



WELLBEING



Insights

March 2015

Living a Better, More Vibrant Life

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March is **Nutrition Awareness** Month



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March is Nutrition Awareness Month. Nutrition is your necessary body fuel intake. This month, learn about recommended nutrition plan outlines, examples of hydration, protein, carbohydrates, fruits and vegetables, fats, supplements and total calorie intake.

Caloric Intake:

It is imperative that you consume anywhere between 2,000 and 3,000 calories per day. This will keep you alert and functioning throughout the entire day. For example a 6-foot, 175-pound male between the ages of 18 and 25 with moderate activity should ingest about 2,800 calories per day. A 5-foot-5-inch, 125-pound female between the ages of 18 and 25 with moderate activity should ingest about 2,200 calories per day.

Nutrition Groups:

Proteins – are important in providing your body with structural and functional support. They are vital in repairing muscles after strenuous workouts and fully supporting your mind through lengthy classes and study sessions.



- RDI (recommended daily intake): 55-65 grams per day or 10-15 percent of your diet
- High protein foods: eggs, chicken, beef, fish, nuts seeds and beans

Carbohydrates – are essential to providing your body with energy during workouts and throughout the day. They serve as your body's primary energy source so it is imperative to ingest an adequate amount daily.

- Starches: pasta, bread (wheat), rice (brown recommended), granola and potatoes
 - RDI: 130 grams per day



- Fruits and Vegetables – are commonly overlooked but are essential to providing your body with vitamins and minerals. These vitamins and minerals can be converted as an energy source and also bolster your immune system.
 - RDI: 3 cups of fruit and 5 cups of vegetables per day
 - Fruits and vegetables: bananas (highly recommended), carrots, apples, berries, leafy vegetables and oranges

Fats – provide energy for your everyday activities while you are and are not training. They are good to eat but you must ensure that you are ingesting healthy fats. Try to avoid saturated and trans fats while focusing on mono and poly unsaturated fats.

- RDI: 60-75 grams per day or 20-30 percent of your diet
- Healthy fats: nuts (almonds, peanuts, walnuts, pecans and cashews), peanut butter, fish (salmon, tuna, trout and sardines), oils (olive, canola, sunflower, peanut, sesame, soybean and corn), avocados, olives, soy milk, and tofu

Hydration – is essential to maintaining a healthy lifestyle. It will bolster your endurance, power and alertness during workouts and throughout the day. It also regulates your body temperature, cleanses your pores and regulates your bowels.

- RDI: 4 to 5 liters of water

Supplements – are a great way to increase or maintain nutritional intake, but they should never replace meals or be your sole provider of an essential nutrient. Discuss nutritional supplements with your physician first.

Visit www.choosemyplate.gov for recommendations on individual dietary guidelines or speak with your physician today.

Tips for *Improving* your Child's Diet

Are you tired of dinnertime battles and bargaining with your kids to eat "just two more bites" of their veggies? If they prefer soda over milk, or would rather snack on cookies than an apple, all hope is not lost. The following tips can help you get your child's diet back on track.

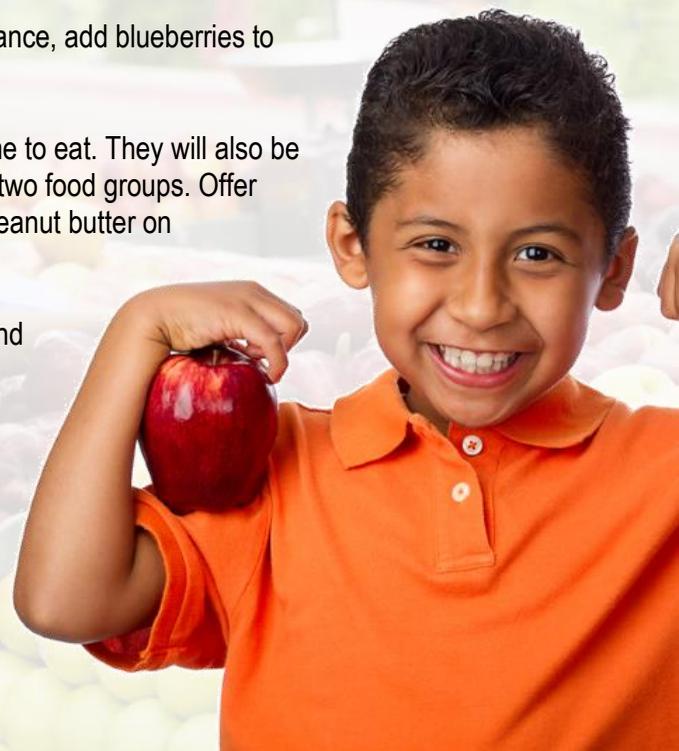
Add healthy ingredients to foods your kids already like. For instance, add blueberries to pancakes or fruit to their favorite cereal.

