

Targeting Wellness Newsletter

Good News for Good Health!

May 2022

Stroke Awareness Month

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I can't change the direction
of the wind, but I can adjust
my sails to always reach my
destination.

JIMMY DEAN





MAY IS STROKE AWARENESS MONTH



May is National Stroke Awareness Month. Here are a few facts about stroke in the United States:

- ◆ Stroke kills almost **130,000** Americans each year—that's **1 out of every 20 deaths**.
- ◆ Every 40 seconds, someone in the U.S. has a stroke. Every **3.5 minutes** someone dies of stroke.
- ◆ Every year, more than **795,000 people** in the United States have a stroke with over 75% of them being first or new strokes..
- ◆ About 185,00 strokes—**nearly one of four**—are in people who have had a previous stroke
- ◆ Stroke is the leading cause of serious long-term disability, reducing mobility in over half of the stroke survivors age 65 and older.

Stroke Risk Varies by Race and Ethnicity

Stroke is the fifth leading cause of death for Americans, but the risk of having a stroke varies with race and ethnicity. Risk of having a first stroke is **nearly twice** as high for people with African lineage than for Caucasians. They are also **more likely to die** following a stroke. Though the rate of death caused by strokes has declined over the past decades for all races and ethnicities, deaths continue to increase for Hispanics shown in statistics reported since 2013.

Americans at Risk for Stroke

High blood pressure, high cholesterol, obesity, diabetes and smoking are major risk factors for stroke. **One in 3** U.S. adults have **at least one of these three risk factors** (comorbidities). Several other medical conditions and unhealthy lifestyle choices can increase your risk for stroke.

Although you can't control all of your risk factors for stroke, you can take steps to prevent stroke and its complications.

You can help prevent stroke by making healthy lifestyle choices. A healthy lifestyle includes the following:

- ◆ Eating a healthy diet—predominately from plants, low in saturated/trans fats and cholesterol. Limit salt.
- ◆ Maintaining a healthy weight.—body mass index is one indicator. Goal is below 25 for both men and women.
- ◆ Getting regular physical activity. Aim for 150 minutes of moderate-intensity aerobic activity each week
- ◆ Quit smoking. Go to <https://www.cdc.gov/tobacco/> for more information on how to quit.
- ◆ Limiting alcohol use which can raise blood pressure. Recommended that men have no more than two drinks and women no more than one drink per day.
- ◆ Get annual check ups and blood work to monitor your “numbers”: BP, Cholesterol, Glucose, and other bio-markers.

Stroke Risk Varies by Age

Although stroke risk increases with age, strokes can—and do—occur at any age. In 2014, **38%** of people hospitalized for stroke were **younger than 65 years**.

Other things you can do will help control your risk of getting a stroke:

- ◆ Getting your Cholesterol checked at least once every 5 years
- ◆ Control your Blood Pressure – high blood pressure usually has no symptoms, so be sure to have it checked on a regular basis.
- ◆ Manage your diabetes
- ◆ Manager Heart Disease
- ◆ Take your Medicine if you are on any for the above mentioned health conditions.
- ◆ Talk with your doctor.

**Lifestyle has a huge influence
on all of this.**

The best defense against stroke is to know the warning signs and B.E. F.A.S.T.
(this is an acronym for things to check in a suspected stroke victim)

B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
LOSS OF BALANCE, HEADACHE OR DIZZINESS	BLURRED VISION	ONE SIDE OF THE FACE IS DROOPING	ARM OR LEG WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL FOR AMBULANCE IMMEDIATELY

Understanding Hypertension or High Blood Pressure Source: Mayo Clinic

High blood pressure (HBP or hypertension) is caused by the force of blood being pushed against the walls of your arteries being consistently higher than it should be. Every organ and cell in your body needs oxygenated blood in order to function and survive. Every time your heart beats, blood is pushed through the vessels (arteries, veins and capillaries) that supply the rest of your body. When you have HBP, the workload put on the heart and blood vessels is increased with circulation being less efficient. Overtime, damage results from this overwork of delicate tissues. In addition, LDL (bad) cholesterol forms plaque along the tiny tears in the artery walls resulting in atherosclerosis.

