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THE WELL WORKPLACE®

HEALTHLETTER



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★ HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDS ON IT ★

Protect Your Most Precious Cargo

Choose The Right Child Safety Seat

There are so many types and models of child car seats out there, but the right one fits your child and your car, and is one you will use correctly every time you travel. Here are some recommendations to help you make sure your child is riding as safely as possible:

- Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle. Use it every time.
- Always read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system. Refer to your specific car seat manufacturer's instructions for securing the seat and your child.
- Check the car seat's height and weight limits to make sure it's the right size for your child. As long as your child meets the requirements, keep your child in the car seat for as long as possible to maximize safety.
- Children under 1 year of age should always be placed in rear-facing car seats. Keep children in the back seat at least through age 12.
- Help is available! Visit www.safercar.gov/parents/CarSeats for more guidelines and information.



NEVER
put the shoulder belt
behind your back or
under your arm.

Most everyone knows that seat belts save lives, but even so, many people don't regularly buckle up. If you don't click it every time, not wearing your seat belt puts your health and life in jeopardy. Just think: wearing your seat belt every time you're in a vehicle greatly reduces your risk of death and/or serious, costly medical injuries that would occur if you were thrown from your vehicle.

Here are the top five things you should know about seat belts:

1. **Buckling up is the single most effective thing you can do to protect yourself in a crash.** Seat belts are your best defense against impaired, aggressive and distracted drivers.
2. **Air bags are designed to work with seat belts, not replace them.** In fact, if you don't wear your seat belt, you could be thrown into a rapidly opening frontal air bag, which opens with such force that it could injure or even kill you.
3. **How to buckle up safely:** The lap belt and shoulder belt should be secured across your pelvis and rib cage, which are more able to withstand crash forces than other parts of your body. The shoulder belt should go across the middle of your chest and away from your neck. Adjust the lap belt across your hips below your stomach. NEVER put the shoulder belt behind your back or under an arm.
4. **Fit matters.** Before you buy a new car, check to see that its seat belts are a good fit for you. Ask your dealer about seat belt adjusters if you need a better fit. If you drive an older car with lap belts only, check with the manufacturer about how to retrofit your car with safer seat belts.
5. **Protect everyone.** Your littlest passengers should always be secured in child safety seats. If you're expecting a little one, it is important for you and your unborn child to buckle up the right way too. All passengers including the driver should wear their seatbelts when in a motor vehicle—every trip, every time.

Sweet Green Soybean Succotash

Ingredients

- 2 cups** soybeans, shelled and blanched
- 2 cups** corn
- 1/2** red bell pepper, chopped
- 1 Tbsp.** fresh lime juice
- 1 tsp.** sugar
- 1 Tbsp.** plant-sterol margarine (optional)

Preparation

Mix the soybeans, corn and peppers. Place in a microwave-safe dish. Add 2 tablespoons water. Cover and steam in the microwave on high until fully cooked, about 2-3 minutes.

Optional stovetop method: Add 4 cups of water to a medium saucepan. Bring to a boil. Add the soybeans, corn and peppers. Boil for 5 minutes and drain.

Use caution: hot steam will be released from the veggies when you remove them from the microwave (or drain the boiling water.)

Add the lime juice and sugar. Add the margarine, if desired. Stir and serve warm.

Servings

Number of servings: 4, Serving size: ¼ of recipe (105g)

Nutrition

Servings: 1 Calories 202, Calories From Fat 48, Total Fat 6g, Saturated Fat 0g, Cholesterol 0mg, Sodium 18mg, Total Carbohydrate 31g, Dietary Fiber 6g, Sugars 6g, Protein 11g

A HEALTHY RECIPE BY RICHARD COLLINS, MD

Creamy Roasted Red Pepper Sauce



Creamy Roasted RED PEPPER SAUCE

Ingredients

- 4** roasted red bell peppers (or 1 15-oz jar roasted red peppers)
- 1** onion, chopped
- 2** cloves, garlic
- ½ cup** vegetable broth
- 1 tsp.** fresh lemon juice
- ½ cup** fat-free evaporated milk
- 1 tsp.** cayenne pepper
- Salt and black pepper to taste

