

HEALTHY LIVING

Wellness Newsletter from **AAOA**

March 2013

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Mini Shepherd's Pie



Ingredients:

- 2 tsp extra-virgin olive oil
- ½ cup chopped onion
- 12 ounces 93%-lean ground beef
- 2 Tbsp all purpose flour
- 1 Tbsp tomato paste
- 1 cup reduced sodium beef broth
- 6 ounces baby spinach, chopped
- ¼ tsp salt, divided
- ½ tsp garlic powder, divided
- 2 12-ounce packages frozen winter squash puree, thawed
- 1/3 cup finely shredded Parmesan cheese

Directions:

Position rack in upper third of oven; preheat broiler.

Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until beginning to soften, about 2 min. Reduce heat to medium, stir in beef, flour and tomato paste, and cook, stirring, until the beef is mostly browned, about 3 min. Add broth, scraping up any brown bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 min. Stir in spinach, ¼ tsp salt and ¼ tsp garlic powder; cook until the spinach is just wilted, about 1 min. Remove from heat.

Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl. Stir in the remaining ½ tsp salt and ¼ tsp garlic powder. Divide the meat mixture among four 10-ounce broiler-safe ramekins. Top each with about 1/2 cup fresh squash. Place the ramekins on a baking sheet.

Broil until heated through and bubbling around the edges, about 10 min. Sprinkle with cheese and broil until it is just melted, about 3 min more.

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 310	Carbohydrates 26g
Fat 13g	Fiber 6g
Cholesterol 70mg	Protein 29g
Sodium 708mg	Fiber 5g

Help Control Your Diabetes With Exercise

How Exercise Helps Diabetes

If you have diabetes, your body either does not make enough insulin or it can't use the insulin it makes. But when you exercise, your body becomes more responsive to insulin and it takes less insulin to keep blood sugar levels in the normal range. However, better blood sugar control does not end when the treadmill stops. Your body reaps these health benefits during your workout and for several hours after. Over time, exercise may help people with type 2 diabetes reverse their resistance to insulin because physical activity helps the cells better respond to insulin.

The Health Benefits

Being physically active has many benefits; and if you have diabetes, you're at a greater risk for other complications in the long run. Other complications include heart and kidney disease, and nerve and eye damage.

Regular exercise leads to:

- Better blood sugar control
- Lower blood pressure and bad (LDL) cholesterol
- Higher good (HDL) cholesterol
- Improved circulation
- Weight loss (if you are overweight)
- Reduced stress levels
- More energy
- Stronger heart, muscles and bones

Tips to get started

Check with your doctor before you start any exercise program. Your doctor will evaluate you and offer safe exercise options. You may have limited exercise choices if you have certain diabetes complications. If you have nerve damage in your feet, for example, your doctor may suggest swimming instead of walking.

Start slow. Gradually increase the amount of time and intensity of your workouts. Begin with 5 to 10 minutes at a time and work up to 30 minute sessions, most days of the week.

Find an activity you enjoy; try biking, dancing or hiking.

Check your feet after each workout. If you notice any sores or blisters, let your doctor know. Wear comfortable, well-fitting shoes to reduce the risk of foot problems.

Drink water before, during and after being active to prevent dehydration.

How Nutrition Savvy Are You?

Test your nutrition knowledge

Are you savvy about nutrition? How much do you know about whole grains, fiber and healthy fat? Answer these questions to test your nutrition knowledge.

1) Avocado is a good source of:

- Saturated fat Fiber Calcium Vitamin A

2) Which of the following is not a whole grain?

- Barley Oatmeal Wheat bread Brown rice

3) Which of the following has the most fiber per cup?

- Brown rice Broccoli Lentils Blackberries

4) An ounce of cheese is about the size of:

- A deck of cards A DVD case
 Three dice A Small Lemon

5) Which one has the most sugar per 12 fluid ounces?

- Sweetened ice tea Chocolate milk
 Soda Orange juice

6) It's 4 p.m. and hunger strikes. Which is the best snack option?

- A serving of whole-grain crackers and low-fat cheese
 Half a turkey sandwich on whole-wheat bread
 One-quarter cup of hummus and medley of raw veggies
 All of the above

7) When trying to lose weight, try to eat as little fat as possible.

- True False

8) Getting 15 grams of fiber a day is enough to reap benefits.

- True False

Calorie Intake



Did you know if you take in 100 fewer calories a day, you can lose up to ten pounds in one year?

