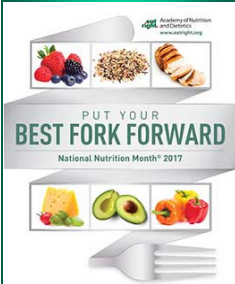


March 2017

National Nutrition
Month

Wellness Corner Connection



Debby Schiffer, Wellness Director for BURLCO & TRICO

“Put Your Best Fork Forward” Let’s Talk Protein

Are you striving to eat better? Are you trying to eat more fruits, vegetables and whole grains to get plenty of vitamins, antioxidants and fiber? It may be time to add protein-rich foods like milk and lean meats, beans and nuts to that list of healthy foods. With March being “National Nutrition Month”, I wanted to focus a little bit on *protein*.

Many of you may have read where Americans get way too much protein in their diets already. While that may be true, **when we are eating** the protein is really of utmost importance.

Research shows we don't get enough protein at breakfast and lunch, and we tend to get far too much at our dinner meal. Most people are actually protein deficient for much of the day, with muscle synthesis at less than maximal levels. **The large amount of protein eaten at dinner is mostly wasted because the body can't use so much at one time.**

For the body to best use the protein we eat, we should shift our consumption from dinner to the daytime, increasing our portions at breakfast and lunch and decreasing them at dinner to provide a steady amount over the course of the day. We all need protein especially as we age. There are some definite benefits to eating the right amount of protein...throughout your day:

- Protein affects how full we feel and how well we manage our weight.
- More even distribution of protein throughout the day is linked to chronic disease prevention, preservation of lean body mass and bone health.
- Protein boosts the effects of exercise by helping the body more effectively make muscle, which is of interest to athletes, of course, but it's also important for the elderly to prevent muscle wasting.
- Protein is also great for bones. When people think of osteoporosis, they tend to think of calcium, but protein is also key in maintaining strong bones. Strong muscles, which are made of protein, help support healthy bones.

The solution?

Shift that big protein load from dinner to breakfast and lunch. Instead of eating 10 grams of protein for breakfast, 15 for lunch and 65 for dinner (a common eating pattern for Americans), try to eat about 20 to 30 grams for each meal.

Health Tips to Keep in Mind:

- ♥ Start your day with a healthy breakfast
- ♥ Make half your plate fruits and veggies
- ♥ Watch Portion Sizes
- ♥ Be Active even if you do 5-10 minutes a day. Get moving!
- ♥ Get cooking. Preparing food at home can be healthy, rewarding and cost-effective.
- ♥ Always have healthy snacks on hand so you don't reach for the vending machine.
- ♥ Get to know your food labels. More than 5 ingredients, really step back and think if you really want that in your body.
- ♥ Consult a Registered Dietitian if you have one available to you. They can really help keep you on track to meet your goals.
- ♥ Drink more water. Ditch the sugary drinks.
- ♥ Cut back on added sugar. They contribute empty calories to your diet and could lead to other health problems.
- ♥ Try new foods and flavors. Check out the recipe on the back page.
- ♥ Cut back on red meats. Add seafood twice a week and try a meatless Monday dish.

SAMPLE MENU FOR THE DAY

Try a few of these ideas along with plenty of fruits, vegetables and whole-grains you enjoy!

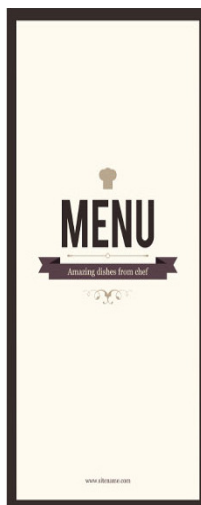
Breakfast: An egg, a piece of toast with a tablespoon of peanut butter and a glass of milk = 20g protein. Other good protein sources for breakfast include almonds and yogurt. Mix and match a few protein sources to get 20 grams.

Lunch: A turkey sandwich with a glass of milk or a bean, cheese and rice burrito = each 25 to 35 grams of protein.

Dinner: Most people should try to reduce the amount of protein they eat to three ounces of meat. Add a glass of milk (the amount of protein in a glass of milk is 8 grams) and you'll be eating 25 to 35 grams of protein.

A diet that includes protein-rich food sources such as milk, milk products, lean meats, eggs, fish, poultry as well as plant sources like beans, nuts and seeds can help support weight loss, improve disease outcomes and support bone health. New research shows that higher protein intake is associated with greater bone mass and fewer fractures when calcium intake is adequate.