Servings

Number of Servings: 4, Serving Size: ¼ of recipe (7g)

Nutritional Analysis

Servings: 1 Calories 68, Calories From Fat 2, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 484mg, Total Carbohydrate 9g, Dietary Fiber 0g, Sugars 8g, Protein 2g

Preparation

Roast 4 whole bell peppers by blackening either over a gas flame using a long fork, or under a broiler on a baking sheet. Turn to blacken all sides, then remove from flame or broiler. Place the peppers in a glass bowl and cover with a plate to allow heat and moisture to soften them. Once the peppers are cool, peel and discard seeds. (Alternatively, you can use a jar of roasted red peppers.)

Place peppers in a high-speed food chopper (not processor) or blender to develop a fine processed sauce. It is best to process in small batches.

In a 4-quart saucepan, sauté onions and garlic with 2 tablespoons vegetable broth. Add the remaining vegetable

broth and lemon juice. Simmer for 3-5 minutes. Cool and place into a blender. Blend to a fine consistency. Return to the saucepan. Add the roasted red peppers and evaporated milk. Simmer for 15-30 minutes to thicken. Adjust flavors with salt, black pepper and cayenne pepper. Serve on pasta or with grilled salmon, swordfish or tuna.



ABOUT **Richard Collins MD**

Dr. Richard Collins, a leading authority and speaker on the prevention and reversal of heart disease, emphasizes the connection between eating well and living long. His delicious low-fat recipes have been shared with millions through his cookbook, videos, and his nationally-renowned cooking seminars. For more information, visit Dr. Collins' website at www.thecookingcardiologist.com.

For Whole Health, Choose Whole Grains

Why Should I Eat Whole Grains?

People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases, including heart disease. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Grains are important sources of many nutrients, including:

Dietary Fiber—Fiber helps reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function, and high-fiber foods provide a feeling of fullness with fewer calories.

Several B Vitamins (thiamin, riboflavin, niacin, and folate)—The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become or are pregnant should consume adequate folate from foods to prevent birth defects.

Minerals (iron, magnesium, and selenium)—Iron is used to carry oxygen in the blood. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

Tips to Help You Eat More Whole Grains

- To eat more whole grains, try substituting a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. (It's important to substitute the whole-grain product for the refined one, rather than just adding the whole-grain product).
- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.
- Use whole grains, such as barley or bulgur wheat, in mixed dishes, casseroles, vegetable soup or stews.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, or eggplant parmesan.
- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try 100% whole-grain snack crackers.
- Popcorn, a whole grain, can be a healthy snack if made with little or no butter or added salt.

Buyer Beware!

Foods that are labeled or stamped with the words "multi-grain," "stone-ground," "100% wheat" (without the word "whole"), "cracked wheat," "seven-grain," or "bran" are usually not true whole grain products. To make sure you're buying a whole grain product, always look on the ingredient label for one of the following to be listed at the top of the ingredients list.

Real whole grain ingredients include:

- brown rice
- buckwheat
- bulgar
- millet
- oatmeal
- quinoa
- rolled oats
- whole-grain barley
- whole-grain corn
- whole-grain sorghum
- whole-grain triticale
- whole oats
- whole rye
- whole wheat
- wild rice

Little Things Make A Big DIFFERENCE



THINK ABOUT IT!
130 calories in a can of Coca-Cola x
1 per day for 1 year =
47,400 extra calories



When it comes to your weight—it's all about balance!

Maintaining weight is a matter of balance—energy balance. If you take in more energy (or calories) than you burn in physical activity, you store the extra energy around your body, mostly as fat, and gain weight. To maintain your weight, you need to balance the energy (calories) you take in with the energy you burn.

But you don't have to balance your calories every day—it's the balance over time that helps you maintain a healthy weight over the long term.

The little things make a big difference

According to Dr. Jack Yanovski, head of the Unit on Growth and Obesity at NIH, the average adult consumes around 900,000 calories per year. Genetics and other factors affect how your body uses the calories you consume. Still, the only way to gain weight is by taking in more calories than you burn.

