

LIFESTYLE



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Be Sure to Color Your Health

*By Jeremy Bennett
Wheaton Franciscan
Healthcare - All Saints*

The prevalence of cancer is estimated at over 10 million people in the United States. Part for the reason is due to the typical American plate color: beige. Unfortunately, colors aren't making it to the plate of the average American when the goal should be to incorporate as many colors as possible into meals!

Every color contains flavonoids, which represent different benefits to the consumer. Flavonoids are known for their antioxidants, which help prevent cancer and heart disease. The reason to incorporate more dietary colors is for the benefits of each color. For instance, the five crucial colors are: red, orange/yellow, green, white, and blue/purple.

- **Red:** When we eat items from the red group, we promote good health, let the body naturally fight heart disease, improve the urinary tract, help control high blood pressure, and reduce prostate cancer (in men) and breast cancer (in

women). In the red group, one serving would equal four large strawberries, one small apple, 1/2 cup or four ounces of watermelon, tomatoes, or beets, to name a few.

- **Orange/yellow:** This group promotes overall good health, protects the body from colon cancer, helps fight heart disease, and improves immune function. This luscious group consists of, but is not limited to: one small orange, grapefruit, tangerine, lemon, Clementine apricots, peach, pear, or one medium wedge of cantaloupe or papaya.

- **Green:** This group may help prevent cataracts and macular degeneration, and reduce risk for breast, lung, colon, ovarian, and prostate cancers. Green cruciferous vegetables, such as five broccoli florets per day, may help prevent skin and bladder cancer. These healthful, vibrant colored gifts also include leafy greens, honeydew, brussel sprouts, and kiwi fruit. Aim for one cup raw or 1/2 cup cooked.



Are Economic Hard Times a Blessing?

By Gary Foreman

I heard something interesting the other day that today's economic crisis reminds us of what is truly important in life. For instance, when we're young and healthy we don't give much thought to tomorrow. But, when you're stuck in a hospital bed contemplating life and death, it's only natural to focus your thoughts on what's really important.

The same is true of our finances. When times are good we add all kinds of discretionary expenses — after all, we have the money! No reason we shouldn't enjoy a little luxury — right?

However, when times are tough it's natural to separate the

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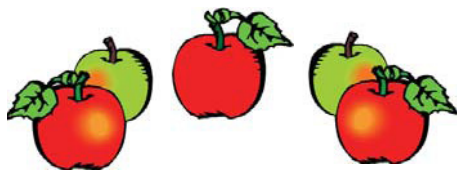
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Healthy Recipe: Apple-Pecan Stuffing

INGREDIENTS:

- 2 tablespoons canola oil
- 2 medium onions, finely chopped
- 4 stalks celery, finely chopped
- 4 tart apples, cored and diced
- 4 sprigs fresh thyme, or 1 teaspoon dried
- 2 teaspoons fresh sage, chopped
- 5 cups cubed whole wheat bread
- 1 cup chopped, toasted pecans
- 1/2 cup chopped fresh parsley
- 1/2 cup low-sodium chicken broth
- freshly ground black pepper, salt to taste



DIRECTIONS:

1. Heat oil in large nonstick skillet over medium heat. Add onions & celery, cook until soft, about 10 minutes. 2. Add apples, thyme, sage, continue cooking until apples soften - about 5 minutes. 3. Transfer apple mixture to large bowl. Stir in bread, pecans, parsley. Add just enough broth to moisten stuffing. Season to taste with salt & pepper. 4. Preheat oven to 350 degrees. 5. Bake stuffing, covered with foil, for 30 minutes. Remove foil and bake until stuffing is golden brown on edges, about 5 more minutes. **Serving size:** 1/2 cup.

NUTRITIONAL INFORMATION:

- Calories per serving: 155; • Protein: 3 g;
- Carbohydrates: 16 g; • Sodium: 131 mg;
- Saturated fat: 1 g; • Fat: 10 g; • Fiber: 3 g.

LifestyleTIPS®

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Refuting Diet Myths

Q: You hear so much about dieting that a person doesn't know what to believe — so I was curious if you could help.

A: Certainly. I'll refute a few of the leading myths, and will discuss others in a future issue.

Myth: To lose weight, you must control your hunger drive.

Fact: Your hunger drive is an inborn instinct and cannot be controlled. When you're hungry, eat! The key is to choose foods that provide *nutrition* — fresh fruits, vegetables, whole grains, and beans. To lose weight, you must satisfy your hunger drive, not wage war with it.

Myth: High protein foods satisfy your hunger drive.

Fact: Of the three major nutrients — carbohydrates, proteins, and fats — carbs sourced by unrefined whole fruits and vegetables satisfy your hunger drive, not the protein found in animal products. If you are eating a high protein diet sourced by animal products, you are not getting enough unrefined carbs, which is responsible for triggering your brain to tell you when to stop eating. ♦

Source: Dr. Leslie Van Romer, author of "Getting Into Your Pants — Add 10+10 for Life!" www.drleslievanromer.com. **Editor's note:** This article is designed for educational purposes only and should not be construed as a substitute for medical advice or as an endorsement of a specific diet.

Color Your Health

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• **White:** The white group may help prevent stomach, skin, color, and lung cancer. These include garlic, onion, chives, leeks, bananas, and white peaches. Strive for one small (4-ounce) piece of fruit and vegetable (each) or 1/2 cup serving (each).

• **Blue/purple:** This group may help prevent skin, bladder, lung, esophagus, and breast cancers. This group may also help prevent heart disease, Alzheimer's and may slow down the aging process. This group includes, but is not

limited to: 17 purple grapes, 1/4 cup raisins, 1/2 cup blueberries, 1/2 cup eggplant or one large plum.

Summary

These ideas represent just a few of the many benefits from preparing a colorful food plate. Every color is necessary. So, the next time you sit down for a meal, ask yourself: "Is there a color missing?" ♦

Jeremy Bennett is a clinical dietician with Wheaton Franciscan Healthcare in Racine, WI (www.mywheaton.org).

Hard Times

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things you really need (i.e. food, shelter, immediate medical care, and perhaps transportation) from the trivial — i.e. a fancier car, stylish clothes, lavish entertainment, etc.

And, I believe this is a good thing. It's important to understand what is truly valuable to us — otherwise we tend to forget. Sometimes I need to be reminded that my family is more important than my "stuff." The time spent with them is much more important than television. And having a home

is much more precious than what "toys" are in the garage or driveway.

So, in a way, one could say that hard times can be a blessing. If I let myself, I won't be distracted by the things that I don't have. Rather, it's times like these that allow me to place renewed importance on the things that I DO have. ♦

Gary Foreman is the editor of The Dollar Stretcher website (www.stretcher.com) and newsletters that contain thousands of articles on ways to save money, and a forum where people share their dollar-stretching ideas.