Have a snack schedule. Kids like routine and will know when it is time to eat. They will also be hungry enough to eat what you offer them. Try separating snacks into two food groups. Offer cheese with whole-grain crackers, apple slices with low-fat yogurt or peanut butter on whole-wheat bread.

Keep healthy finger foods available. String cheese, carrot sticks and sliced fruit all make great finger foods.

Make it a game for your kids to "eat their colors." Getting a variety of brightly colored foods helps kids get the most nutrients.

Keep dinner at the dinner table and not in front of the TV. Eating while watching TV distracts most people from realizing how much they are actually eating. Mealtime is also an important time for busy families to catch up.



Cataracts *Leading Cause of Vision Loss*

Cataracts, the leading cause of vision loss and blindness in the U.S. and the world, affects more than 22 million Americans age 40 and older.

Each year in the U.S., about \$6.8 billion is spent on direct medical costs for outpatient, inpatient and prescription drug services for cataracts, according to a study funded by a group, which has designated August as Cataract Awareness Month. It has projected that more than 30.1 million Americans will have cataracts by 2020.

With more cases than glaucoma, macular degeneration and diabetic retinopathy, cataracts are the most common age-related eye disease. A cataract occurs when buildup of old cells causes clouding of the eye's lens. Symptoms include blurred or double vision, sensitivity to strong light, or the perception that lights seem too dim. People with cataracts may have a noticeable milky or yellow spot in the eye.

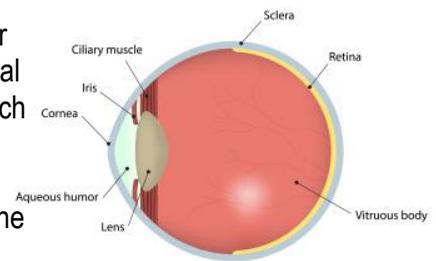
Cataracts are something that most of us will develop at some point in our lives. "The key is to understand what we can do now to help protect our vision in the future," Hugh R. Parry, president and CEO of Prevent Blindness America, said in a news release from the organization.

Age is the major risk factor for cataracts, but there are several other possible risk factors, such as:

