

# HEALTHY LIVING

Wellness Newsletter from **AAOA**

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# Apricot Stuffed Grilled Pork Tenderloin



## Ingredients

- 2 (1 pound each) pork tenderloins
- 1 cup dried apricots, diced (about 7 ounces)
- 1 tablespoon grated orange rind
- ½ cup crumbled goat cheese (can substitute with blue or feta)
- 3 tablespoons fresh thyme, divided
- ¼ cup chopped walnuts, toasted
- ½ teaspoon salt
- Fresh ground pepper
- Cooking spray
- 2 tablespoons apricot jam
- ¼ cup orange juice
- 1 teaspoon mustard

## Preparation

1. Preheat grill to medium-high heat and spray grill rack with cooking spray.
2. Slice pork in half lengthwise but not all the way through to create a flat piece of meat. Lightly pound pork to ½-inch thickness.
3. Combine apricots, orange rind, cheese, nuts and two tablespoons of thyme for stuffing. Distribute stuffing on each piece of pork and roll up jelly roll style lengthwise to resemble the shape of pork tenderloin.
4. Secure stuffed pork with kitchen twine, sprinkle with salt and pepper and coat with cooking spray.
5. Combine apricot jam, orange juice, mustard and thyme to baste pork.
6. Grill pork for a total of 25-30 minutes or until a meat thermometer inserted into the center of the meat registers 155-160 degrees. Baste occasionally with apricot sauce and turn once. Let stand for 5-10 minutes, then discard twine and slice.

## Nutrition Facts

Yields 5 servings

Amount Per Serving

Calories 207g	Carbohydrates 44g
Fat 3g	Saturated Fat 1g
Cholesterol 0g	Protein 3g
Sodium 222mg	Fiber 3g



# Calorie & Nutrition Needs For Kids

Is it necessary to know how many calories your child needs?

Focusing on nutritious, well-balanced diets is key to keeping your kids healthy and helping them to maintain a healthy weight. Studies have shown that the nutrients most needed by most children and teens are calcium, potassium, fiber, magnesium, and vitamin E. Following the guidelines below will help ensure your child is making the most of his or her calories and getting all the nutrients they need.

## Encourage Whole Grains

Whole-grain foods will offer more fiber, magnesium, and vitamin E than their refined counterparts. Choices here would include whole-wheat breads, cereals, English muffins, oatmeal, brown rice, and low-fat popcorn.

## Vary Your Veggies

Vegetables are rich sources of fiber and potassium. Dark-green, leafy veggies also offer calcium. Try to work in all colors of the rainbow with choices like sweet potatoes, carrots, red peppers, tomatoes, broccoli, and spinach.

## Count on Calcium

Your child's growing bones need plenty of calcium, so make an effort to serve low-fat and fat-free milk, cheese, and yogurt a couple times each day. Fortified milk will also contain vitamin D, which is essential for bone development. Dried beans and green, leafy vegetables are also good sources of calcium.

## Prioritize Protein

Lean or low-fat meat, chicken, turkey, eggs, and fish are all well-known protein sources. Also, consider serving more sundried beans and peas, which are also good sources of magnesium, fiber, and calcium.

## Find the Right Fats

Encourage your kids to eat healthy fats from nuts and seeds, avocados, fatty fish (salmon, sardines), and olive and canola oils. These are good sources of vitamin E, heart healthy omega-3, and monounsaturated fat.

## Shy Away From Sugar

Added sugars contribute calories with few, if any, nutrients. Choose foods and beverages more often that do not have sugar and calorie sweeteners as one of the first ingredients. Ideally, you want your kids to fill up on wholesome foods and leave the sweets as an occasional treat.

Working closely with your child to establish healthy eating habits is always the best route. And as always, helping your child stay physically active is a must.



# Understanding Back Pain

Four out of five Americans will have back pain at some point in their lives.

In the last decade, back pain was one of the top five reasons for a trip to the emergency room. It was also the second most common reason to receive medical care. Back pain is generally caused by:

- Lifting a heavy object incorrectly,
- Over-reaching or twisting, causing sudden pain, or
- Poor posture or stress on the back at work.

To help prevent injury, strengthen the muscles that protect your back. Strong abdominal muscles help protect the spine, while strong hips and legs make proper lifting easier. Ask your doctor what exercises are best for you.