Sources: www.healthyeating.org



Change Your Approach To Food

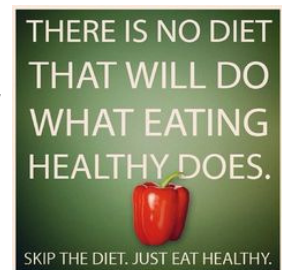
Typically when someone contemplates starting a healthy eating pattern, certain words enter their vocabulary that sets them up for failure. These words include “don’t”, “limit”, and “avoid” to name a few. **But eating healthy does not mean you have to give up those “not so healthy” choices for good.** Try to do your best to keep them under control. Do your best to make 90% of your day healthy giving yourself a little leeway to enjoy your favorite dessert. And focus on what you are doing right!!! If you have not been successful with “avoiding or limiting” certain foods, try this: start **ADDING** healthier options to every meal. For example, add a banana to your breakfast; have a salad with your lunch, and add one more vegetable to your dinner plate. I want you to be successful in eating healthier for life. Think about one change you can make and set your mind to do it. Positive thoughts breed positive results!!!

5 Ways to Help Your Diet Become a Way of Life

All too often we start out with grand intentions—“I’m going to lose weight and eat better (this time will be different, I swear!)”—only to revert back to our old eating habits within a week or two. So how can you give your desire to eat healthy and lose weight some sticking power? Try these five tips to help turn your weight-loss plan into a strategy for healthy eating for the long haul.

1. Don't Give Up Your Favorite Foods

You shouldn't have to say goodbye to your favorite foods. In fact, having a small treat may help you stick to your diet. Research in the *Journal of the American Dietetic Association* found that a small daily treat didn't sabotage weight-loss efforts. Your favorite foods can fit into any diet if you find clever ways to incorporate them (in a diet-friendly way). One way to do this is to make lower-calorie versions of foods like French fries and brownies. Another trick is to be mindful of your serving sizes when it comes to more indulgent foods. Love pasta? Try adding vegetables to bulk up your serving instead of doubling up on pasta. Of course your diet should be full of mostly healthy foods like fruits and vegetables, lean proteins and whole grains—but make room for some of your favorite, more indulgent foods too.



2. Eat Foods That Keep You Satisfied

If you feel hungry all the time, it's going to be hard to stick with a healthy-eating plan. Research shows that when you're hungrier, you're more likely to eat too fast at your next meal. Eating too quickly can lead to consuming extra calories because your body doesn't have time to register feeling full. While portion control is super-important for losing weight (and keeping it off), you shouldn't hear your tummy grumbling all day long. Two nutrients that help keep you full: protein and fiber. Good protein sources include plain Greek yogurt, chicken breast, tuna, tofu and almonds. And to get more fiber, munch on whole fruits and vegetables. Not only is produce high in fiber, but it's also generally low in calories. That makes it filling *and* diet-friendly—just what you're looking for when you're trying to lose weight and keep it off.

3. Start with Small Changes

There's no need for dramatic shake-ups, like eliminating whole food groups. It's better to start with tiny diet tweaks if you want them to become permanent changes. According to Brian Wansink, Ph.D., EatingWell advisor and professor of marketing at Cornell University, "Making small, consistent changes fits more easily into people's routines [than radically altering your diet]." Think of doable things, like packing a wholesome afternoon snack, such as carrots and hummus or an apple with peanut butter, instead of hitting the vending machine. Small changes add up and can help you make healthier eating a way of life, rather than relying on short-term crash dieting.



4. Don't Try to Be Perfect

We often have grand ideas about implementing a new diet—like the promises you make yourself about eliminating sugar, never taking from the breadbasket or always having vegetables at dinner. Instead of trying to be perfect, be realistic. Make your eating plan one that you can actually stick to. You don't have to eat perfectly to lose weight; you just have to eat well. Set a goal for the week, like adding a serving of vegetables to dinner, or packing a healthy lunch one or two days—and go easy on yourself if you slip up. Eating indulgences are bound to happen. And when they do...

5. Get Right Back on Track

If you have a diet slip-up and go overboard on chocolate or pizza—don't beat yourself up! Just get back on track again as quickly as possible. Remember that one meal doesn't undo all of your healthy efforts—but when you give up your diet entirely because of one slip-up, that's when the weight can start to creep back on. If you have a minor setback, understand that it's one small blip on the radar. Get right back to your healthy eating habits and right back on track for long-term success.



