



HOPE Health Letter

“Life Is a Journey. Have Some Fun.”

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

— Doug Larson

Food for thought

Eating is a big part of your life. Take a healthful approach to your relationship with food and stay mindful of food’s impact on your well-being.



Volume 38 • Number 3 • March 2018

Learn why eating well is key to healthy weight loss, effective workouts, managing disease and mental health.

OuterAisleFresh:

When trying to lose a few pounds, learn to spot innocent-looking but high-calorie foods that can derail your progress. Pg. 2

GetMoving:

Eating a well-balanced diet will supply the nutrients and energy needed to improve your workout results and how well you exercise. Pg. 3

TheWholeYou: Physical Health

The right nutrition prescription can help your body heal and perform well when managing individual health conditions. Pg. 4

TheWholeYou: Emotional/Mental Health

We can relieve stress through regular exercise, relaxation techniques and sound sleep. Can we also reduce stress with diet? Pg. 5

FiscalFitness:

Here’s how to take advantage of farmers markets. Pg. 6

Plus HealthyConnections:

According to a recent study, the number of obese children and adolescents worldwide has increased from 11 million to 124 million in the past 40 years. What does this mean for the next generation’s health? And, what can parents do to encourage their kids to be active? Pg. 7

StockYourToolBox:

Don’t miss our downloadable and printable PDF, DASH to Better Health, plus other resources at Mar.HopeHealth.com. Pg. 8

“Food, to me, is always about cooking and eating with those you love and care for.”

— David Chang

Savor the flavor

For loads of flavor without adding salt to your cooking, experiment with herbs, citrus juices and vinegar. Instead of salting your vegetables, finish with fresh herbs — asparagus with tarragon, peas and carrots with thyme, or roasted potato wedges with rosemary and a sprinkle of vinegar. Add orange, lime or lemon juice to soups, salads, chicken and seafood. Deliciously different.

— Cara Rosenbloom, RD

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

Go with the grain

On winter days, we want something warm to eat and we want it now. A fast way to get your fix and fiber is with a bowl of whole grains. Varieties such as quinoa and oats cook quickly and complete any meal, from a brunch bowl topped with berries and nonfat yogurt to a savory bowl with leafy greens, squash and feta for dinner. Get creative with your grains. Simply add your favorite nutritious ingredients. Get more ideas at Mar.HopeHealth.com/grains.

OuterAisleFresh: Food for Thought

Avoid these calorie traps

By Cara Rosenbloom, RD

- **If you've resolved to shed a few pounds this year**, pay attention to foods that can derail your weight-loss plan. You know the ones — the innocent-looking muffin or fruity trail mix with shockingly high calorie counts.
- **Imagine this:** You order a salad and a 16-ounce bottle of apple juice for lunch. It sounds like a light meal of vegetables and fruit with approximately 200 calories. Look closer: The salad has only about 60 calories, but the 4 tablespoons of salad dressing add 200 more. The juice is 242 calories, which brings your lunch total to 502 calories. For a salad? You could have enjoyed a filling, nutritious meal of chicken, brown rice and salad for about the same calories.
- **It's easy to pack on calories** with foods that are high in fat and sugar. For example, mayonnaise and oil can contain healthy fats, but eat them sparingly — no more than 2 tablespoons each day.
- **Sugary foods such as regular soft drinks**, candy and pastries are easy to overconsume because they taste good. While taste is important, the calories add up quickly. Always watch your portion sizes of the highest-calorie foods and drinks.



- **Small changes can help:** When eating salad, for example, limit dressing to 1 to 2 tablespoons, use less oil and more vinegar, or dip vegetables in dressing instead of pouring it over the salad.

- **Other traps:** While it's obvious that pastries, chips and chocolate can be very high in calories, it's often less clear for good-for-you foods. Granola, cheese, smoothies and nuts can be healthy, but keep portions small to save calories. Always fill plates with vegetables, which are nature's lowest-calorie foods.

Souper-easy vegetable stock

This soup starter is flavorful, fresh, low in sodium and worth the effort.