As the plaque and damage increases, the narrower the arteries becomes greater, resulting in the heart having to work even harder to pump the blood through. In turn, this damages the walls even more. It's a vicious cycle which could end up causing many other conditions, one of them being stroke.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

If you've been diagnosed with high blood pressure (a systolic pressure — the top number — of 130 or above or a diastolic pressure — the bottom number — of 80 or above), you might be worried about taking medication to bring your numbers down. **Lifestyle plays an important role in preventing and treating your high blood pressure.** If you successfully control your blood pressure with a healthy lifestyle, you may avoid, delay or reduce the need for medication. Here are some lifestyle changes you can make to lower your blood pressure and keep it in a normal range.

Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Losing just 10 pounds can help reduce your blood pressure. In general, the more weight you lose, the lower your blood pressure. Losing weight also makes any blood pressure medications you're taking more effective. You and your doctor can determine your target weight and the best way to achieve it.

Besides shedding pounds, you should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure. In general:

- ◆ Men are at risk if their waist measurement is greater than 40 inches
- ◆ Women are at risk if their waist measurement is greater than 35 inches

Exercise regularly

Regular physical activity — at least 30 to 60 minutes most days of the week — can lower your blood pressure by 4 to 9 millimeters of mercury (mm Hg). And it doesn't take long to see a difference. If you haven't been active, increasing your exercise level can lower your blood pressure within just a few weeks. When starting out on a new workout routine, take it slow to avoid injury.



And avoid being a "weekend warrior." Trying to squeeze all your exercise in on the weekends to make up for weekday inactivity isn't a good strategy. Those sudden bursts of activity could actually be risky. Talk to your doctor about developing an exercise program. Your doctor can help determine whether you need any exercise restrictions. Even moderate activity for 10 minutes at a time, such as walking and light strength training, can help.

If you have prehypertension — systolic pressure between 120 and 129 or diastolic pressure at 80 or slightly above — exercise can help you avoid developing full-blown hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels and may even reduce the amount of medicine you currently take.

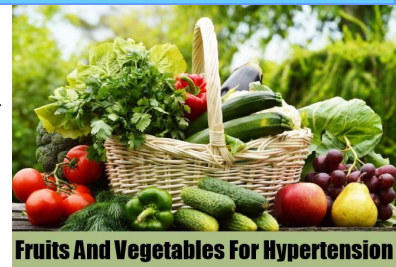


Ways to Control High Blood Pressure Without Medication Source: Mayo Clinic

Eat a healthy diet, predominantly plant based

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg. It isn't easy to change your eating habits, but with these tips, you can start to adopt a healthier diet:

- ◆ **Keep a food diary.** Writing down what you eat, even for just a week, can shed surprising light on your true eating habits. Monitor what you eat, how much, when and why (do you eat due to emotions?)
- ◆ **Consider boosting potassium.** Potassium can lessen the effects of sodium on blood pressure. The best source of potassium is food, such as fruits and vegetables, rather than supplements. Talk to your doctor about the potassium level that's best for you.
- ◆ **Be a smart shopper.** Make a shopping list before heading to the supermarket to avoid picking up junk food. Read food labels, shop the perimeter of the store (where most of the "unprocessed" foods are displayed), and avoid shopping when you are hungry.
- ◆ **Cut yourself some slack.** Although eating a plant predominant diet is a lifelong eating goal, it doesn't mean you have to cut out all of the foods you love to get started. It's OK to treat yourself **occasionally** to foods you may consider "not so healthy but delicious". However if eating them even once in awhile leads to those habits returning, it's suggested to eliminate them until your taste buds have had a chance to reset. Once your taste buds have "changed", you may even come to realize you really don't want those things anymore! In the beginning, it might be best to not have the temptations in the house at all (out of sight, out of mind...hopefully☺)



Fruits And Vegetables For Hypertension

Avoid tobacco products and secondhand smoke

On top of all the other dangers of smoking, the nicotine in tobacco products can raise your blood pressure by 10 mm Hg or more for up to an hour after you smoke. Smoking throughout the day means your blood pressure may remain constantly high. You should also avoid secondhand smoke. Inhaling smoke from others also puts you at risk of health problems, including high blood pressure and heart disease.

Cut back on caffeine

The role caffeine plays in blood pressure is still debatable. Drinking caffeinated beverages can temporarily cause a spike in your blood pressure, but it's unclear whether the effect is temporary or long lasting. **To see if caffeine raises your blood pressure**, check your pressure within 30 minutes of drinking a cup of coffee or another caffeinated beverage you regularly drink. If your blood pressure increases by five to 10 points, you may be sensitive to the blood pressure raising effects of caffeine.