Little changes can make a difference. Sometimes, it's easier to tackle small steps instead of trying to make a lot of big changes all at once. Simple suggestions such as those listed here, help trim at least 100 calories from your diet.

- Use two tablespoons of light whipped butter instead of two tablespoons of regular butter.
- Substitute two tablespoons of chicken broth for one table spoon of oil when sautéing or stir-frying.
- Eat fresh fruit instead of dried fruit or fruit juice.
- Choose thin-crust instead of thick crust pizza.
- Order coffee with skim milk or one percent milk instead of cream or regular milk.

Protect Your Eyes



Eye experts say nine out of ten eye injuries could be avoided if people used the right safety eyewear. For most home

projects, wear goggles marked ANSI Z87. 1 on the product's lens or frame. You can buy them at your local hardware or building store. Some projects, such as welding, require special eye protection. So, be sure to find out which type is needed for the job you're doing. Also, don't forget to protect your eyes when out in the sun and during sports activities, for both yourself and your children. The right safety gear can vary from sport to sport. Ask your doctor for guidance.

See the answers to these questions on the back page.

Surviving Allergy Season

Since pollen is so widespread, it is hard to avoid. However, there are some simple things you can do to reduce your exposure to pollen.

Don't go out early in the morning. Pollen counts are highest between 5 a.m. and 10 a.m.

Keep your home pollen-free. Leave your shoes outside and change your clothes when you come home.

Don't hang your clothes outside to dry.

Try to avoid mowing the lawn or raking leaves. If you must do yard work, wear a face mask.

Wash your hair every night.

Wash bedding in hot water once a week.

Use air-conditioning in your home and car. Change air conditioner filters regularly. Use a HEPA (high efficiency particle arresting) filter that removes pollen and other common allergens from the air.

Check the pollen counts in your area. They tend to be lower on humid, windless days.

See your doctor if:

Over-the-counter medications aren't helping

You have year-round allergies

You feel stuffed up or blocked on only one side of the nose

You have any of the following symptoms:

-Wheezing, Productive cough, Achy sinuses, Headache, Fever

How your doctor can help:

Medications

Treat other conditions

Allergy testing

Allergy shots

MARCH WELLNESS TIP



Sheridah Bennett
(AAOA Wellness Champion)

Wellness Tip

Water = Hunger Buster

Sometimes when we start to feel that desire to eat we mistake hunger for thirst.

Next time you feel the urge to eat something, try drinking a little water first to see if the feeling goes away. If it does, then you know that you were just thirsty, if not, go grab a healthy snack. This can help to reduce your caloric intake and keep you hydrated.

We want your feed-back about the Wellness Newsletter. Please email us at wellness@aooamerica.org with any wellness tips or healthy recipe ideas.

How Nutrition Savvy Are You? -Answers

- 1. Fiber.** Avocados are a surprisingly good source of fiber. One half of an avocado has 7g of fiber and is about 160 calories.
- 2. Wheat bread.** Unless the label specifically says "100% whole wheat," it is typically made of regular processed white (wheat) flour. This type of bread typically is not a good source of fiber and other nutrients found in whole grains.
- 3. Lentils** contain a whopping 16g of fiber in one cup (cooked).
- 4. Three Dice.** One ounce of cheese is about the same size as three dice put together or a typical pre-sliced piece.
- 5. Soda.** Regular soda just squeaks by as the leader in this group, with 40g of sugar. Most sodas come in 12-ounce cans, so this is a standard serving size. Bottled sweetened ice teas have about 38g of sugar in 12 ounces, but typically come in 16-ounce bottles. Chocolate milk and OJ both have about 36g of sugar per 12 ounces, but they also deliver other nutrients, such as vitamin C and calcium.
- 6. All of the above.** You guessed it, all of the options above would make great afternoon snacks, all for around 250 calories or less.
- 7. False.** Including some healthy fat in your meal plan is a safe and healthy way to lose weight, as long as your overall calorie intake is in check.
- 8. False.** Experts advise that most people get about 30g of fiber a day. The formula is: consume 14g of fiber for every 1,000 calories consumed. Increase your fiber intake in proportion if you eat more than 2,000 calories. Also, be sure to increase fiber slowly and drink plenty of water to avoid gas.

AAOA HEALTHCARE

www.myaaobenefits.com

www.aooamerica.org

(425) 968.0545

(866) 968.0545 (Toll Free)

10510 NE Northup Way, Suite 200

Kirkland, WA 98033