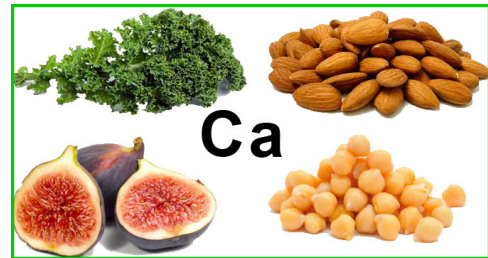
Academy of Nutrition
and Dietetics

A reliable resource for information on food and nutrition:

<http://www.eatrightpro.org/resources/media/trends-and-reviews>



The Power of Food! Spotlight on Ginger & Calcium



Ginger has been used in various forms (fresh, dried or powdered) to aid with digestion, reduce nausea and help fight the flu and common cold. The unique fragrance and flavor come from its natural oils, the most important of which is gingerol. Gingerol is the main bioactive compound in ginger responsible for its medicinal-like properties. It has powerful anti-

Calcium is an important mineral that you may not be getting enough of. While dairy products tend to be the highest in it, there are plenty of other good sources — many of which are plant-based. Here are some of them.

Benefits:

Can treat many forms of nausea. 1 to 1.5 grams can help prevent sea sickness, chemotherapy-related nausea, nausea after surgery and morning sickness.

May reduce muscle pain and soreness. It does not have an immediate impact, but may be effective in reducing the day-to-day progression of muscle pain. May also reduce exercise-induced muscle soreness.

Anti-inflammatory effects can help with osteoarthritis. Osteoarthritis is a common health problem that involves degeneration of the joints in our body. A controlled trial study of 247 people with this type of arthritis in their knees, took a ginger extract and were found to have reduced pain and required less of their regular medication. Another study showed that a combination of ginger, mastic, cinnamon and sesame oil, can reduce pain and stiffness in osteoarthritis patients when applied topically. Consult your primary or holistic doctor if you have any questions.

Source: authoritynutrition.com

- Seeds
- Sardines and canned salmon
- Beans and Lentils
- Almonds
- Whey Protein
- Some Leafy Greens (collard greens, spinach, kale, lambs quarters)
- Rhubarb
- Fortified Foods
- Amaranth
- Edamame and Tofu
- Fortified Drinks (non-dairy milks)
- Figs

<https://authoritynutrition.com>

Metabolism Myths and Facts (Resource: www.eatright.org)



Metabolism is the process by which our bodies convert what we eat into the energy we need to survive and function. It powers everything from breathing to blinking. A fast metabolism is like a hot furnace that burns through fuel (calories) quickly. A slow metabolism needs less fuel to keep a body running.

It's tempting to throw up our hands and blame weight issues on a slow metabolism, but there are ways to support metabolism and maintain a healthy weight.

Claim: Our metabolic rates can't change.

The truth: While it's true that genetics help determine our metabolic rates, we can boost metabolism by increasing **lean muscle mass**. Muscle burns more calories per hour than fat, which means that people with lean, muscular bodies need more calories to function than people with a higher percentage of body fat.

Our muscle mass decreases as we age, and this contributes to a slower metabolic rate. But you can counteract this process by **picking up the weights** to help lessen this decline.

Claim: Eating late at night slows metabolism.

The truth: It's the extra calories — not when you eat them — that cause weight gain. There is little evidence to support the fact that eating after 8 p.m. causes weight gain. However, you may be more likely to snack mindlessly in the evenings while watching television. Calories in these snacks add up, and that can cause weight gain.

Claim: Very low calorie diets and skipping meals can jumpstart weight loss.

The truth: Weight loss is all about creating an energy deficit — ingesting fewer calories than your body expends each day — but **creating too large of a calorie deficit can backfire**. Our bodies are smart and programmed for survival. Severely limiting calories can make your body think it's entering a famine, and that it needs to do more with fewer calories. Your body adapts to the restricted caloric intake, and uses fewer calories to perform the same tasks.

Spring Into Action and Get Healthy

Hardest part is to get started. But when you finish you'll feel terrific, partly due to the endorphins, the "feel-good" brain chemicals. Increase your success rate by:

- Workout to music—enhances brain-power
- Recruit a friend, family member or co-worker to walk with you
- Write down your weekly goals and sign a pledge to yourself!

There is no better time than **Springtime** to either get started on a fitness routine or kick your existing one up a notch. Longer days and warmer weather is a perfect motivator! You don't have to start training for a marathon (but if you are...way to go!) but just focus on getting more activity than you normally do. Use the changing of the season to also change your way of life. **Make fitness something you look forward to and enjoy not dread!**

Sometimes it's the word "exercise" that turns people off. It sounds too much like a chore and let's face it, who enjoys doing chores?! **Replace exercise with physical activity.**

Consider all the things that qualify as physical activity: Walking, gardening, bike riding, swimming, tennis, throwing a baseball with your child/grandchild, walking your dog. Things you actually enjoy!

