uses
300 muscles to
balance itself while
standing still.

Skin is the largest
organ of the hu-
man body, ac-
counting for about
15% of your total
body weight.

When you blush,
the lining of your
stomach also
turns red.

The adult body is
made up of about
60% water, though
we start out at
about 75% as new-
born babies,
around the same
ratio of water to
land on Earth.

Your fingernails
can show your
state of health,
indicating prob-
lems such as min-
eral or vitamin
deficiencies, liver
trouble, thyroid or
anemia. Some
signs: brittle, pale
or spotted nails.

Shape Up Your Eating Habits



Want to shape up your eating habits over the summer? With an abundance of fruits and vegetables, there is no better time like the present. All this beauty brings to mind song lyrics by Stevie Wonder, "Isn't it lovely! Isn't it wonderful!" Okay so I changed them slightly to fit but you get the message! 😊

Even though summertime cooks outs could bring some temptations that could hit your waistline, there are so many delicious and healthy variations you can bring to your traditional meals that will not only keep your pallet satisfied but also keep you from adding a notch on your belt.

Maybe you've decided to cut back a little on the hot dogs, peel the fatty skin off your barbecued chicken and limit mayo-laden macaroni and potato salads. Will this be enough to shape up your summertime eating habits? Cutting back on high-fat meats and mayo-drenched salads is a good place to start. But along with limiting certain foods, it's just as important to think about what to add to your meal plan. To make healthy eating habits stick, it's better to think more about enjoying your food and less about what to avoid. Here are some ideas to whet your appetite that won't expand your waistline.

Make simple substitutions

- Breaking an unhealthy food habit doesn't mean you have to make radical changes or follow complicated recipes.
- Exchange artery-clogging creamy sauces and dressings with marinades or dressings made with olive oil or canola oil (heart-healthy fats) and herbs.
- Instead of serving a classic potato salad with creamy mayo, try steaming new potatoes and drizzling them with olive oil, garlic powder and chopped chives.
- Look for chicken or turkey sausages to grill instead of pork. They taste delicious and often offer great savings on fat and calories.
- Use wholesome barley or quinoa for a grain-based salad instead of pasta or potatoes. Add lots of raw, cut-up veggies, such as red peppers, carrots, red onion and celery.
- Go for sorbets and fruits instead of heavy cakes if you crave dessert.
- Drink plenty of water in lieu of sports drinks and sodas.
- Downsize what you put on your plate. Fill two-thirds of it with fruits, vegetables and grains, and one-third with poultry, fish or meat.

Take advantage of the season

Summer is prime time for the best fruits and vegetables.

- Try grilling vegetables, such as pearl onions, mushrooms, zucchini and bell peppers. Most vegetables can be grilled by cutting them into bite size pieces and threading onto skewers. Grilled fruit kabobs are also a great summertime dessert!
- Buy fresh herbs (or grow them). They can bring out the flavor in food. If you have extra, chop them up, put them in an ice-cube tray and fill it with water. Once the herbs freeze, pop them out and put them in a plastic bag. Defrost by running them under hot water.
- At your next barbecue, skip the chips and serve crunchy carrot sticks, bell pepper strips and broccoli with a low-fat dip.
- Head to the beach with a veggie-filled picnic lunch. In addition to turkey or lean ham on whole wheat bread, pack fruits and vegetables such as baby carrots, cherry tomatoes, grapes, plums blueberries and cherries.
- If you are going camping or hiking, unsweetened dried fruits, such as cranberries, raisins, apricots and figs, are easy to tote in your backpack and can provide quick "pick me up" energy.
- Avoid food dyes and excess sugar and make your own frozen fruit pops at home. Freeze 100 percent fruit juice in small paper cups (add diced-up fruit to the juice before freezing for extra fiber and nutrients). Insert wooden sticks when the juice is slushy enough to hold the stick upright. When the juice is frozen solid, peel the paper off and serve.
- Keep containers of fruits and vegetables washed and cut into bite-size pieces in the refrigerator. Have them as snacks instead of chips and cookies.

THE HEAT IS ON



YIELD
AHEAD

KNOW THE SIGNS

5 Tips for a safe Summer Workout



Pick the right time

Exercise in the morning or evening when temperatures are usually cooler.



Wear the right clothing

Loose, breathable clothing that prevents chafing will help keep your body cool.



Avoid Extreme Temperature Change

Don't go right from the heat to a cold room. Take the time to properly cool down.



