



January, 2006

Healthy Eating

Wellness Newsletter

10 Easy Ways to Eat Healthier

The Top Foods for Health & Longevity

Tomatoes
Olive Oil
Red Grapes
Nuts
Whole Grains
Salmon & Other Fatty Fish
Blueberries
Garlic
Spinach

Absolute Worst Foods You Can Eat

Doughnuts
Soda
French Fries
Chips
Fried Non-Fish Seafood (clams, shrimp, etc.)

Blue Health Connection is designed to help you live with illness, get better and stay healthy. Log on to their website of www.bcbsm.com to participate in a personal health appraisal.

Honey, I Shrunk the Food.

Portions have grown to T-Rex sizes. Shrink them by using smaller plates, ask for small ice cream cones, beverages and sandwiches and order lunch-size portions at restaurants.

Pump Up the Volume. Choose low-fat, high fiber foods whose lower calorie density fills you up without filling you out.

Drink Up. Get a water bottle and take it with you in the car, at your desk, while watching TV, etc. Water keeps your body functioning optimally.

Breakfast of Champions. Studies show people who start the day with a breakfast have higher intakes of vitamins and fiber and lower intakes of fat and saturated fat.

Add Fruits and Vegetables. Add one fruit or vegetable to every meal and you'll be on your way to lower blood pressure and improved health.

Adapted from iVillage, Lynn Grieger, RD, CD, CDE

Make Friends with Charlie. Water-packed tuna, salmon and mackerel are loaded with omega-3 fatty acids that protect our heart and cardiovascular system. Eat these types of seafood at least twice a week.

Must-Not-See-TV. Stop eating meals while watching TV or snacking during your favorite show. We eat more when we're watching the tube.

Say "moo". Calcium not only builds strong bones, it also helps reduce blood pressure. Drink milk, enjoy yogurt, calcium-fortified OJ, soy or rice milk.

Go Meatless. Eat a meatless meal at least once a week. Choose a bean tortilla, peanut butter & jelly sandwich or a vegetable burger. You'll consume less fat plus increase your fiber intake.

Bag It. Instead of buying lunch every day or skipping it, pack your lunch at least once a week. Make a sandwich with whole grain bread and lots of lettuce, cucumbers, tomatoes. Add fresh fruit, yogurt or fat-free pudding. You'll eat less fat, salt and sugar.

One Size Doesn't Fit All...

The following link can help you choose the foods and amounts that are designed just for you based on your age, sex and activity level.

Use this link to also make smart choices from every food group, find your balance between food and physical activity and get the most nutrition out of your calories.

My Pyramid for Kids has a blast-off game and other materials designed for elementary school-aged children.



<http://www.mypyramid.gov>

VITAMIN CORNER: Calcium & Vitamin D Work Together

Did you know— It takes over 550 peanuts to make one jar of peanut butter. The preference for peanut butter is strictly American. On average, Americans consume eight pounds of peanut butter per year. Folks on the West Coast tend to buy more of the chunky variety while folks on the East Coast prefer the smooth style.

Throughout life, calcium continuously moves in and out of the bones. Calcium combines with phosphorus to form bones and teeth, help muscles to contract and regulates blood pressure. However, in order for calcium to be absorbed and used, Vitamin D (formed by the ultraviolet rays of the sun) must be present.

During childhood, bones grow in size and density. Between the ages of 20 and 30 bones stop growing but become more dense and hard. After age 40, calcium begins to move out of the bones during the "bone loss stage." It is very important to reach this age with the strongest, most

dense bones possible to minimize the ef-

fects of calcium loss.

Osteoporosis is a disease of bone density loss which occurs mostly in older adults. Risk factors include: females, White or Asian, smoking, family history, alcohol intake, eating excessive sodium and protein, inadequate exercise, constantly dieting and post-menopausal women.

Check "Nutrition Facts" labels to see how much calcium you are getting. On the label, calcium is shown as a percent of the daily 1000 mg requirement. To determine the milligrams in a serving, remove the % and add a zero. A food that provides 20% of calcium will contain 200 mg's of it.

Sources of Calcium and Vitamin D: Milk, yogurt, pudding,

ice cream, cream soups, tofu, soymilk, cheese, canned fish, almonds, dried beans and dark leafy green vegetables.

If you take a calcium supplement, here are some things to consider: calcium citrate is best taken on an empty stomach; calcium carbonate needs acid to be absorbed, so take with food; since stomach acid decreases with age, calcium citrate may be best for older adults; limit calcium to no more than 500 mg at a time (this is all the body can absorb at once), only 5-10 micrograms (200-400 IU) of Vitamin D are needed each day. Do not take more than 50 micrograms (2000 IU) per day.

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ICE USAGE

Cell phones are a way of life nowadays, keeping us in contact with our world while on the go with a touch of a button. In an emergency, firefighters and paramedics may find a patient who is unable to talk. If their cell phone is nearby, it probably contains the number of someone to call who could provide information on the patient. But which number is the correct one?



Many people are now using ICE (In Case of Emergency). Using ICE in your cell phone directory can provide a valuable tool to use for emergencies.

Designate who you would like contacted and enter that number (s) under the name of ICE and/or ICE2.

Individuals wishing to make these designations should be sure the contacts know they are being designated and you should inform them of your pertinent information such as medical history, current medications and drug allergies.

The State of Michigan launched a great new website in 2005 which includes an interactive website, a media campaign, conferences, stakeholder meetings, pedometer competitions and more to help Michigan citizens take small steps toward a healthy lifestyle. Be sure to visit the site at: <http://michiganstepsup.org>



Spanish Rice Chicken

- 1 (6.8 oz) package Spanish-style rice mix
- 1 T butter
- 2 cups hot water
- 1 skinless boneless breast, cut into cubes
- 1 cup salsa
- 1 (14.5 oz) can diced tomatoes w/green chilies

Directions: In a large skillet over med. heat prepare rice according to package, using the butter to brown the rice to a golden brown. Add the water, chicken & tomatoes and bring to a boil. Cover, reduce heat & simmer 25-30 min.

Calories: 171 Carbs: 28 g Fat: 2.75 g

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Notice: Our goal is to provide you with accurate information to help your general wellness. We are not health care professionals. All items should be considered informational only and should not be used as medical advice. You should consult a health care professional before embarking on any exercise or health program.