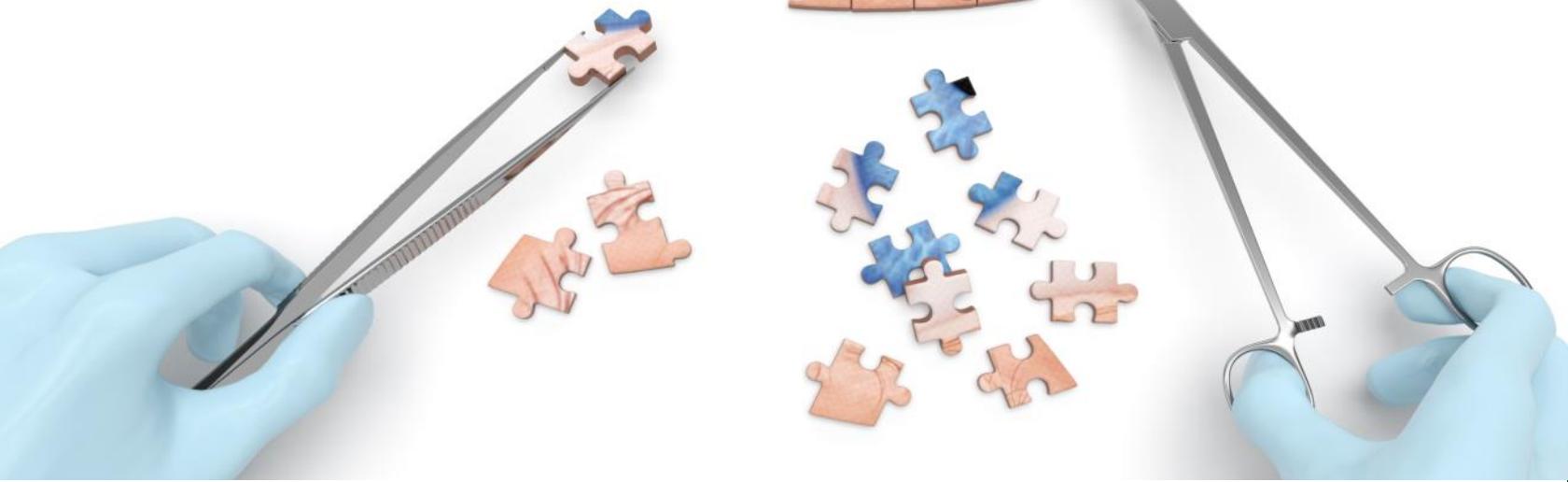
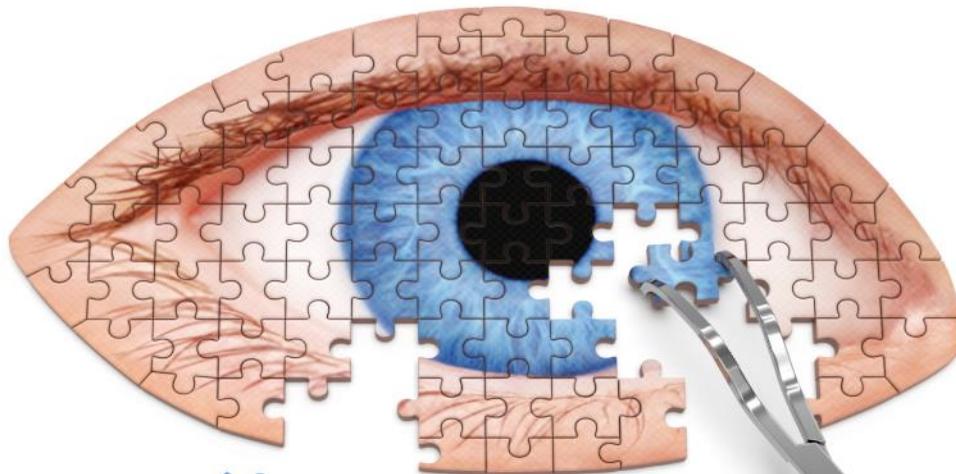
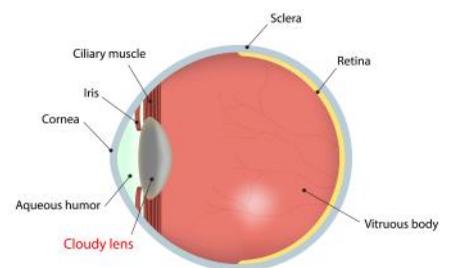
- Intense heat or long-term exposure to UV rays from the sun
- Diabetes
- Hypertension
- Excessive alcohol consumption
- Inflammation in the eye
- Genetics
- Long-term steroid use
- Eye injuries and eye diseases
- Smoking
- Pre-birth factors, such as German measles in the mother

Surgery to remove cataracts has a 95 percent success rate and is the most frequently performed surgery in the U.S. Each year, about 3 million Americans have cataract surgery, according to Prevent Blindness America.

Healthy Lens



Cloudy Lens



Calcium

Where You Least Expect It



Contributed by:  sharecare

If you do not consume dairy or dairy does not agree with you, it is easy to get your calcium in pills. But, you miss the extra nutrients from eating naturally calcium-rich foods. So here is a quick shopping list, and do not miss the bonus at the end. It will help your body get the most out of every calcium-rich bite you feed it.

Go fishing: One tin of sardines (about 3 1/2 ounces) supplies 370 milligrams of calcium. That is much more than one glass of 1% milk (290 milligrams) and about one-third of the daily 1,000 milligrams you need. (After age 50, make that 1,200 milligrams). These little fish are bursting with healthy omega-3 fatty acids and vitamin D, which help your body absorb calcium.