Slow Down

Extreme heat is not the time to go for your personal best. Don't push yourself.



Water, Water, Water!

Staying properly hydrated before, during and after your workout is critical to avoiding injury or heat related illness.



Always consult your doctor before exercising if you have health issues that could be complicated by heat exposure.

Heat Exhaustion:

- Heavy sweating
- Heavy thirst
- Panting/rapid breathing
- Rapid pulse
- Headache
- Blurred vision
- Exhaustion, weakness
- Clumsiness
- Confusion
- Dizziness or fainting
- Cramps

Heat Stroke

- No sweating
- Red or flushed, hot dry skin
- Any symptom of heat exhaustion but more severe
- Difficult breathing
- Pinpoint pupils
- Bizarre behavior
- Convulsions
- Confusion
- Collapse

Pack a Cooler

Heading out on a road trip? Bypass the seemingly convenient (but usually unhealthy) fast food joints in favor of home cooked and packed meals.



For general cooler packing, here are a few tips: Pack raw meats, fish, and produce sealed in plastic bags on the bottom. Next layer in produce, dairy, eggs, and perishable condiments. Save space by packing just what you think you'll need. And remember to fill the cooler all the way up; the ice will melt faster if it's full of room-temperature air.

If you store your cooler in a hot garage, bring it inside the night before so you can start with a cooled-off vessel. Use solid ice or reusable gel-filled ice packs on the bottom, pack food, then fill in the gaps with bags of cubed ice. Once it's packed and ready, stow in the trunk, away from light, and put a blanket or sleeping bag around it for extra insulation.

Stay Hydrated!

Start each day with a glass of water (no ice). Drink it down before you have coffee, tea or juice. It will help replace fluids lost overnight and get your hydration efforts off to a good start. Also fill a water bottle you can take with you in the car, or keep with you and refill during the workday.

Eat 2 to 3 servings of fruits and vegetables at every meal. They are brimming with water and include the minerals that foods (including sugars, flours, salty snacks and processed meats) result in a lowering of the body's water table. Eating a lot of meat puts pressure on your kidneys and tends to increase your body's need for water.

If you don't like plain water, add fruit slices.

When you feel hungry, drink water. Thirst is often confused with hunger.

If you don't remember to drink water, establish water breaks if possible or use a phone app to remind you.

Who is at Higher Risk for Dehydration?

People are at higher risk of dehydration if they exercise at a high intensity, have certain medical conditions, are sick, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration and send the signals for thirst.

Symptoms of dehydration include the following:

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheaded feeling
- No tears when crying

Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

TIPS FOR A HEALTHY AND SAFE 4TH OF JULY

Celebrate Independence Day without illness or injury...some common sense tips:

The rule of "not letting food sit out for more than two hours" is shortened to one hour if the temperature is above 90° F. When in doubt, throw it out.

Always wear a life jacket when boating.

The hours between 10 a.m. and 4 p.m. are the most hazardous for outdoor ultraviolet (UV) radiation exposure in the United States.

Watch for signs of heat exhaustion or heat stroke, especially in children. Kids' bodies absorb more heat on a hot day than adults do. Also, children are less able to lower their body heat by sweating. A child's body temperature may increase three to five times as fast as an adult's body temperature. Signs of trouble include red, hot, and moist or dry skin; no sweating; a strong, rapid pulse or a slow, weak pulse; a throbbing headache; dizziness; confusion; being grouchy (or grouchier than normal); or acting strangely.

Top 5 Healthiest Condiments

1. **Mustard**—has no sugar. Mustard seed itself is a powerful antioxidant. Yellow mustard contains turmeric and paprika both antioxidants as well.
2. **Guacamole**—contains lots of healthy fats that satisfy your appetite and regulate hormone balance, has lots of fiber, and plenty of vitamins, minerals, and antioxidants
3. **Salsa**— Although ketchup is considered unhealthy due to the sugar content, salsa is almost never made with added sugar if you get a good brand. Mostly just vegetables. Try it on your 4th of July burger and see!
4. **Hummus**— this is mostly chickpeas, tahini, garlic, lemon and olive oil. But now there are all kinds of flavors to choose from. When buying hummus make sure its made with olive oil and NOT soybean or canola oil.
5. **Pesto**—Generally a mashed mix of garlic, pine nuts, basil, olive oil, and grated cheese. Great source of healthy fats and powerful antioxidants.

