October 2016

Completely Well

ICU Insurance Agency

Nutrition

New Nutrition Label Rules

By the end of July 2018, nutrition labels will have a different look! The U. S. Food and Drug Administration (FDA) announced these changes that reflect the latest in nutritional science. Here is some of what you can expect:

- Calories, servings, and serving size will all be featured in a larger font.
- Serving sizes will better reflect how much people are actually eating and drinking. This includes "dual column" labels on larger packages that will list the nutritional information in a serving and in a "per package/per unit" amount.
- "Added sugars" will be included on the label.
- Vitamin D and potassium will be added to the label. Vitamins A and C will not be required on the label but will be optional.
- Types of fat (saturated, trans, and total) will still be on the label but "Calories from fat" will be removed. Current nutritional research shows that the type of fat is more important for health than the amount.

Label Format: Original vs. New

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Image: U. S. Food and Drug Administration

It's important to read labels carefully. These new labels are designed to help you make healthier choices!

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Produce of the Month: Garlic

Mention garlic and many people think of Italian cooking, pizza, pasta sauce and even bad breath! But despite its malodorous reputation, garlic is a wellness powerhouse, known for improving cholesterol, reducing triglycerides, protecting blood vessels from inflammation and lowering blood pressure. New research finds a link between garlic consumption and a reduced risk for colorectal and renal cancer. While not a significant source of vitamins or minerals, the healthy compounds found in garlic make it a great choice.

The Basics: Garlic is a bulb, made up of a number of cloves. You should buy garlic fresh, in your produce section. Do not buy more than a couple of bulbs at a time. Store in a dry, dark place until ready to use. To prepare, pull the cloves from the bulb and remove the papery peel with a pairing knife or by placing the flat of a knife on the clove and pressing down. You can then slice, mince or chop the garlic according to your needs.

Try This: Take a whole bulb and slice the top off, revealing the pockets of cloves. Drizzle olive oil over the bulb and wrap in foil. Bake for 30 minutes in a 350 degree oven or until the garlic is soft. The garlic can be spread onto warm bread or crackers.

The Facts: Once clove of garlic has approximately 5 calories, trace amounts of fat and is low in sodium.

Preventive

National Liver Awareness Month

It is said that the body has five vital organs: heart, lungs, brain, kidneys, and liver. And while most people understand the functions of the first four, the important functions of the liver may be a mystery. Here is what the liver does and how you can help keep it healthy!

The liver is located in the upper abdomen, below the diaphragm on the upper-right. Its functions include removing toxins from the body; metabolizing glucose, fats, and protein; producing bile for digestion; and storing fat-soluble vitamins. The liver breaks down old blood cells and helps to process all medications you take. The liver is always working, filtering approximately 30% of your blood volume each minute.

There are a number of liver diseases. The most common include hepatitis, fatty liver disease, and cirrhosis. Hepatitis is most often caused by a virus and is characterized by inflammation of the liver. There are 3 common forms: A, B, and C. Types B and C can lead to liver failure and liver cancer if not treated and can be transmitted through blood. Fatty liver disease is the accumulation of fat in the liver. The two types are alcoholic liver disease and nonalcoholic fatty liver disease. Both types of fatty liver disease can result in

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cirrhosis. Cirrhosis can also be caused by alcohol, toxins, and hepatitis. Cirrhosis creates scar tissue in the liver, ultimately leading to liver failure, if the disease isn't treated. Additionally, cirrhosis could lead to a need for a liver transplant.

To keep your liver healthy, you should do the following:

- Avoid or limit alcohol.
- Follow directions on all medications. Taking too much medication or mixing the wrong medications can cause liver damage.
- Get active. Exercise helps to burn glucose and can help you lose weight, which reduces the risk of fatty liver disease.
- Lose weight if needed.
- Let your doctor know about all over the counter medications you are taking, including vitamins and herbs.
- Vaccines are available for both hepatitis A and B.

A healthy liver is essential for a healthy life. Take care of your liver with a healthy diet and exercise and avoiding toxins. Screening for liver problems is done with a simple blood test. Discuss your need for screening with your doctor.

Lifestyle

Could a greater miracle take place than for us to look through each other's eyes for an instant?

Henry David Thoreau

The Importance of Stories

If you are like me, you like a good story: a novel that tugs at your heart, a movie that makes you laugh, or even a television show that keeps you guessing. For many of us, stories are how we unwind at the end of the day or how we enjoy some downtime on the weekend. You may not know, however, that stories can actually help us emotionally, creating empathy and providing an outlet for difficult or challenging emotions. Stories can be uplifting and provide hope. And most of us enjoy a funny story, since laughter is a real stress reliever! Any story that transports you in some way can be emotionally healthy.