Someone who eats just 11 extra calories a day (or 4,050 calories or so a year) will gain a pound over the course of that year. The extra weight can build up over time and contribute to obesity later in life. If you're overweight, talk to your doctor about how to lose those extra pounds.

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Start practicing these weight management tips now, and by the time **the holidays** roll around, you'll be adequately armed to keep those extra pounds off!

Prepare For The Holidays Now

An NIH research team found that almost all the weight people had gained over the course of a year could be explained by the pounds they added over the holiday period. That's why it's particularly important to make sure you maintain your weight during the holiday season. If you keep your weight in check for most of the year, but have trouble during the holidays, here's some advice from their study that might help you.

First, be active.

People who are more active maintain their weight better during the holidays. Those who reported being less active gained the most. If you exercise regularly, keep it up! If you're not active now, get started and stick with it.

Give soda the silent treatment.

Watch out for soda and other sweetened beverages. A 12-ounce soda can have more than 150 calories. A 16-ounce glass of punch or lemonade can have over 200 calories—and so can natural fruit juices. It's best to go with calorie-free bottled water (plain or sparkling).

Indulge in moderation.

Alcohol is a source of hidden calories. A single shot of liquor, about 2 ounces, is nearly 125 calories. A 5-ounce glass of wine or a 12-ounce glass of beer is about 160. Sweet mixed drinks, like margaritas, have even more calories.

Fill up on the right foods.

Choose foods that have fewer calories for their size, like soup or vegetables. You'll feel fuller sooner and take in fewer calories. For example, start out your meal with a salad or soup. Skip the second helping of mashed potatoes and go for more vegetables instead. Bringing dessert? Try angel food cake or fruit instead of brownies or pound cake.

Avoid high-fat foods.

Fat in itself may not be so bad as once thought, but it does have high energy density. If you cut back on foods that are high in fat, you'll likely cut down on the calories. So use low-fat milk instead of whole milk or half-and-half. Skip the butter. And cut away the visible fat and skin from meats.

Other strategies

Eat a healthy snack before a holiday celebration to avoid overeating later. Use smaller plates when they're available to help you with portion control.

DO YOUR

Kids Eat Smart At School?

Tips For Raising Healthy Eaters

Is your daughter, son or grandchild a master dealer when it comes to trading carrot sticks for twinkies at lunch? If your kids are eating well outside of school, you may wonder if their diet at school really matters. The answer is a resounding “yes.” But packing them a healthy school lunch is only half the battle. Making sure that the healthy food ends up in your kid’s tummy and doesn’t get traded for something loaded with sugar, fat or salt—that’s the key. Healthy diets with the appropriate levels of fat, sugar, vitamins and minerals like iron contribute to a child’s development, learning and general behavior.

Good Eating Habits Start At Home

Kids and teens are exposed to a flood of messages that counter home- and school-based teaching about nutrition and health, but parents and caregivers can give them tools for making smart food choices.

As their guardians, you play a key role in helping children learn the fundamentals of healthy living—eating well and staying active—no matter what pressures they face outside home.

Since children are much more likely to do what you do, not what you say, here are some ways you can help your kids make the right eating choices:

Foster good eating habits at home. Help your kids understand what a healthy “diet” means—that it’s not a “thing” you do to lose weight, but an important mix of foods that fuel your body.

Try to help children see healthful eating as a natural and fun part of every day.

Sit down and eat meals together. Let your kids help you cook and get involved in the family meal planning. Encourage healthy eating by exploring different types of foods together—for instance, sample a variety of fruits and vegetables from the grocery store or local farmers market to try new flavors.

Forbidding foods is likely to backfire. Take the guilt out of eating and instead use encouragement to reinforce your kids’ healthy choices.

Speak regularly with your child about good eating habits and praise him or her for making smart choices in the grocery, at school or in a restaurant.

Involve kids in the decision process. When shopping, have your child choose a few healthy items, such as pretzel sticks, popcorn, snap peas, fresh strawberries or pudding. Packing his or her own healthy school lunch can be an activity that helps your child learn how to make good choices and feel more enthusiastic about lunch options.