Compelling Reasons For Eating Fruits

STRAWBERRIES
Fighting cancer & aging



BLUEBERRIES
Protects the Heart



GRAPES
Relaxes blood vessels



MANGOS
Prevents cancers



BANANAS
Boost energy

CHERRIES
Calms Nervous System



ORANGES
Protects skin & vision



KIWIS
Increase bone mass



APPLES
Help resist infection



WATERMELON
Controls heart rate



PINEAPPLE
Fights arthritis



PEACHES
Provide potassium fluoride & iron



Honey-Soaked Quinoa Salad with Cherries and Cashews

Quinoa (pronounced Keen-wah) is something I'm sure you have heard of by not, but perhaps haven't had the pleasure of trying. It's a whole grain with the highest protein content of any other whole grain. It provides all 9 essential amino acids! I tried this recipe and absolutely loved it! It will help you believe that good for you food can also taste good! I used red grapes in place of the cherries.

Ingredients:

1/4 cup honey
2 Tbsp grated fresh ginger
2 Tbsp white wine vinegar
2 Tbsp lime juice
1 small clove garlic, minced
1/4 tsp salt
1/4 tsp freshly ground black pepper
1/4 cup olive oil
1 cup water
2/3 cup uncooked quinoa, rinsed
1/4 tsp. salt (for water)
1 cup dark sweet cherries, pitted and halved, or red seedless grapes, halved

1/2 cup dried apricots, cut into thin slivers
1/4 cup thinly sliced red onion
1 small head butterhead (Boston or Bibb) lettuce, torn (4 cups)

1. For honey vinaigrette, in a small bowl whisk together honey, ginger, vinegar, lime juice, garlic, 1/4 tsp. salt, and pepper. Drizzle in oil, whisking constantly, until well mixed.
2. In a medium saucepan combine the water, quinoa, and 1/4 tsp salt. Bring to boiling; reduce heat. Simmer, covered, 10 minutes or until liquid is absorbed. Remove from heat; let stand 10 minutes.
3. Fluff quinoa with a fork. In a large bowl combine quinoa, cherries, cashews, apricots, and onion; toss to mix. Add lettuce; drizzle with 1/2 cup of the honey vinaigrette. Makes 4 servings.

PER SERVING: 372 cal., 17g fat (3g sat. fat), 0mg chol., 230mg sodium, 52g carb, 5g fiber, 9g protein

Couscous Variation: prepare as directed except use 1 1/4 cups water and substitute 3/4 cup couscous for the quinoa. In a small saucepan, bring the water and salt to boiling. Add couscous; remove from heat. Cover and let stand 5 minutes. Fluff with fork. Add to salad with the fruit.

Directions:



Artificial Sweeteners in Comparison

If you're trying to reduce the sugar and calories in your diet, you may be turning to artificial sweeteners or other sugar substitutes. You aren't alone. Today artificial sweeteners and other sugar substitutes are found in a variety of food and beverages; they're marketed as "sugar-free" or "diet," including soft drinks, chewing gum, jellies, baked goods, candy, fruit juice, and ice cream and yogurt.

Sugar substitutes are loosely considered any sweetener that you use instead of regular table sugar (sucrose). Artificial sweeteners are just one type of sugar substitute. The topic of sugar substitutes can be confusing. One problem is that the terminology is often open to interpretation. For instance, some manufacturers call their sweeteners "natural" even though they're processed or refined, as is the case with stevia preparations. And some artificial sweeteners are derived from naturally occurring substances — sucralose comes from sugar, for example. Regardless of how they're classified, sugar substitutes aren't magic bullets for weight loss. And although the FDA has designated them as GRAS (generally recognized as safe), many people experience negative side effects when these sweeteners are consumed. Therefore, I would heed on the side of caution and consume them in moderation. Continue to increase your consumption of **whole foods** not requiring any added sweetener to taste great! Consumers beware and ask yourself "do I really want to add these "chemicals" to my body?"