- 1 Tbsp. olive oil • 4 large carrots (8-10 in.), chopped • 4 celery stalks (8-10 in.), chopped
- 3 medium onions, chopped • 1 large fennel bulb, chopped • 1 large apple, quartered
- 12 cups water • 1-2 tsp. black peppercorns • 8-10 flat-leaf parsley sprigs • 3-4 thyme sprigs

Heat oil in a large soup pot over medium temp. Add vegetables and apple; sauté 25 minutes, until vegetables are tender and slightly browned, stirring often. Stir in water, scraping pot to loosen cooked bits. Add remaining ingredients and bring to a boil. Reduce heat and simmer until mixture reduces by half, about 2 hours. Strain stock through a sieve over a bowl. Set solids aside. Cool completely. Refrigerate covered for up to a week, or freeze.

Serves 6. Per serving: 19 calories, 0 g protein, 2 g fat (0.3 g saturated fat, 0.2 g polyunsaturated fat, 1.6 g monounsaturated fat), 0 g carbohydrate (0 g sugar, 0 g fiber), 78 mg sodium



Exercise is a celebration of what your body can do, not a punishment for what you ate.

— Women's Health UK

Take the pressure off

Exercise and a DASH (Dietary Approaches to Stop Hypertension) of nutrition to lower BP: For mild to moderate high blood pressure, exercise can generally decrease both the diastolic and systolic values by 5 to 7 points; it takes just a few weeks of increased aerobic activity. Get at least 150 minutes per week of moderate-intensity exercise spread throughout your week. Go to Mar.HopeHealth.com/DASH to learn how you can eat a lower-sodium diet rich in vegetables, fruits, legumes, whole grains and lower-fat foods — and over time you could drop your systolic BP by 8 to 14 points.

Sources: American College of Sports Medicine, Mayo Clinic

Best Rx for aging bones?

Is calcium, specifically in dairy, still as necessary for protecting aging bones as it is for building them in our youth? A variety of calcium- and vitamin D-rich foods, such as dark green vegetables, tofu and sardines — contains essential nutrients for bone health. To reduce bone loss as you age: Add weight-bearing activity to your exercise routine, limit alcohol and, if you smoke, quit.

Sources: Harvard Women's Health, Harvard School of Public Health

Get Moving: Food for Thought Exercise good nutrition

Eating a well-balanced diet can make a difference in your workout results and how well you exercise. Food helps supply the nutrients and energy you need for a workout. Keep in mind: When and what you eat depends on the intensity and length of your activity. For example:

- **Eat before a workout**, especially if you'll be exercising vigorously (e.g., running or strength training) or moderately (e.g., hiking or biking) for 45 to 60 minutes.
- **For morning exercise**, experts recommend eating breakfast beforehand if your workout is strenuous. For light exercise, such as walking, a snack may suffice.
- **Consider how you feel when you're exercising** — if you tend to become sluggish or light-headed, make time to eat something first.

Your muscles perform best when energized with food; carbohydrates can do the job.

- **How much you eat matters.** After a large meal, wait at least 3 hours before exercise; after small meals or snacks, wait at least 1 hour.
- **Nourish after exercise.** To help your muscles recover and to replace their glycogen supply (energy), eat a meal or snack that contains both carbohydrates and protein within 2 hours of your exercise.

Fuel up for exercise.

- **Breakfast option:** whole-grain cereal or bread, low-fat milk, banana and a boiled egg.
- **Snack options:** high-fiber energy bar with seeds, fruit and nuts, or cheese and whole-grain crackers.
- **Post-exercise option:** turkey or tuna sandwich with vegetables on the side.

Source: Mayo Clinic

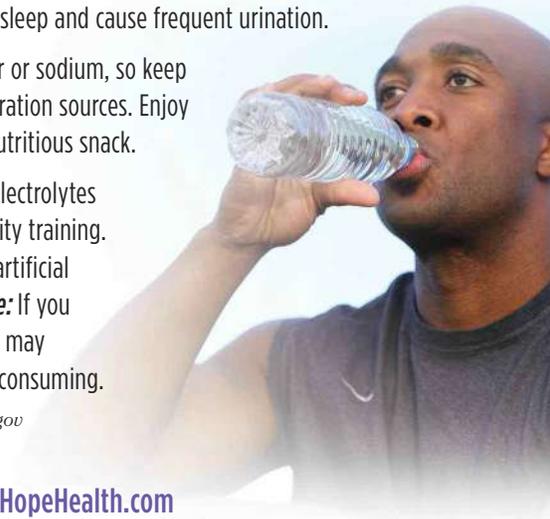
A toast to fitness

What to drink when you're active

Proper hydration is essential for physical activity. Which drinks are best for replenishing fluids? Here are some top picks for health and hydration:

1. **Water:** For any activity, water is the all-around best choice. It restores fluids lost in sweating, metabolism and waste, and relieves thirst without added calories — optimal for weight control. Target: 2 cups of fluid 2 hours before activity; 4 to 6 ounces for every 15 to 20 minutes of activity; and rehydrate after exercise.
2. **Tea and coffee:** Without adding high-calorie ingredients, both provide good hydration. **Note:** Watch your caffeine intake, because it can affect sleep and cause frequent urination.
3. **Fruit and vegetable juices:** They can be high in sugar or sodium, so keep servings small; think of juices as treats rather than hydration sources. Enjoy whole fruits and vegetables instead for a water-rich, nutritious snack.
4. **Sports drinks:** These are designed to replenish lost electrolytes (sodium, potassium and magnesium) after high-intensity training. While hydrating, sports drinks can be high in sugar or artificial sweeteners, and water is still the healthier option. **Note:** If you are active for more than an hour, a diluted sports drink may help replenish lost fluids; review nutrition facts before consuming.

Sources: Harvard School of Public Health, WebMD, GirlsHealth.gov



Everything comes down to attitude: You determine what yours is, and the external world will reflect it back.

— Laird Hamilton

Support your back

1) Lose excess belly fat. Added weight often causes lower backache. **2) Get up and go.** Lack of activity is responsible for weak back muscles — use them or lose them. Aim for at least 150 minutes of moderate-intensity exercise (such as brisk walking) weekly. **3) If you smoke, quit.** Smokers are twice as likely to have back pain as nonsmokers. Smoking reduces the amount of oxygen-rich blood available for maintaining spinal health.

Source: *Medline Plus*

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

Eat your heart out

A truly heart-loving meal is packed with whole, unprocessed foods. If your plate looks like a rainbow of fresh items, you're probably on the right track. All of these are worth adding to your diet for heart health and deliciousness: fish high in omega-3s, such as salmon and trout; berries of all kinds; fiber-rich beans; oatmeal and other whole grains; leafy greens; brightly colored (peppers and tomatoes) and cruciferous (broccoli) vegetables.

Source: *Cleveland Clinic*

The Whole You: PHYSICAL HEALTH

Eating for your health needs

No one size fits all

Food for Thought

The right combination of foods can improve how your body moves, feels, heals itself and responds to stress. Still, the diet that works for 1 person may not be the best for another. Review these nutrition tips specific to health conditions and lifestyle:

- **Diabetes:** If you have diabetes or risk factors for it, proper diet can help control symptoms and improve factors, such as obesity and high blood pressure. *Option:* Focus on a mix of whole produce, unsaturated fats, whole grains and lean protein, and avoid processed carbohydrates.
- **Gastrointestinal:** Gluten protein found in wheat, barley and rye can spell pain for those with celiac disease or gluten intolerance. *Option:* Get your complex carbohydrates from whole fruits and vegetables and non-gluten whole grains, such as brown rice and quinoa.
- **Kidney:** With a kidney condition, excess sodium and potassium can affect fluid retention, which is harmful to the heart and lungs. *Option:* Eat a balance of foods low in sodium; low-potassium produce includes blueberries, cabbage, cucumber, applesauce and peas.
- **Meat, poultry or seafood sensitivity:** If you need to avoid animal products, you can replace them with protein-rich plant sources. *Options:* legumes, nuts and seeds; soy products; hearty grains; and beefy vegetables including mushrooms and eggplant.

NOTE: Work with your health care provider to identify the best food plan to help meet your nutrition needs and manage your condition.

Sources: *Academy of Nutrition and Dietetics, WebMD*

Rough up your diet

Why do we need dietary fiber? Studies strongly support fiber's role in reducing our risk for certain common conditions, including heart disease, diabetes, constipation and some bowel disorders. Yet most Americans don't get enough fiber-rich whole plant foods.