Drink the other bottled calcium: Mineral waters contain as much as 108 milligrams of calcium per cup — not as much as milk, but, hey, there is a big bonus: no calories! Just check the label to be sure your fave has the right stuff.

Build a smarter lunch salad: Salad bars are full of calcium, if you know what to pick, and we are not talking cheese cubes. Start off with 1 cup each of spinach (30 milligrams of calcium), romaine lettuce (15 milligrams) and broccoli (43 milligrams). Then add 1/2 cup of navy beans (62 milligrams) and 2 tablespoons of sesame seeds (176 milligrams), plus whatever else floats your lunch boat. Total: around 325 milligrams of calcium; lots of fiber; vitamins C, A and E; some protein; and a healthy, filling, good-for-all-of-you meal.

Get juiced: A medium orange has about 55 milligrams of calcium, and calcium-fortified OJ has a hefty 300 milligrams per cup, or more. Not to mention all of those sunny citrus vitamins.

(Bonus) Take a walk: Even if you are getting plenty of calcium, your body may be slow on the uptake of vitamin D. Vitamin D is required in order to deposit calcium where it is most needed, but very few foods contain vitamin D. Your skin, however, quickly makes lots of vitamin D when it is exposed to sunlight. About 10 to 15 minutes of sun exposure a few times per week is all that is needed. That is the main reason something as simple as getting a safe amount of sun can make your RealAge® as much as 1.7 years younger.

“Grow Younger. Live Your Healthiest Life. Take the RealAge® Test today! www.sharecare.com/realage”

Nighttime Snacking



Dinner is done, the dishes are clean and the kitchen is dark. What to do when the refrigerator calls? Start by asking yourself the following questions to learn if you are snacking out of hunger or habit?

1. Do you eat dinner early (5:30-6 p.m.) and feel hungry by 9:30 or 10 p.m.?

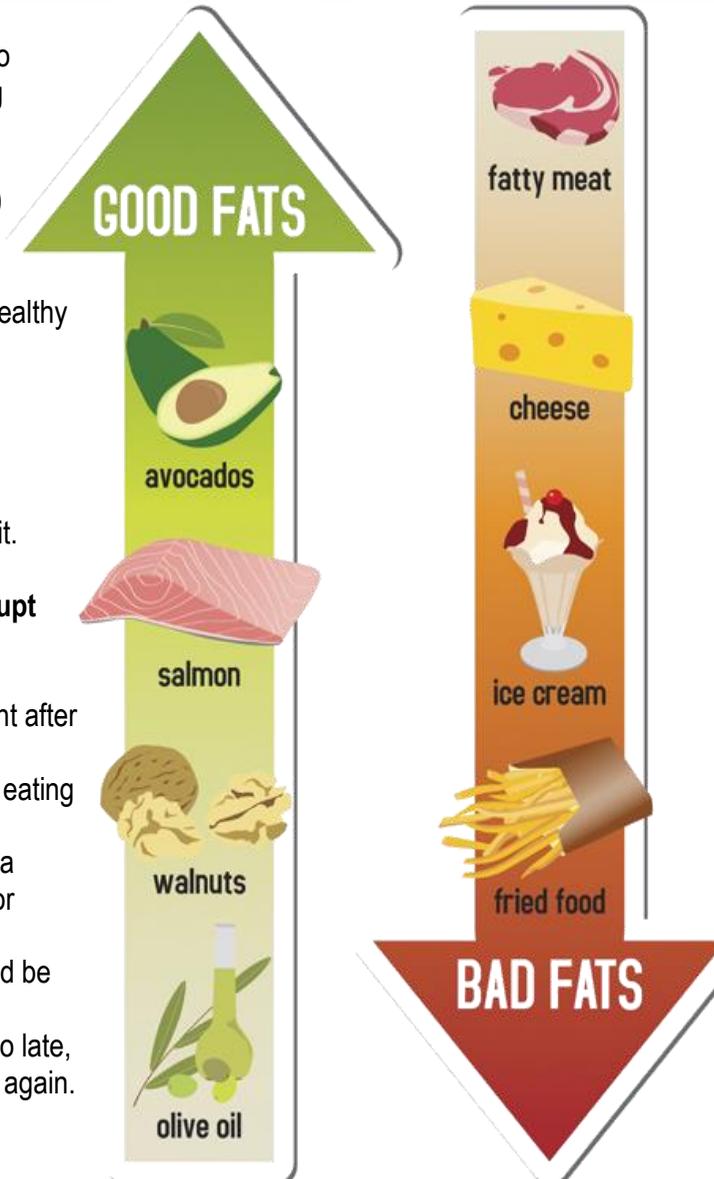
If yes, then you are probably experiencing true hunger. Have a healthy snack, such as low-fat yogurt, a cup of tea or a handful of nuts.

