

# COMPLETELY WELL

## Nutrition

### *The Nutrition Numbers*

Are you a calorie counter? Do you count fat grams or points? If you are aware and concerned about how much you eat, are you also concerned about how much nutrition you are getting? Your body requires more than calories. It needs vitamins, minerals, fiber, protein, carbohydrates, and fats. Here are some things to consider the next time you choose something to eat.

**Protein:** As a general rule, adults need between 46 and 56 grams of protein a day (men needing more than women). There is protein in animal products (meat, dairy, and fish), though animal products tend to be higher in fat and cholesterol. There is also protein in grains, legumes, and vegetables - more than enough to meet your needs. For example, 3 ounces of meat contains about 20 grams of protein while 1 cup of beans contains about 16 grams of protein. If you do choose meat, choose lean cuts and keep your portions moderate.

**Carbohydrates:** Low carb, no carb, gluten free – it can be hard to know what to choose. Carbohydrates are essential for energy, and adults need, on average, between 225 and 325 grams per day. The key here is to get your carbohydrates from vegetables, fruits, and whole grains that have not been processed or have added fats or sugars. Gluten free options are available for people who are diagnosed with Celiac disease with gluten sensitivity. While choosing gluten free will not hurt you in any way, it is unnecessary unless you have a specific reaction to wheat that causes digestive or

**Fiber:** A diet that is high in fiber is good for your digestive health, your cholesterol levels, and helps to keep you full longer. Adults need between 21 and 40 grams of fiber per day. Fiber is found in vegetables, fruits, whole grains, and legumes. Increase your fiber intake slowly to avoid digestive discomfort.



**Insurance Agency**

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inflammatory problems.

**Fats:** Yes, you need fats in your diet. Just be sure they are healthy ones! Monounsaturated and polyunsaturated fats (olive oil, canola oil, corn oil, etc.) are heart healthy. Stay away from fats that are solid at room temperature (saturated fats) and any partially hydrogenated fats (Trans fats). Keep fat portions to a minimum.

**Vitamins and Minerals:** While a diet that includes a variety of plant based foods should give you everything you need, discuss with your doctor whether you need to supplement. Some medical professionals recommend added vitamin D and Calcium.

## Produce of the Month - Raspberries

In the summer, grocery stores and farmer's markets are in the peak of berry season!

Strawberries and blueberries are common in many kitchens, great as part of a breakfast parfait or a low calorie dessert. But another berry is worth trying out for its flavor and health benefits: the raspberry. Considered the most delicate and perishable of the berries, raspberries have a "melt in your mouth" texture and add a slightly sweet, mildly tart taste to many dishes.

**The Basics:** Try to buy your raspberries no more than two days before using. Raspberries have a hollow center, but the fruit should be firm and have a deep red, purple, or bluish

color to them. Raspberries are easily crushed and should not be packaged or stored in too small a container. Do not wash before storing in the refrigerator. When ready to use, gently wash and pat dry just prior to serving or cooking. Raspberries should not be left out for an extended length of time. Raspberries freeze well. Wash gently and dry. Freeze them in a single layer and then package them together when frozen.

**Try This:** Raspberries are great on cereal, yogurt, ice cream and served with angel food cake. You may also eat them drizzled with just a little high quality balsamic vinegar for a real Italian dessert treat.



**The Facts:** One cup of raspberries contains about 64 calories and over 8 grams of fiber. Raspberries are high in manganese (a mineral) and vitamin C and is a good source of folate and omega 3 fatty acids.

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### Less Is More: Summer, by Marie McFadden CHES

Most of the country had a very tough winter that included lots of snow and very cold temperatures. With warm weather in full swing, people are ready to go out and buy their summer "must haves." These can be anything from shorts to grills. How do you keep your excitement from depleting your wallet? Well, for the large items, you really should plan ahead and buy those in the fall! But if that is not an option, no worries...here are some tips.