Dr. Paul Zak, founding Director of the Center for Neuroeconomics Studies, has researched the impact of stories on individuals. He found that stories, those with intensity and increasing tension, help to transport the reader or viewer in such a way that there was a chemical change in the brain, a release of oxytocin which is responsible for empathy. This is especially true for fiction stories. Stories allow for a greater understanding of the character and an emotional release as the character works through the conflict. It didn't seem to matter whether the story was comic or tragic, as long as the reader/viewer was engaged, he or she experienced the chemical change and resulting emotional release.

Why is this important? The emotional release is both stress reducing and empathy building. Empathy is important, especially as we break down bias and try to find ways to communicate and work with those who are different from us. Finally, the emotional experience of storytelling keeps alive the imaginative place that we need to solve problems. Stories have been a way for us to understand our world and our place in it for centuries. Find a story that draws you in and experience the benefits of storytelling.

Fitness

Fitness and the Decrease in Cancer Risk

A study published by the United States National Cancer Institute reveals a link between exercise and reduced cancer risk. A higher rate of regular physical activity was found to lower total cancer risk by a minimum of 7 percent for leukemia, myeloma, and cancers of the liver, kidney, stomach, endometrium, rectum, bladder, and head and neck. Esophageal cancer could be reduced by as much as 42 percent, breast cancer reduced by 10 percent, and colon and lung cancer could be lowered by 16 percent and 26 percent, respectively. This significant reduction in risk is after accounting for factors such as obesity and smoking history.

Researchers believe regular physical activity reduces levels of certain hormones, including estrogen, linked to cancer, while improving the body's ability to regulate insulin and lower levels of insulin-like growth factor, another risk factor for many cancers. Exercise also increases the body's overall metabolism – boosting immunity, enhancing energy, and improving quality of life. People who get the recommended amount of regular physical activity also experience lower levels of inflammation and their cells are subject to less oxidative stress and are better equipped to repair damaged DNA known to cause cancer.

The current federal guidelines for exercise include 150 minutes of moderate-intensity physical activity each week or 75 minutes of vigorous activity to strengthen the heart, lungs, and muscles and prevent chronic disease. According to the Centers for Disease and Control, only 20% of American adults get the recommended amount of exercise.

To improve your current health status and prevent an array of cancers, commit to 30 minutes of moderate to vigorous exercise five days a week. Brisk walking, biking, tennis, yoga, and weight training are all great options for moderate-intensity activities. Vigorous exercise may include jogging, running, swimming, jump rope, and competitive sports.

In 2016 the American Cancer Society reported 841,390 men and 843,820 women were diagnosed in the United States with one of the four major cancers – lung and bronchus, colon and rectum, breast, and prostate. It's time to be active participants in our healthcare prevention. In addition to addressing nutrition and environmental factors, we must get moving to lower our risk of cancer and improve our quality of life.

Ask the Trainer *by Erin M. Long, B.S., NSCA-CPT*

Q: Hi Erin! I work and sit at a desk for 8-10 hours a day and when I get home, it's really late and I don't get a chance to workout. I was wondering if you have any suggestions on how to burn calories at work throughout the day or at my desk. ~Sonja T

A: Hi, Sonja! Thank you for the question. I work with many individuals who work long hours and sit a majority of that time. One of the first suggestions I have for you is to get up from your desk every hour and walk around even for a minute. Take a stroll to the restroom; walk up a flight of stairs if you have them or down the hall for a drink. It may not seem like much but we need to move so adding that into

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your day is a start. Whether you have a private office or work in a public space, there are steps you can take to burn more calories at work.

- Park as far away for work as possible so you get a few extra steps into and out of the office.
- Depending on how long your lunch break is, try to work in 10-20 minutes of walking
- March in place at your desk. You have to remember, the more you move the better, so if you can't stand and walk, walk your legs at your desk.
- Calf raises at your desk. Sit at your desk with proper posture and lift up on your toes and lower down. Do 25-30 of those a few times a day.
- Sit and stand at your desk. You never would think about it but sit and stand out of your seat a few times without using your hands. It gets your heart rate up and works those legs.
- If you have a private office, add 5-10 pushups every hour or a minute plank.
- Stretch! Yes, even just sitting at your desk and stretching your arms, legs, shoulders and neck a few times a day will help release some tension. It may not burn many calories, but stretching helps posture and tension.
- Switch from a chair to a stability ball if work will allow you. This will not only help with posture but you could throw in a few crunches throughout the day.
- Look into an adjustable desk. These days it is more and more common for individuals to have a workstation that can be used sitting or standing. These adjustable desks are great so one doesn't have to sit all day.

There are so many ways to burn a few extra calories throughout the day even if you work. The main thing to focus on or think about is how you can move more throughout the day. One more thing to think about may be to ask your manager or boss if they would consider offering a lunchtime or after work exercise program. Many facilities are starting to incorporate this to improve employee health. Hope this helps!

~Erin

Want to know more?

Contact TCU Insurance Agency for information on wellness programs. We can help you reduce healthcare costs and improve employee well being.

1-800-772-8043
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