2. Are you craving a snack about an hour or so after dinner or while watching TV?

This may not be physical hunger, but wanting a snack out of habit.

If snacking at night is a habit, then help interrupt the cycle with new routines such as:

- Clean up the dishes and kitchen right after your meal.
- Brush and floss your teeth to signal eating is done for the day.
- Sit at the kitchen table when eating a snack, instead of in front of the TV or computer, or while reading.
- Listen to your internal body cues and be mindful of what and when you eat.
- Go to sleep. If you do not stay up too late, you will not have time to get hungry again.



The Fats of Life

Despite what all of the flashy magazines, fad diets and news articles might suggest, current recommendations from the Institute of Medicine suggest you choose a diet containing 45-65 percent of your daily calories from carbohydrates, 10-35 percent from protein and 20-35 percent from fat. Less than 10 percent of your total daily calories should come from saturated fat, less than 1 percent from trans fats and less than 300 milligrams of cholesterol.

Why is fat so important in the diet?

Fat provides a feeling of fullness as well as the calories, vitamins and nutrients that the body needs to survive. The amount of fat you eat is important because fat matters — but calories count. If something is fat-free, that does not necessarily mean that it has any fewer calories than full or low-fat foods. Fat-free does not mean that you can eat unlimited amounts of the food. Any extra calories in your diet will cause weight gain, so if you are trying to maintain your weight, your calorie intake needs to equal the calories expenditure.

Saturated Fat

Fats are categorized into two types, saturated and unsaturated. Saturated fats are the most unhealthful and are associated with increased levels of cholesterol. Saturated fats are what we call solid fats, meaning they are solid at room temperature. They are usually from animal sources such as meat, butter and cheese. Some vegetarian sources of saturated fat are coconut and palm kernel. Consuming a diet high in saturated fat will increase your LDL or “bad” cholesterol and also your risk for heart disease.

Trans Fat

Another type of unhealthy fat is called trans fat. Trans fat is a type of unsaturated fatty acid that naturally occurs in dairy and beef. It is also

produced when manufacturers hydrogenate or add hydrogen to an oil to make it more spreadable, solid or more shelf-stable. Items like stick varieties of margarine, baked goods, commercially prepared foods and fast foods contain up to 50 percent of their fat from trans fat. Eating high amounts of trans fat can raise your LDL cholesterol and decrease your HDL or “good” cholesterol. It also produces inflammation and may increase your risk for heart disease.

Cholesterol

Cholesterol is an important substance which can be made by our bodies and is not an “essential” nutrient. It is present in foods of animal origin only, meaning there is no cholesterol in plants. Cholesterol forms the major parts of plaques that narrow arteries in atherosclerosis. Atherosclerosis is the narrowing of arteries and is the underlying cause of strokes and heart attacks. The National Cholesterol Education Program advises for a consumption of 300 milligrams or less of cholesterol per day. Cutting back on meat and animal products is a good way to decrease your intake of cholesterol and saturated fats. It is important to know that foods high in saturated fat and trans fat raise cholesterol more so than cholesterol-containing foods.

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Healthier Stuffed Bell Peppers



Nutrition Facts

Serving Size: 1 pepper half

Calories	243
Fat	3.5 g
Total Carbs	41.5 g
Protein	13 g
Fiber	11 g
Sugars	11 g

Each serving of this healthy recipe is filled with flavor. This quick and easy 5 ingredient recipe will be a hit with your family on the go.