1. For clothing items, sort through what you already have. Check your attic, closets, or storage units before going to the store. After sorting, make a checklist of items that you do need. For example 2 pairs of shorts, 3 tank tops, and a pair of sandals. Stick to your list to get more bang for your buck and check out the bargain/discount stores.
2. As the farmers markets open up for the summer, put them on your weekly to do list. Fresh produce is always a healthier option and the farmer's market price tag is one you are sure to enjoy!
3. If you are working in your yard, think outside the big chain stores for plant purchases. Roadside stands and small shops can offer more plant for the money. See if your neighbors are thinning out their planting beds. You can offer a new home for plants they have outgrown! Be sure to offer your excess plants as well!



The effects of regular stress are clear: increased risk for high blood pressure, heart problems, depression, weight gain, metabolic syndrome, and more. And while we can't avoid all stress, we can learn to manage it. Here is a year of stress management techniques to try.

*July:* Let in the sun! Though you want to avoid too much sun on your skin, opening the curtains to let sun in is a mood booster.

*August:* Enjoy dinner al fresco! Have a dinner outside with friends or family; it is a good way to connect with others and enjoy the outdoors – both great for reducing stress.

*September:* Apple season is here, and research shows that eating more produce improves the immune system and is good for the digestive track. Studies have linked good digestive health with a reduced risk for depression.

*October:* It's Trick or Treat time! Allow yourself a small treat once a week or so. For example, it's okay to include a small serving of frozen yogurt or dark chocolate into your week's diet. Being kind to yourself is key to managing stress.

*November:* Give thanks! Feeling and expressing gratitude is good for emotional and physical health. It increases optimism and general satisfaction with life. It also helps to reduce blood pressure.

## *A Year of Stress Management*

*December:* Give yourself a gift! One of the best gifts you can give yourself during the busy holidays is the gift of time. Don't say yes to every invitation and run every errand that is asked of you. Downtime is important!

*January:* Make sure you are getting regular exercise! Exercise is one of the best ways to deal with stress. During the winter months, walk the local mall, join a gym, or use your gaming system to work out. Just make a point of moving everyday!

*February:* Be realistic about relationships. Expecting our significant other, friends, and family to be like the ones we see in movies or on television isn't real. Keep your expectations for your relationships in check, expecting respect and kindness while allowing for the occasional bad moods and mistakes. We are all human!

*March:* Don't give up! Sometimes the stress we feel is because of our own perception of a problem or situation. Take a second look at what is causing you stress and see if you can find another way through it or around it!

*April:* Have a good cry. Or at least let yourself feel bad about whatever is causing you stress. By just letting yourself feel the sadness, frustration, or disappointment, you may find that the "bad" feelings lessen and you will be ready to move on.

*May:* Consider the "maybe." Maybe what is stressing you out is an opportunity – an opportunity to grow and change.

*June:* Breathe. Deep breathing will reduce blood pressure and is a definite stress reducer!

## Preventive What's New in Health News?

### E-Cigarettes

While many consider e-cigarettes a safer choice, others are doubting they are a healthier alternative. One study, done by RTI International, a not for profit research institute located in North Carolina, found that the vapor particles from e-cigarettes were able to go more deeply into the lungs than the smoke from cigarettes. This would mean that if there were chemicals in the vapor, they could potentially be absorbed into the lungs more easily. Additional research questioned whether the ingredients found in e-cigarettes – glycerin, glycol ethers, nicotine – are safe when inhaled. Nicotine raises blood pressure and constricts blood vessels. The bottom line? Until further research is done, choosing to smoke an e-cigarette is still a risk to your health.

**\*Using e-cigarettes will count as nicotine use in wellness program screenings. Nicotine results can affect your health insurance rates for companies that link wellness programs to insurance rates. Consult your company's Human Resources Department regarding wellness screening policy.**

### Tanning Beds

The U. S. Food and Drug Administration (FDA) changed the labeling for tanning beds from "low-risk" to "moderate-risk." Tanning beds have also been given a "black box" warning that tanning beds should not be used by anyone under the age of 18. The black box warning is the FDA's strongest warning but is not a law. Use of tanning beds significantly increases your risk of skin cancer. Using a tanning bed once increases the risk of basal cell carcinoma by 29% and squamous cell carcinoma by 67% (*British Medical Journal, 2012*). According to the CDC, 419,000 cases of skin cancer are caused each year by indoor tanning.