Healthy food and an appreciation for eating smart is only half of the health equation, however. See the next page for tips on helping the kids in your life get the recommended amount of physical activity each day.



Tip:

Pack healthy lunches the night before to save precious time in the morning!

Fitness & Teens

Help Your Teenages Get The Exercise They Need

Social support from family and friends has been consistently and positively related to regular physical activity. Parents and families can support adolescents and help them get the weekly amount of physical activity that's needed for good health by exercising as a family. This encourages making fitness a natural, every day routine, which helps teens develop a foundation for making healthy choices in other aspects of their lives.

The Benefits Of Regular Physical Activity

Being physically active has many benefits for teens, including building healthy bones and muscles; reducing the risk of developing high blood pressure, obesity and risk factors for diseases such as type 2 diabetes and heart disease. Exercise plays a key role in controlling weight, building lean muscle and reducing fat. It also reduces the symptoms of anxiety and depression.

How To Help Your Teens

Create opportunities for family activities that are enjoyable and promote young adults' confidence in their ability to be physically active. Kids thrive on praise. Sprinkle in phrases like "Good job!" "Way to go!" and "I know you can do it!" to help your kids—or any family member who is making behavior changes. This kind of encouragement builds self-confidence and gets results.

Here Are Some Fitness Activities You Can Do As A Family:

- Play outside instead of watching television or playing video games
- Make special events physical activity events (e.g. turn a family picnic into a kickball game)
- Hold activity-based birthday parties and other group functions (e.g. bowling night)
- Encourage your child to join a team or try a new physical activity with a friend
- Assign each family member a fitness 'homework' assignment for the week
- Read physical activity newsletters together
- Schedule family activity nights or field days
- Participate in Walk-to-School Week with your children
- Find a local school or community facility that enables safe participation in group fitness classes or sports clubs (e.g. intramural basketball)

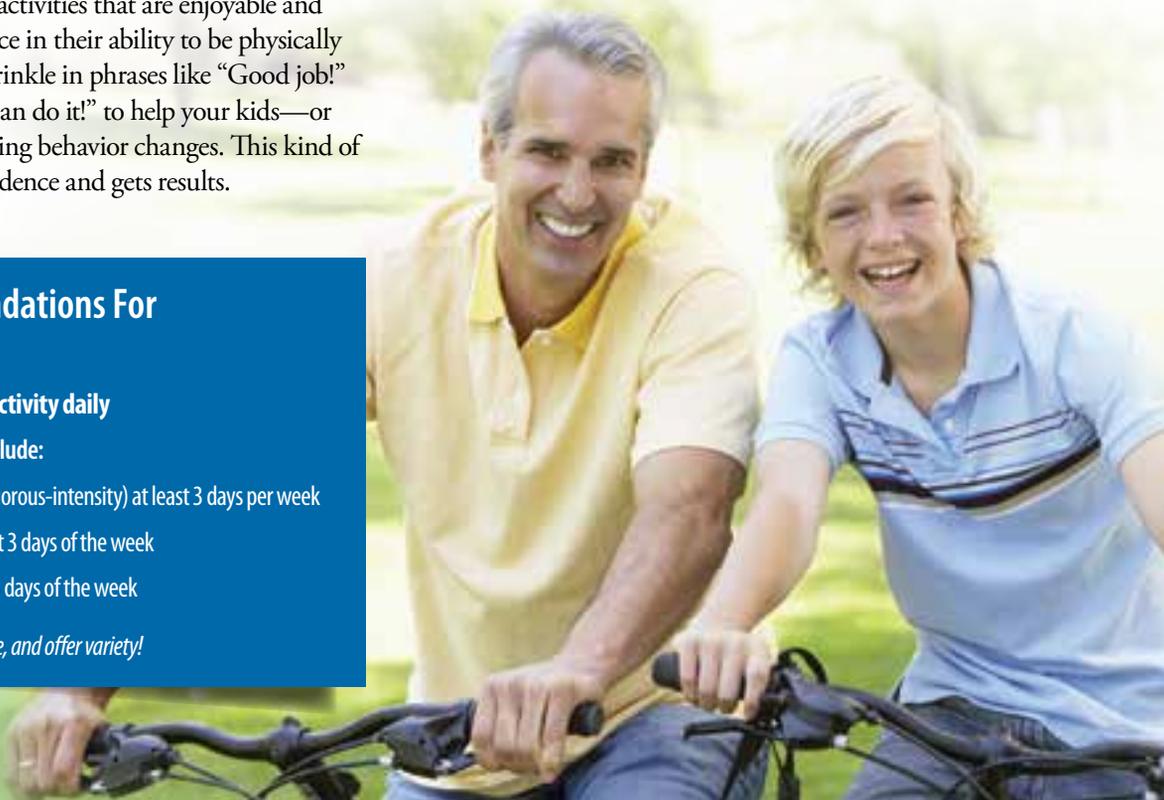
Physical Activity Recommendations For Children & Adolescents