Ingredients

- 3 bell peppers (red or green)
- 1 cup of chopped onion
- 1 cup of fat-free refried beans
- 1/4 cup red enchilada sauce
- 1/4 cup shredded reduced-fat Mexican-blend cheese

(garnish — optional) - No added calories

Preparation

- Preheat oven to 375 F. Spray a large baking pan with nonstick spray.
- Slice 2 bell peppers in half lengthwise and remove seeds and stems. Lay pepper halves in the baking pan, cut sides up.
- Bake until slightly softened, 16 to 18 minutes. Remove pan (leave oven on).
- Deseed and chop the remaining bell pepper. Bring a skillet sprayed with nonstick spray to medium-high heat. Cook chopped bell pepper and onion until softened, 6 to 8 minutes.
- Transfer chopped veggies to a medium bowl and blot away excess moisture. Add refried beans and thoroughly stir.
- Blot away excess moisture from pepper halves and evenly distribute bean mixture among them.
- Top each stuffed pepper half with 1 tablespoon of enchilada sauce and 1 tablespoon of cheese.
- Bake until filling is hot and cheese has melted, 5 to 7 minutes. Enjoy!



Superfood of the Month

Chia Seeds

Why have Chia Seeds become so popular? These little black seeds are a superfood loaded with protein, fiber, calcium, omega-3 fatty acids and other important minerals. Since they absorb up to 12 times their weight, they can keep you hydrated too! You can find them in everything from energy bars to chips at the grocery store.

How to make Chia Seeds part of your diet

1. Since Chia Seeds are crunchy, you can add them to your yogurt, sprinkle them on top of oatmeal or add them to your homemade salad dressing.
2. Chia Seeds can easily be added to any bread, muffin or pancake mix. They can also be added to breadcrumbs to coat your favorite protein.
3. Those who are hard core can just add the Chia Seeds to a glass of water. They absorb water and get thick like a gelatin. The preferred way is to add them to a green juice or smoothie.
4. Pick up a Chia Seed energy bar or add them to your favorite energy bar recipe.

Nutrition Facts

Serving Size: 1 ounce

Calories	138
Total Fat	9 g
Sodium	5 mg
Fiber	10 g
Total Carbs	12 g
Protein	4.7 g
Cholesterol	0 g

Contributed by: Fruit Fresh Delivery



Exercise of the Month



Cross Body Crunch

Type: Strength

Main Muscle Worked: Abdominals

Equipment: Body Only

Level: Beginner

1

Lie flat on your back and bend your knees about 60 degrees. Keep your feet flat on the floor and place your hands loosely behind your head. This will be your starting position.



2

Now curl up and bring your right shoulder across your body while bringing your left knee in toward your right shoulder at the same time. Avoid leading with your elbow; keep them wide and bring that shoulder off the ground



3

Now go back down to the starting position as you inhale and repeat with the left elbow and the right knee.

4

Continue for alternating in this manner until all prescribed repetitions are done. (recommended repetitions: 3 sets of 12)

Variation: You can also do all of your repetitions for one side and then switch to the other side.

You should consult with your personal physician before starting any exercise routine.



Eat This...

Not That...



Reduced-Fat Graham Crackers Instead of Cookies

Who does not love a fresh baked cookie from the bakery? Next time, refrain from the traditional sugar loaded, high calorie bakery cookie and grab the reduced-fat graham crackers. Reduced-fat graham crackers offer the same consistency and flavor with about half the calories of the conventional options.

Nutrition Facts — Calories: 59, Fat: 1.4 g, Sugar: 4.4 g, Carbohydrates: 10.8 g and Dietary Fiber: 0.4 g.

Choosing lower calorie cookies and treats can still satisfy your sweet tooth. The trade off is slimming!



“Getting Fit” does not mean that you have to keep up with a triathlete. Any regular exercise or physical activity will help you stay healthy and well.



We would like your feedback and personal stories to use and feature in future publications.

Your Personal Wellness Story:

If you have a personal health or wellness story that you think would inspire others, please feel free to send a brief letter and your picture to our editor.

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Thank you for reading and contributing. We sincerely hope that we can become a healthier part of becoming a healthier you.



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