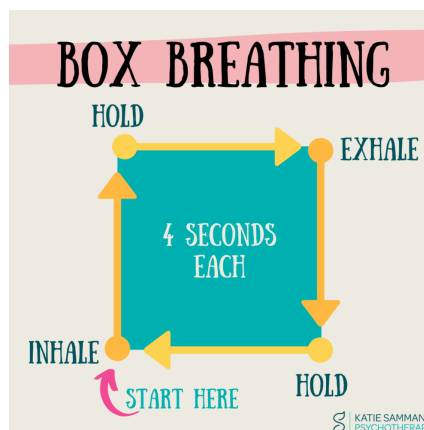
Reduce your stress

Stress or anxiety can temporarily increase blood pressure. Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress. If you can't eliminate all of your stressors, you can at least cope with them in a healthier way. Take breaks for deep-breathing exercises. Get a massage or take up yoga or meditation. If self-help doesn't work, seek out a professional for counseling.

Monitor your blood pressure at home and make regular doctor's appointments

If you have high blood pressure, you may need to monitor your blood pressure at home. Learning to self-monitor your blood pressure with an upper arm or wrist monitor can help motivate you. Talk to your doctor about home monitoring before getting started.

Many times through lifestyle changes, medication for high blood pressure can be avoided, delayed or reduced.



In addition to lowering stress and blood pressure, box breathing (or any deep breathing exercise) can:

- ◆ Improve sleep
- ◆ Stimulate brain growth
- ◆ Reduce pain
- ◆ Reduce anxiety
- ◆ Cleanse the lungs





American Heart Association.

Check. Change. Control.®

Consequences of High Blood Pressure

High blood pressure (HBP) is often the first domino in a chain or “domino effect” leading to devastating consequences, like:



STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.

VISION LOSS

HBP can damage the vessels in the eyes.



HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.

HEART ATTACK

HBP damages arteries and causes them to narrow and stiffen.



SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.

KIDNEY DISEASE/ FAILURE

HBP can damage the arteries in the kidneys and interfere with their ability to effectively filter blood.



A simple **blood pressure check** is the first step to preventing the “domino effect.”

Learn more at heart.org/hbp.

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How To Tame Your Salt Habit

High blood pressure affects over 50 million Americans! The main reason? The average American eats more than 3600 mg of sodium a day (9 grams of salt) compared to the recommended 2,300 mg (equaling 1 teaspoon). The problem is most of us aren't even aware of just how much sodium is in our diet. Perhaps you aren't "adding" salt to your food but what types of foods are you eating in the first place? It's not just table salt we have to worry about. The main culprit is processed/prepared and restaurant foods. Sodium, in small amounts is essential for keeping our bodies functioning as they should:

- ◆ Helps maintain the right balance of fluids in our body
- ◆ Helps transmit nerve impulses
- ◆ Influences the contraction and relaxation of muscles



Your kidneys naturally balance the amount of sodium stored in your body for optimal health. When your body sodium is low, your kidneys essentially hold on to the sodium. When body sodium is high, your kidneys excrete the excess in urine.

But if for some reason your kidneys can't eliminate enough sodium, the sodium starts to build up in your blood. Because sodium attracts and holds water, your blood volume increases, which makes your heart work harder and increases pressure in your arteries. Such diseases as congestive heart failure, cirrhosis and chronic kidney disease can make it hard for your kidneys to keep sodium levels balanced. Some people's bodies are more sensitive to the effects of sodium than are others. If you're sodium sensitive, you retain sodium more easily, leading to fluid retention and increased blood pressure. If this becomes chronic, it can lead to heart disease, stroke, kidney disease and congestive heart failure. "Potassium is a key mineral found within all cells of the body that works in harmony with sodium." (Dr. Ornish). The Institute of Medicine recommends getting 4,700 mg of potassium per day but the average person is getting around 2,600 mg. Check out the link of the 2010 article in **JAMA article** that focuses on research that showed where increasing potassium to recommended levels while decreasing sodium can reduce risk of stroke by 8% to 15% and risk of heart disease mortality by 6% to 11%. <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/486903#ref-ild05018-1>