There are also other little things you can do throughout the day to help protect your back. Here are some tips to try if you spend time sitting at a desk or driving throughout the day. Make sure that your seat is positioned for:

- **Stability:** Position your feet solidly on the floor, no dangling.
- **Clearance:** Adjust the seat depth to accommodate for your leg length.
- **Support:** Utilize the lumbar support and armrests of your seat.
- Try to avoid slouching.

Also, remember to lift heavy objects properly to reduce stress on your back. Follow these steps when you lift:

- Plan ahead – don't lift in a hurry.
- Stand close to what you're lifting.
- Bend at the knees, not at the waist.
- Tighten your stomach muscles.
- Keep your back straight.
- Lift with your legs.

You can do something about your back pain by paying attention to your body and making lifestyle changes to protect your back. Talk to your doctor about what you can do to prevent back pain.

*\* If you are experiencing back pain, talk to your doctor. It is also important to talk to your doctor prior to starting any exercise program or medical treatment.*



## Summer Packing

With summer underway, loading the car trunk with camping gear, luggage, and yard repair supplies can leave you with an aching back. Remember when you are lifting heavy objects, it is always easier if you clear the trunk area before you begin to load. Have someone help you lift those hard to handle or heavy items. Always bend your knees when lifting to save the strain on your back. Avoid the back aches at your destination and don't ruin a vacation with a back injury. Practice good back health when you load the trunk.

## Save Time...Streamline Your Employee Benefit Administration

AAOA streamlines employee benefits for employee benefit administrators with [myaaoabenefits.com](http://myaaoabenefits.com). Our secure website is available 24 hours a day, 7 days a week! Employees can view complete benefit information in one place, including benefit summaries, certificates of coverage, and direct links to find a physician or hospital.

Wellness tools and videos are also posted to this site weekly, including the Wellness Newsletter. Logging in is easy, and only requires the group number and member ID from employees' medical ID card.

Simplify your benefit administration with [myaaoabenefits.com](http://myaaoabenefits.com)!

Employees covered on the benefits have convenient access to all of the company benefit information when they need it. Reduce time away from work during the day and the questions employees have by accessing [www.myaaoabenefits.com](http://www.myaaoabenefits.com).





Sheridah Bennett  
(AAOA Wellness Champion)

## Wellness Tip

### Camping Goodies

If you are going camping or hiking, unsweetened dried fruits, such as cranberries, raisins, apricots and figs are easy to stash in your backpack as a healthy, mid-day snack. Keep fueled and hydrated and enjoy the summer!

*We want your feed-back about the Wellness Newsletter. Please e-mail us at [wellness@aaomerica.org](mailto:wellness@aaomerica.org) with any wellness tips or healthy recipe ideas.*

## Children's Eye Health – What You Should Know

Did you know that 80% of what kids learn in school is learned visually?

Good vision care is essential to every child's development. An eye exam can assure parents that their child has the visual "tools" necessary to succeed in the classroom.

Periodic comprehensive eye exams, beyond basic school screenings, provide a baseline for your child's visual health and can often detect problems that may be misdiagnosed as learning or behavioral disorders. Undiagnosed vision problems can affect performance in school and sports, and cause your child to struggle academically and socially.

Routine eye exams for children can also detect a number of vision problems, from vision impairment — which can be treated with eyeglasses or contact lenses – to more serious disorders that can have a long-term impact on health and self-esteem. Experts recommend a comprehensive eye exam by age one to rule out serious conditions such as ocular cancers that become present early in life, or amblyopia and strabismus (disorders where the eyes do not track properly, commonly called lazy eye and crossed eyes). Left untreated, these conditions can interfere with your child's vision development and overall health.

Many eye conditions (like lazy eye, crossed eyes, nearsightedness and color vision defects) are inherited, so it is important for the doctor to know about family members who have had eye problems. Tell the doctor if the child has brothers or sisters, older or younger, and whether or not they have eye problems.

Tell the doctor all of your child's medical history, from the time the child was born. Prenatal and childbirth complications, prematurity and low birth weight have been linked to eye disease. Explain any medical problems, including allergies, the child has had or is experiencing now, and bring a list of current medications, as they can affect the visual system.

### AAOA HEALTHCARE

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[www.aaomerica.org](http://www.aaomerica.org)  
[www.aaohahealthcare.org](http://www.aaohahealthcare.org)

(425) 968.0545  
(866) 968.0545 (Toll Free)  
10510 NE Northup Way, Suite 200  
Kirkland, WA 98033