### Type 2 Diabetes

A new report from the Centers for Disease Control and Prevention states that 29.1 million Americans have type 2 diabetes. Of that number, nearly 1/3 are undiagnosed. There is a high cost for being diagnosed with type 2 diabetes. It raises the risk of heart disease, kidney problems, circulatory problems, and blindness. In addition, medical costs for people with type 2 diabetes are approximately 2.3 times higher than the medical costs for people who are not type 2 diabetic.

## Fitness



### Biking

Biking is a great way to enjoy the outdoors and get in shape. Appropriate for almost any age, biking can be an aerobic activity that is good for the heart as well as a workout for your legs. Many cities and towns have designated bike paths for you to enjoy and explore.

While biking, follow the rules of the road, riding with traffic and obeying all traffic signs and lights. Wear a helmet at all times. Carry personal identification with you. Do not bike with an iPod or mp3 player. You need to be able to hear any cars, dogs, or people who may approach. Stay visible at all times, wearing reflective clothing if riding at night. If taking a long ride, have water with you to stay hydrated.

Get out and enjoy the summer months on your bike. Take a quiet ride by yourself or head out with family or friends. It's a great, green way to get around and get fit.



## Ask the Trainer: Weight Loss Plateaus

**Question: I've been working out consistently 4-5 days a week for the last 3 months and have stopped losing weight. What could be the reason for this?**

Answer: There are many different factors that could be coming into play. First, I would ask you to look at the number of calories you have been consuming and what those calories consist of. When you are working out, losing weight, and building muscle – you may need to fuel your body differently after a certain amount of time. The more muscle you have, the more calories your body naturally needs. Also, you may be burning between 300-500 calories when you workout. However, if you lose a significant amount of weight, your calorie needs may be less. Make sure that you are not eating more because you have worked out. You want your body to utilize body fat for energy. Also, look at the types of foods you are eating. Make sure you are eating a wide variety of foods and not the same thing everyday. You should be eating as clean as possible and limiting the processed and fast foods.

This leads me to the second thing you should look at. Are you doing the same workout each day/week and have you maybe hit that dreaded fitness plateau? Doing the same workout everyday can lead to a fitness plateau. Let's say you are doing cardio three days a week and weights twice a week. Every time you do cardio, you run 2 miles and on the strength days you do the same exercises. This can lead to a plateau and means you need to change things up. After a certain amount of time your body gets used to doing the same thing, and you will not get the same benefits from the exercise. So it may be time to change up your routine. Maybe during your 2-mile run you sprint for 30 seconds every few minutes or maybe add a half a mile. As for the strength portion, there are hundreds of different exercises and routines out there that you can do to challenge your body. Also make sure that you aren't cheating yourself during any of your workouts. Even slacking a few minutes can prohibit you from achieving your goals. This also goes for making sure you are eating correctly, one cheat day can actually cancel out your hard work for the week.

The last thing I am going to ask you to look at is if you are getting enough sleep at night. Many people do not think that this can affect your weight loss but it sure can. Sleep is very important and if you aren't getting enough sleep, it can lead to higher stress levels and less time for your body to rebuild and recover. I hope this helps! Good luck reaching your goals!

Erin M. Long, B.S., NSCA-CPT



## Staying Fit on Vacation

Enjoying time away doesn't mean you have to let your fitness goals slide. There are a number of ways to have fun on a vacation and get a workout in.

1. If you are staying somewhere with a gym or have access to a fitness center, you can workout in the morning before heading out to the beach or other planned activities.
2. Vacations are a great time to try something new. Many vacation spots offer bike tours, jet skiing, hiking, water skiing, etc. These active choices are great ways to get your workout in while having fun.
3. Don't put so much pressure on yourself to keep up with the same workout routine that you do at home. If you are active on vacation – walking, swimming, dancing, etc. – you can give yourself a break from the treadmill or elliptical!



*“Laughter is an instant vacation.”*

*Milton Berle*

Want to know more? Contact TCU Insurance for more information on wellness programs and how they can help reduce healthcare costs and improve employee wellness.

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