DAILY FIBER needs for health protection:

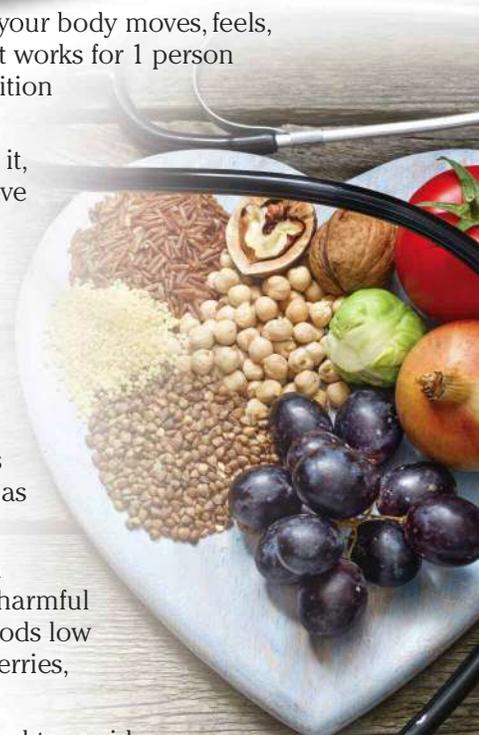
Women - 21 to 25 grams Men - 30 to 38 grams Children - 19 to 26 grams

Simple ways to add fiber to your diet:

- **Eat whole fruits** instead of drinking fruit juices.
- **Replace white rice, bread and pasta** with brown rice and other whole-grain products.
- **For breakfast,** choose cereals and breads with a whole grain as their first ingredient.
- **Snack on raw vegetables** instead of chips and chocolate bars.
- **Supplement vegetable soups** with beans or legumes 2 to 3 times a week.

Sources: *Harvard/The Nutrition Source, Mayo Clinic, Health.gov*

4 Learn more about **The Whole You:** at Mar.HopeHealth.com



Lighten up, just enjoy life, smile more, laugh more, and don't get so worked up about things.

— Kenneth Branagh

The Loneliness epidemic

There's a condition affecting many Americans that former surgeon general Dr. Vivek Murthy calls the loneliness epidemic. With increased use of smartphones, tablets and laptops, we've become more emotionally and physically distant from those around us. You may talk to people daily through text messages or email, yet the lack of in-person interaction can lead to a deep sense of loneliness and isolation. **Start closing the distance:** Reach out to friends and family for quality time, in person. Host a potluck dinner or meet a buddy for coffee. You'll find the people in your life need real, face-to-face connection just as much as you do.

Sources: National Public Radio, Harvard Business Review

End your day on a positive note

1) Prepare for the next day's work, then leave work behind. **2)** Once home, put your feet up and catch your breath. **3)** For dinner, make a one-dish meal with salad greens as a base, topped with shrimp, tofu, leftover lean beef or chicken, and mixed vegetables, all dressed with homemade vinaigrette. Not quite fast food takeout but guaranteed healthy. And it may help you sleep well.

The Whole You: Emotional/Mental Health

Calm down with diet

Food for Thought

Eating can be an emotional anesthetic to relieve negative feelings, stress and daily hassles.

Such food cravings are triggered by the stress hormone cortisol. As cortisol increases, it also raises your insulin level and lowers your blood sugar, causing cravings, especially for high-calorie sweets and fatty snacks.

Trouble is, the more low-nutrient foods we eat, the more stressed we may become — leading to more food cravings and weight gain.

When you feel stressed and crave comfort foods, reach for foods that are nutritious and provide steady energy:

- **Protein for breakfast** and lunch helps maintain blood sugar and energy levels.
- **Complex carbohydrates** increase the amount of serotonin in your brain, which has a calming effect. Examples: whole grains and lots of fruits and vegetables.
- **Drink plenty of water.** Even mild dehydration can affect your mood.
- **Avoid alcohol.** As the calming effect subsides, alcohol can make you edgy.
- **Limit caffeine** if you're sensitive to it.
- **Include foods high in omega-3 fatty acids.** They may block surges in stress hormones.
- **Don't overeat.**

As the changes begin to take effect, you'll regain the calm you've been craving.

Source: Mayo Clinic

Soothe your mind, 1 song at a time

The power of music to boost our mood and help us relax is well known.

This power is useful in aiding medical treatment, in the form of **music therapy**, practiced by certified music therapists. Music therapy has been linked to multiple benefits, including less anxiety during medical procedures, reduced cancer therapy side effects, relief from pain and depression, and improved quality of life for dementia sufferers. The good news: You don't have to be in a hospital or in physical therapy to benefit from music. Just turn on a favorite song, ease into calm and let the day's worries melt away.