Potassium helps because it increases the amount of sodium excreted and protects your blood vessels from oxidative damage (caused by inflammation, smoking, stress, environmental toxins, physical inactivity, iron overload, and more). (Kresser Institute and Healthline.com)

Tips on cutting back sodium—Virtually all Americans can benefit from reducing the sodium in their diet. Here are more ways you can cut back on sodium:

- **Avoid processed foods.** Most fresh fruits and vegetables are naturally low in sodium. Also, fresh meat is lower in sodium than are luncheon meat, bacon, hot dogs, sausage and ham. Buy fresh or frozen poultry or meat that hasn't been **injected with a sodium-containing solution**. Look on the label or ask your butcher.
- **Opt for low-sodium products.** If you do buy processed foods, choose those that are labeled "low sodium." Better yet, buy plain whole-grain rice and pasta instead of ones that have added seasonings.
- **Remove salt from recipes whenever possible.** You can leave out the salt in many recipes, including casseroles, soups, stews and other main dishes that you cook. Look for cookbooks that focus on lowering risks of high blood pressure and heart disease. Better to add a little salt after it's cooked.
- **Limit use of sodium-laden condiments.** Soy sauce, salad dressings, sauces, dips, ketchup, mustard and relish all contain sodium.
- **Use herbs, spices and other flavorings to season foods.** Use fresh or dried herbs, spices, zest from citrus fruit, and fruit juices to jazz up your meals. **Sea salt**, however, isn't a good substitute. It has about the same amount of sodium as table salt.

How much do we need? The Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg a day — or 1,500 mg if you're age 51 or older, or if you are black, or if you have high blood pressure, diabetes or chronic kidney disease. Keep in mind that these are upper limits, and less is usually best, especially if you're sensitive to the effects of sodium. If you aren't sure how much sodium your diet should include, talk to your doctor or dietitian.

Source: Mayo Clinic, Kresser Institute, healthline.com



How To Tame Your Salt Habit (continued)

Know your nutrition facts. Sometimes buying packaged foods is necessary. However, the most important thing is to check the label for the amount of sodium contained. Ideally it should be 5% or less or less than 140 mg of sodium per serving.

Be a savvy shopper—Taste alone may not tell you which foods are high in sodium. For example, you may not think a bagel tastes salty, but a typical 4-inch (10-centimeter) oat-bran bagel has about 600 mg of sodium, and even a slice of whole-wheat bread contains about 100 mg of sodium. The Nutrition Facts label found on most packaged and processed foods lists the amount of sodium in each serving. It also lists whether the ingredients include salt or sodium-containing compounds, such as:

- Monosodium glutamate (MSG)
- Sodium bicarbonate (baking soda)
- Baking powder (1 tsp has 480 mg of sodium)
- Disodium phosphate
- Sodium alginate
- Sodium benzoate
- Sodium citrate
- Sodium nitrite

Use salt substitutes wisely. Some salt substitutes or light salts contain a mixture of table salt and other compounds. To achieve that familiar salty taste, you may use too much of the substitute — and get too much sodium. Also, many salt substitutes contain potassium chloride. Although potassium can lessen some of the problems from excess sodium, **too much potassium can be harmful especially if you have kidney problems or if you're taking medications for congestive heart failure or high blood pressure that cause potassium retention.**

Top 10 Foods Highest in Potassium

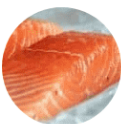
4700mg of Potassium = 100% of the Daily Value (%DV)

1 Beet Greens



28% DV (1309mg)
per cup cooked
39 calories

2 Salmon



23% DV (1068mg)
per 6oz fillet
309 calories

3 Large White Beans



21% DV (1004mg)
per cup
249 calories

4 Avocados



21% DV (975mg)
per avocado
322 calories

5 Potatoes



20% DV (926mg)
in a medium potato
161 calories

6 Acorn Squash



19% DV (896mg)
per cup cooked
115 calories

7 Milk



16% DV (732mg)
per 16oz glass
205 calories

8 White Button Mushrooms



12% DV (555mg)
per cup cooked
44 calories

9 Bananas



11% DV (537mg)
per cup sliced
134 calories

10 Tomato



11% DV (523mg)
per cup cooked
43 calories

Food Sources That Help Lower Blood Pressure

- ◆ Citrus fruits
- ◆ Salmon and other fatty fish
- ◆ Swiss chard
- ◆ Pumpkin seeds
- ◆ Beans and lentils
- ◆ Berries
- ◆ Amaranth (a whole grain)
- ◆ Pistachios
- ◆ Carrots and celery
- ◆ Tomatoes and tomato products
- ◆ Broccoli
- ◆ Greek yogurt
- ◆ Herbs and spices
- ◆ Chia and flax seeds
- ◆ Beets, beet greens and beet juice
- ◆ Spinach

Source: healthline.com



What are G-BOMBS?