Saccharin (Sweet'N Low)

- **Calories:** 0
- **History:** the FDA proposed a ban on it in 1977 when lab rats that were fed huge amounts contracted bladder cancer. The ban was never enacted though, and the warning label was dropped in 2000
- **General Info:** 300 times sweeter than regular sugar; it's a molecule made from petroleum
- **Pros:** since 1981 government reports had listed it as an "anticipated human carcinogen," but it was removed from the list in 2000
- **Cons:** few studies have been done regarding its effects on infants and children, although its use in formula may cause irritability and muscle dysfunction, so they should consume it in small quantities or not at all; although the FDA has not imposed any limitations, studies show saccharin crosses the placenta and may remain in fetal tissue, so pregnant women are advised to use saccharin sparingly or not at all
- **Used for baking?** Yes

Sucralose (Splenda)

- **Calories:** 0
- **History:** approved by the FDA in 1999
- **General Info:** contains maltodextrin to bulk it up, is 600 times sweeter than regular sugar
- **Pros:** after 110 studies and over 20 years of research, the FDA concluded that sucralose has no toxic or carcinogenic effects and poses no reproductive or neurological risks to people
- **Cons:** bulking agents add about 12 calories per tablespoon of Splenda (although the nutritional info doesn't list these calories)
- **Used for baking?** Yes, yet has an artificial taste

Neotame

- **Calories:** 0
- **History:** approved by the FDA in 2002
- **General Info:** 8,000 times sweeter than regular sugar; it's a chemical derivative of aspartame
- **Pros:** approved for pregnant women; safe for diabetics since it doesn't affect insulin levels; no evidence of its connection to an increase cancer risk
- **Cons:** consumer groups contend that neotame may be as toxic (or more) as aspartame, since both sweeteners contain a compound that breaks down to methanol
- **Used for baking?** Yes

Aspartame (NutraSweet and Equal)

- **Calories:** 4 calories per gram
- **History:** in 1996, the FDA approved its use in foods and beverages
- **General Info:** 80 to 200 times sweeter than regular sugar; 70 percent of all aspartame is used in diet sodas; The FDA has set the acceptable daily intake (ADI) at 50 mg per kilogram of body weight which translates to about four (12-oz.) cans of diet soda per day;
- **Pros:** approved for consumption by pregnant women, as long as they follow the FDA's guidelines; FDA sees no connection between aspartame and cancer
- **Cons:** some people may have a sensitivity to aspartame and may experience headaches, dizziness, mood changes, or skin reactions after consuming it
- **Used for baking?** No

Acesulfame Potassium (Sunett and Sweet One)

- **Calories:** 0
- **History:** was approved by the FDA as a general-purpose sweetener in 2002
- **General Info:** 200 times sweeter than regular sugar; the body can't break it down, so it's excreted from the body unchanged,
- **Pros:** no evidence of its connection to an increase in cancer risk or affect to blood-sugar levels; approved for consumption by pregnant women in moderation
- **Cons:** has a bitter taste on its own; the consumer group Center for Science in the Public Interest believes that studies on this sweetener were poorly done and that they didn't test its potential cancer-causing risks
- **Used for baking?** Yes

Sorbitol and Mannitol

- **Calories:** 2.6 calories per gram
- **History:** the FDA approved them in 1971 and designates them as "Generally Recognized as Safe" (GRAS)
- **General Info:** both are sugar alcohols that occur naturally in fruits but are usually derived from corn syrup
- **Pros:** absorbed by the body slowly; combines well with other ingredients; no evidence that it has adverse health effects on humans
- **Cons:** may cause digestive upset or have laxative effect when consumed in large quantities
- **Used for baking?** Yes

Xylitol

- **Calories:** 2.4 calories per gram
- **History:** approved by the FDA in 1963 as a food additive
- **General Info:** can be derived from various berries, oats, and mushrooms, as well as corn husks, but commercially is made from xylan, which is extracted from hardwoods or corncobs; used as a diabetic sweetener
- **Pros:** it can actually benefit the teeth; doesn't affect insulin levels; has been shown to reduce the incidence of acute middle ear infection
- **Cons:** may have a laxative effect; is a life-threatening toxin to dogs; consuming extremely high doses for long periods (over three years) may cause tumors, safety for pregnant and nursing moms is unknown
- **Used for baking?** Yes

Stevia

- **Calories:** 0
- **History:** Stevia leaves are not yet approved by the FDA, but highly purified Rebaudioside A (derived from Stevia leaves) is considered GRAS (generally recognized as safe)
- **General Info:** Stevia extract is made from the Stevia plant, which is native to South America; has been used in South America for centuries and in Japan for the past 30 years
- **Pros:** it's naturally derived although some argue that it is an artificial sweetener since commercially made Stevia extract involves a refining process; some research shows it can lower blood pressure and blood sugar levels; safe for pregnant women
- **Cons:** since Stevia is sold as a dietary supplement, the FDA does not regulate it
- **Used for baking?** Yes