Wear your pedometer one day to determine your typical daily step count. Strive to add at least 2,000 more steps to your day to help maintain your weight. Adding a few thousand *more* and you are well on your way to weight-loss. If you have limitations, please consult with your doctor.

Stationary bikes and water activities will take pressure off your joints and may be a good way to get started.

Some of the benefits of Physical Activity:

- Improves your mood
- Burns off stress
- Strengthens bones and muscle while burning calories

Get outside. Walking is the easiest form of physical activity.

- Invest in a good pair of sneakers.
- Get a pedometer, Fitbit or phone app to count your steps
- Don't forget to drink water and wear sunscreen

Resource:
www.webmd.com

The Power
of...

Strength Training

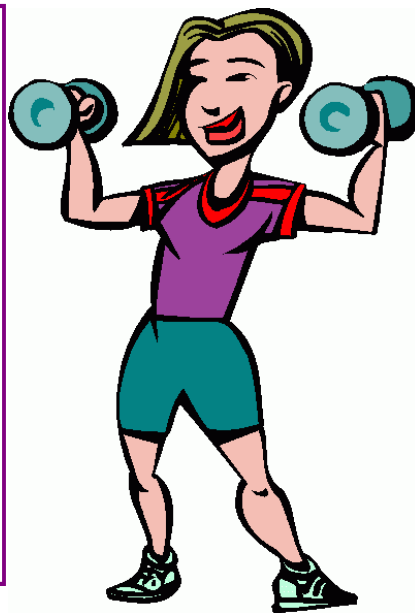
Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

Strength training, particularly in conjunction with regular aerobic exercise, can also have a profound impact on a person's mental and emotional health.

Benefits of Strength Training

There are numerous benefits to strength training regularly, particularly as you grow older. For one thing it strengthens our bones helping to reduce chances of osteoporosis. It can also be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions, among them:

- Arthritis
- Diabetes
- obesity
- Back pain
- depression



MARK YOUR
CALENDAR

Remember!

You Can't
OUT
EXERCISE
a Bad Diet.



To read more about the benefits of strength training especially as we age, go to:

<http://www.cdc.gov/physicalactivity/growingstronger/why/index.html>



April 5th, 2017

Recipe
Corner

Ginger stir-fry Chicken

Ingredients:

3 Tbsp. coconut oil
1 cup sliced onions
1 cup sliced bell peppers
1 cup peeled and sliced carrots
2 cups fresh broccoli florets, bite size

2 Tbsp. fresh ginger, peeled and grated
3 Tbsp. minced garlic
1 lb. boneless, skinless chicken breast
cut into thin strips
2 Tbsp. low sodium soy sauce
1 Tbsp. Sriracha

Directions:

1. Heat oil in a wok or skillet on medium-high heat.
2. Add onion, bell pepper, carrot, broccoli, ginger to skillet and cook for 8 minutes, stirring occasionally.
3. Remove vegetables and set aside. Add chicken and garlic, allowing chicken to brown on both sides.
4. Add vegetables back in and mix.
5. Add the sauces, cover and cook for 8 minutes or until chicken is thoroughly cooked.

Makes 4 servings. Preparation time: 30 minutes.

Per serving: Calories 330, Fat 16.3g, Carbs. 14.8g, Protein 30g.



Ginger-berry energy balls

**Ingredients:**

1 cup walnuts
1 cup almonds
1 cup raisins
1 cup dried mixed berries
2" fresh ginger, peeled
2 Tbsp. water

Directions:

1. In food processor, grind walnuts and almonds for 10 seconds.
2. Add in raisins, berry mix and ginger to processor and mix another 10 seconds.
3. Add in water one tablespoon at a time and mix for smoother consistency.
4. Spoon out mixture and roll into 24 balls. Freeze or refrigerate in airtight container.

Makes 24—Preparation time: 10 min.

Per serving: Calories 114, Fat 6g., Carbs 13g, Protein 3g

Watermelon orange ginger turmeric juice

Ingredients:

18oz. Fresh-squeezed orange juice
7 cups cubed watermelon
3" fresh ginger, peeled and grated
1 tsp. ground turmeric

Directions:

Add all ingredients into blender, mix until smooth.
Pour mixture through a strainer, chill and enjoy!

Makes 4 servings—Preparation time: 15mins.

Per serving: Calories 145, Fat 0.8g, Carbs. 33.5g, Protein 3g.

Note: Watermelon has a high glycemic index, but there aren't a lot of carbohydrates, so watermelon's glycemic load is relatively low. You would have to eat a lot of watermelon for it to have a big impact on blood glucose.



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Take the first step in faith. You don't have to see the whole staircase, just take the first step.

Quote by: Dr. Martin Luther King Jr.