Dr. Joel Fuhrman has spent decades studying the nutritional value of food and its affect on the human body. Through his research (as well as many other physicians such as Dr. T. Colin Campbell, Dr. Caldwell Esselstyn Jr, Dr. Dean Ornish, Dr. Michael Greger to name a few) the benefits of eating a whole food diet can prevent, reduce and reverse chronic diseases that could help you avoid suffering in your mature years and literally save your life. It's really very simple...eat real food and avoid all processed to the best of your ability.

Joints aching? Go colorful. When it comes to joint pain, many times the culprit is inflammation. Eating deep-colored fruits and vegetables can reduce the inflammation that forms in your body. The darker the color, the more nutrient dense and effective it will be. So eat your spinach and kale, your blueberries, blackberries and raspberries. Fresh and frozen fruits and vegetables are your first choice. Second best are the canned packed in 100% fruit juice, and canned vegetables should be with no salt added or at least washed thoroughly before using.



Greens: Greater consumption of these vegetables is linked to reduced risk of cancer and cardiovascular disease, and a longer life.

Beans: Beans and legumes are rich in fiber and resistant starch, which help keep blood glucose, blood pressure and LDL cholesterol down, and nourish the microbiome.

Onions: Onions and garlic are linked to a reduction in the risk of several cancers, and their distinctive sulfur-containing phytochemicals have a number of actions that benefit the cardiovascular system.

Mushrooms: Mushroom phytochemicals are unique in their promotion of immune system function with powerful anti-cancer benefits.

Berries: Berry phytochemicals have anti-cancer and blood pressure-lowering effects, and are linked to a reduced risk of heart attack.

Seeds: Eating raw seeds and nuts regularly is associated with longevity, reduced risk of cardiovascular disease, common cancers, and a healthy body weight.

It's important to note that some of the fresh produce encouraged to eat could be laden with pesticides. Keep the Dirty Dozen in mind and try to buy them organic if and whenever possible.

The Dirty Dozen for 2022

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Bell and hot peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

The Clean Fifteen for 2022

1. Avocados
2. Sweet Corn (avoid GMO)
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelon
15. Sweet Potatoes



Who is Dr. Joel Fuhrman, M.D. - he is a board-certified family physician, seven-time *New York Times* best-selling author and internationally recognized expert on nutrition and natural healing. He specializes in preventing and reversing disease through nutritional methods. Dr. Fuhrman is the President of the Nutritional Research Foundation and on the faculty of Northern Arizona University, Health Sciences division. He coined the term "Nutritarian" to describe a nutrient-dense eating style, designed to prevent cancer, slow aging, and extend lifespan. (As seen in his biography)



OIL FREE APRICOT BROCCOLI CHOPPED SALAD



Healthy and easy, this Oil Free Apricot Broccoli Chopped Salad is brimming with deliciously fresh and vibrant plant based ingredients.

Base Salad Ingredients:

- 2 cups **broccoli slaw** *
- 3 cups finely chopped **kale** *
- 2 cups grated **green cabbage** *
- 6 to 8 **green onions**, thinly sliced (+/-)
- 2 **celery ribs**, diced (optional)
- $\frac{3}{4}$ cup finely chopped **dried apricots** (+/-) *

Dressing Ingredients:

- $\frac{1}{2}$ cup **hummus** *
- $\frac{1}{4}$ cup + 2 Tablespoons **lemon juice**
- 1 teaspoon **distilled white vinegar**
- 1 teaspoon **nutritional yeast**
- 1 Tablespoon **pure maple syrup** (+/-)
- $\frac{1}{2}$ teaspoon **onion powder**
- $\frac{1}{2}$ teaspoon **garlic powder**
- $\frac{1}{2}$ teaspoon **dried savory leaves** (+/-) *
- 1 teaspoon **Dijon mustard** (+/-) *

Instructions

1. Place all the **Salad Base Ingredients** into a large bowl, mix well, set aside.
2. Add the **Dressing Ingredients** into a bowl, whisk well until emulsified.
3. Taste test for the dressing flavor, add more ingredients to reach the flavor you desire.
4. Pour the dressing over the salad ingredients, mix well to completely coat the salad ingredients. Taste test and add more seasonings as needed. Serve and enjoy!