Source: Harvard Health Letter

5 Learn more about **The Whole You:** at Mar.HopeHealth.com



Your diet is a bank account.
Good food choices are
good investments.

— Bethenny Frankel

Supermarket \$aver

Save grocery dollars with homemade salad dressings. Start with basic vinaigrette — olive oil combined with vinegar or fresh citrus juice. To create a smooth consistency, add an emulsifier such as Dijon mustard, honey, nonfat yogurt or buttermilk. Season with garlic, dried herbs or spices. Taste test and refine.

— Cara Rosenbloom, RD

See page 8 —

StockYourToolBox:



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Thrifty dining

Eating out is usually harder on your wallet than home cooking. By shopping thriftily you can buy all the ingredients to make a meal for a fraction of the cost of dining out. As long as you include fruits, vegetables, whole grains and lean meat or fish, homemade meals are healthier and taste better than anything bought from a vending machine. Prepare your lunch the night before to avoid the “I didn’t have time” excuse.



— Jamie Lynn Byram, MBA, AFC, MS

FiscalFitness: Food for Thought

Shopping farmers markets

The growth in farmers markets across the nation is no small potatoes —

more than 8,700 were listed in the USDA’s 2017 Farmers Market Directory. Some are seasonal and others operate year-round, such as Seattle’s historic Pike Place Market.

Late spring through early autumn is ripe with an abundance of produce. To take full advantage of shopping your nearby markets:

- Arrive early for the best selection of produce.
- Take it home and eat it fresh.
- Bring a basket or bag to fill, and cash in small bills.
- Try something new every visit.
- Ask vendors for tips on how to choose the best fruits and vegetables and how to store them.

Is it organic? Chat with the farmers about their growing practices — while they may not be certified organic growers, they often follow organic requirements.

Depending on the market, you may also find baked goods, meats, nuts, canned goods, herbs and flowers. Some vendors move indoors and offer seasonal crops in cooler months.

People of all ages have fun at farmers markets, connecting with growers and uniting with their communities. Take the kids so you can all learn more about produce and agriculture. Explore, relax and enjoy.

To find a farmers market near you, go to Mar.HopeHealth.com/markets.

Saving in the grocery aisles

By Jamie Lynn Byram, MBA, AFC, MS

If you’re like most people, food takes a large chunk out of your finances. Use these tips to save money:

1. **Read the weekly grocery store circulars** before shopping. You’ll learn what’s on sale and get ideas for meals based on ingredients being featured.
2. **Develop a meal plan** before you go shopping.
3. **Stock up on meat** when it’s marked down significantly, such as 15%.
4. **Stock up on staples.** You’ll save the money you would’ve spent on takeout or the deli.
5. **Only buy perishable foods in bulk** if you know you can eat them all before they spoil.
6. **Schedule your grocery shopping** — whether it’s once or twice a week. A routine can help you avoid impulse spending.

6 Learn more about **FiscalFitness:** at Mar.HopeHealth.com



“Whatever the problem,
be part of the solution.
Don’t just sit around
asking questions and
pointing out obstacles.”

— Tina Fey



Coffee pluses — just don’t add extras

Your morning cuppa joe may contribute to good health, namely for your heart. Antioxidants in coffee have been associated with reduced inflammation, better blood sugar and lower risk of type 2 diabetes, heart disease and stroke, although more research is needed to determine long-term effects. Key: Drink in moderation to avoid caffeine overload and kidney issues, and pass on calorie-rich sweeteners and cream.

Sources: *Harvard Heart Letter*,
Harvard Men’s Health Watch

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The information in the publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

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Please recycle.

HealthyConnections®

Fill in the blanks *Test your recall of this issue’s articles.*

1. Eating a healthful snack after a workout restores _____ in your muscles for energy.
2. Sodium, potassium and magnesium are examples of _____ that need replenishing after strenuous physical activity.
3. _____ may help alleviate anxiety during medical procedures.
4. Foods such as granola and cheese appear nutritious but are often filled with hidden _____.
5. Developing a _____ before grocery shopping can help you save money long term.
6. Women require 21 to 25 grams of _____ daily for health protection.
7. _____ should reach an internal temperature of 165°F for safe consumption.
8. The hormone _____ may trigger food cravings during stress.
9. Our _____ benefit from foods rich in calcium as well as weight-bearing activity.
10. The _____ food plan includes reducing sodium and eating a mix of produce, legumes, whole grains and lower-fat foods.
11. Unsafe preparation and storage of food is often the cause of _____ illness.