60 minutes (1 hour) or more of physical activity daily

As Part Of The 60+ Minutes, Be Sure To Include:

- Mostly Aerobic Activities (moderate- or vigorous-intensity) at least 3 days per week
- Muscle-strengthening Activities on at least 3 days of the week
- Bone-strengthening activities on at least 3 days of the week

Tip: activities should be age-appropriate, enjoyable, and offer variety!



Fitness Improves Teen Brain Function

Regular Exercise Benefits Developing Minds

Regular exercise positively affects teenagers' ability to concentrate, and improves memory and classroom behavior. Teens who stay fit improve their heart and lung capacity, which in turn provides the brain with the oxygen it needs to function well. Studies show that physically fit teens are more likely than other teens to achieve later success at college and work—earning degrees and higher salaries. Teen fitness has also been linked to higher IQs.

Encourage Getting Active And Limit Screen Time

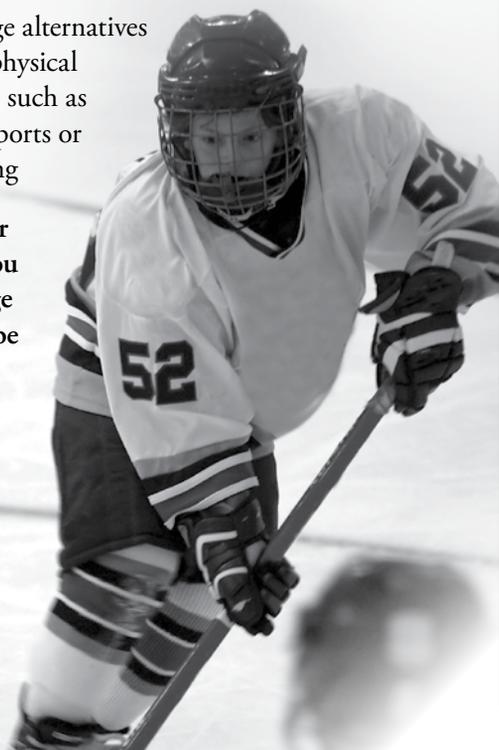
The American Academy of Pediatrics recommends less than 2 hours of media time per day. It's important that parents monitor and/or limit teen's time using the following devices:

- Television
- Computer
- Movies and DVDs
- Video games
- Cell phones or personal electronic devices

Tips:

- Turn off the television during mealtimes
- Turn commercial breaks into activity breaks
- Do not use "screen time" as a reward or punishment
- Encourage alternatives that are physical activities, such as playing sports or bike riding

See page 7 for more ways you can encourage teens to be active.



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INTERACTIVE MINDS

Drive Safe!

5 Ways To Protect You And Your Loved Ones On The Road

Don't Text: You're 23 times more likely to crash if you are distracted by your cell phone.

Buckle Up: Wearing your seat belt is the number one thing you can do to prevent serious injury and death.

Slow Down: Speeding contributes to most crashes and impairs your ability to react or avoid collision.

Protect Everyone: Secure all passengers in seatbelts and make sure children are in the appropriate child safety seat for their height and weight.

Be Ready: Use seat belts to maximize the air bag's benefits and prevent injury if the airbag deploys in a collision.