Notes

*Please reference the blog post for **Tips for Success, Pantry Items Used, Storage and Freezing, and Kitchen Products Used**.

***Sea Salt**: Please adjust the sea salt based upon your family's sea salt preferences and/or based upon dietary needs.

***Servings**: 3 to 4

***Hummus**: You can use purchased hummus or make your own. If you want to make your own, Monkey & Me also have a recipe you can check out (<https://monkeyandmekitchenadventures.com/the-best-hummus/>)

Nutrition Information: Does not include the optional ingredient of toasted sliced almonds. Adding toasted sliced almonds will increase the amount of fat content.



Nutrition Facts

Serving Size A bowl
Serves 4

Amount Per Serving

Calories 115

% Daily Value*

Total Fat 2.6g 3%

Cholesterol 0mg 0%

Total Carbohydrate 20.8g 8%

Dietary Fiber 5.3g 19%

Protein 5.1g 10%

Calcium 8% Iron 9%

Resource: Monkey and Me Kitchen Adventures

P. B. & J. BITES

Resource: www.recipes.com

I thought these sounded like a great snack option. I haven't made them yet but I'd probably cut back a little on the amount of maple syrup it calls for, especially if your brand of peanut butter has any sugar in it at all. If you try them, let me know what you think.

Ingredients:

- ◆ 1 cup chunky natural peanut butter
- ◆ 1/3 cup pure maple syrup
- ◆ 4 cups old-fashioned oats
- ◆ 1/2 cup unsalted sunflower seeds
- ◆ 1/2 cup quinoa
- ◆ 1 12 ounce jar strawberry preserves (such as Smuckers Orchards
Finest Pacific Mountain Strawberry or whatever you'd like)



Preparation:

1. Mix peanut butter, maple syrup and 1/3 cup water in a saucepan over medium-low heat. Stir until peanut butter is melted and ingredients are combined.
2. In a large bowl, mix together oats, sunflower seeds and quinoa. Stir in peanut butter mixture until well combined.
3. Line two 12-cup muffin tins with paper wrappers. Scoop 2 tbsp of the peanut butter and oats mixture into each wrapper, pressing down well with a spatula. Spread 2 tsp of the preserves over peanut butter and oats mixture in each cup. Add 2 more tbsp peanut butter and oats mixture to cover preserves, pressing down well with a spatula.
4. Bake at 350 degrees for 25 to 30 minutes, until bites begin to brown. Cool in muffin tins 10 minutes; remove from tins to a wire rack and cool to room temperature. Store in an airtight container.

Nutrition: Per Serving: cal. (kcal) 193, Fat, total (g) 8, chol. (mg) 0, sat. fat (g) 1, carb. (g) 27, fiber (g) 2, pro. (g) 5, sodium (mg) 42, Percent Daily Values are based on a 2,000 calorie diet

May 1st to 7th is Drink Water Week.

Fighting Fatigue? Drink up.

Beyond getting a good night's sleep and having healthy nutrition, staying hydrated helps your energy level. Your cells need to be plump and full of water to work well. So turn on the tap or fill a pitcher with water, cucumbers and strawberries and drink up. Look for beverages without added sugar or artificial sweetener and no added salt. Or, eat your water: water-heavy fruit and veggies like watermelon, cantaloupe, cucumbers and salad greens also fill the water bill.



Sleep Better. Try a tryptophan snack.

To help you sleep better at night, eat foods high in tryptophan about an hour before going to bed. These include bananas, honey, milk, sunflower and pumpkin seeds, chick peas and cottage cheese. Tryptophan is an amino acid contained in food that, among other attributes, helps produce melatonin, the agent that regulates and promotes sleep.



Also... cut back on wine and other alcohol which interrupts the sleep cycle and makes for a more restless night.

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What you get by achieving your goals is not as important as what you become!