For the Fill in the Blanks puzzle answer key, go to Mar.HopeHealth.com.

Breaking the cycle of childhood obesity

According to a study recently published in *The Lancet*, the number of obese children and adolescents worldwide has increased from 11 million to 124 million in the past 40 years.

What does this mean for the next generation’s health? And, what can parents do now to instill active lifestyles in their kids?

First, set an example for kids by staying active yourself and getting the recommended weekly 150 minutes of moderate-intensity physical activity. Encourage any fitness-driven hobbies or sports that interest them, and get active as a family whenever possible.

Even in winter, there are several ways to move: swimming, basketball, dance classes, cycling or skiing.

Learning the habit of regular physical activity is a healthy first step for children. It can lead to awareness of good nutrition habits and restricting poor food choices — the leading cause of overweight in kids. Let kids know you care about their well-being and spending time with them.

Learn more at Mar.HopeHealth.com/obesity.

7 Learn more about **HealthyConnections®** at Mar.HopeHealth.com



Your Health Matters:

5 Steps to Food Safety at Home

Dining in restaurants is often blamed for foodborne illness. But a much more common source of infection is unsafe preparation or storage of food at home.

Reduce the risk of food poisoning with careful food handling. It's all about beating bacteria.

1. **Wash your hands for 20 seconds** with soap and water before preparing food AND after handling raw meats, seafood and poultry.
2. **Wash all produce.** Toss the outer leaves of cabbage and lettuce heads. Rinse foods well in running water to remove dirt. Scrub firm produce with a clean produce brush before slicing.
3. **Separate foods to avoid cross-contamination.** Wash hands, cutting boards and utensils after preparing raw meat and poultry AND before preparing other foods, (e.g., fruits and vegetables). Place cooked food on clean serving dishes.
4. **Cook to correct internal temperature.** Meats should reach a minimum 145°F, ground meats 160°F, and poultry 165°F.
5. **Chill.** Store cooked leftovers in shallow containers and refrigerate promptly. Discard any food left at room temperature beyond 2 hours (1 hour in hot weather). Use cooked leftovers within 4 days; reheat to 165°F.

Symptoms of foodborne illness include diarrhea, headache and vomiting. They usually occur within 2 days of infection.

People most vulnerable to food poisoning include children younger than age 5, adults age 65 and older, pregnant women, and anyone with weakened immunity.

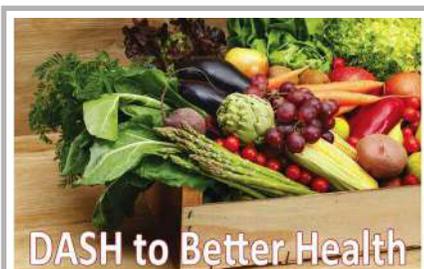


Sources: USDA, FoodSafety.gov



Stock Your Toolbox: Your Source for Cool Tools & Resources

Check out Mar.HopeHealth.com for a ton of useful well-being information. In addition to the links in the newsletter, here's what else you can find online:



DASH to Better Health

DASH stands for Dietary Approaches to Stop Hypertension (high blood pressure). If you have high blood pressure, this plan is designed to help you lower it and protect your heart.

DASH isn't just for blood pressure. It also makes sense for anyone who wants to eat for good health.

DEHYDRATION DEFENSE

It's easy to get dehydrated when you're active outdoors, rain or shine.

Symptoms of dehydration include:

- Thirst
- Dry skin
- Fatigue
- Increased temperature
- Fast breathing and pulse
- Dizziness and confusion

Don't forget others in your care. Make sure everyone is getting enough water.

A **print-and-post flyer** that introduces you to a lifelong eating plan proven to lower your blood pressure and improve your overall health.

A **print-and-post flyer** that gives you tips for staying hydrated outdoors.

A **fill-in-the-blanks puzzle** to test how well you know the topics covered in this issue of the newsletter.



Go to
Mar.HopeHealth.com
to find these resources.

*"Tell me and I forget.
Teach me and I remember.
Involve me and I learn."*

— Benjamin Franklin

*"Only I can change my life.
No one can do it for me."*

— Carol Burnett

*"The secret of
getting ahead is
getting started."*

— Mark Twain

*"Education is not
preparation for life;
education is life itself."*

— John Dewey