



Living Well Callhoun

ASK THE DIETITIAN

By Amanda Latchaw, Dietetic Intern, Health Department.

What should I be eating more of as part of a daily healthy diet?

We should aim to eat a variety of food as no one food will provide all the nutrients we need to function. Check your plate or bowl to see if you are consuming these foods on a daily basis - whole grains, vegetables, fruit, protein, dairy (or dairy alternative), healthy oils, and water. There is one type of food that I do not think we eat enough of and those are **pulses**. Pulses are considered ancient superfoods and are lentils, dry peas, chickpeas, and beans. Due to its nutritious content, pulses can reduce the risk of heart disease (they're a cholesterol free food), diabetes (contains a low glycemic index, so it won't raise your blood sugar as fast), obesity (they contain fiber to give you a sense of fullness), and certain types of cancer (they're chock full of micronutrients like iron, potassium, magnesium, and zinc). Pulses are sustainable and great for the environment too! They are drought resistant, emit less greenhouse gases, and reduce the need for nitrogen-based fertilizers. My favorite pulse recipe is roasted chickpeas. I take 2 cans of chickpeas, rinse, dry, add olive oil and seasonings such as paprika, cumin, chili pepper, and then roast them in the oven until they're crispy. What is your favorite pulse recipe? Or what pulse are you looking forward to try? Happy Eating!

Source: <https://www.usapulses.org/>

liveWELL



How to Stop Sugar Cravings

New science is supporting what many of us already know from experience – sugar can be addictive. And sugar is the driving force behind obesity and diabetes epidemics worldwide. Cravings are dictated by your brain's need for a reward, not because your body needs food. If you can take a bite of a sweet treat and stop there, it's fine to treat yourself now and then. But if you tend to binge and overeat at the first taste of sugar, stopping those cravings may take intention and a plan.

- Keep junk foods out of the house.
- Drink water.
- Eat fresh fruit. Having a piece of fruit can satisfy sugar cravings for some.
- Get enough sleep.
- Avoid excess stress.
- Eat healthy foods, and don't allow yourself to get too hungry between meals.

One strategy – Eliminate all added sugars for 1 month, and then add back in only those that you missed. It's easier than it sounds!

Visit www.helpnetep.com or call 1-888-975-9355 to speak to a wellness coach about additional resources available.

HelpNet

SPREAD THE HERB

This month we are going to spread the word on the health benefits of parsley. Parsley is one of the world's most popular herbs. There are three common varieties of this popular, bright green biennial: flat leaf (Italian), curly leaf and soup parsley (Hamburg). The flat leaf has a more delicate serrated leaf pattern and is medium in flavor. The curly leaf is more mild than the other varieties and is used mostly for a garnish at restaurants. Parsley not only adds flavor to your dish, but it also adds texture and color to your dishes.

Cooking parsley for long periods can cause the flavor to fade, so it is best to add chopped parsley at the very end of cooking. Note that the flavor of the flat leaf variety is a little stronger than the curly leaf kind.

There are many health benefits to parsley along with the colorful beauty it can add to a dish. Parsley has many vitamins, like A, C and E and also offering high levels of Vitamin K and folates. They also have beneficial B vitamins including B-5 and B-2.

Parsley also aids with bone health with its vitamin K properties. Vitamin K helps build stronger bones by supporting bone-building cells called osteoblasts. Studies show that eating foods with a good source of vitamin K helps lower the risk of fractures in older adults. Typical dietary intakes of vitamin K may be below the levels needed to improve bone density levels.

So add some parsley to brighten up your dish and your health will benefit from it!



RECIPE & COOKING TIPS

QUINOA TABBOULEH

Cooking quinoa for the quinoa tabbouleh takes about 25 minutes total. You can cook it while you chop the veggies: but the easiest way to do it is cooking it in advance! Here's why:

Making the quinoa in advance is helpful. You don't want hot quinoa for tabbouleh, you need quinoa that's room temperature or cold. Why? Right after you cook it, quinoa retains a lot of moisture. You'll want the grains to dry out a bit so they don't stick together. Also, the salad is served at room temperature. So, the easiest way to make this salad is to cook the quinoa in advance and refrigerate.

Here's a quick tip for cooling quinoa...fast! If you don't think ahead, you can use this tip for cooling quinoa quickly. Spread it in a single layer on a baking sheet and pop it in the freezer for a few minutes. This allows the steam to dissipate and makes the cooling much faster than plopping it in a bowl.

How to make quinoa tabbouleh...a few more tips!

Once you've cooked the quinoa, tabbouleh is a breeze to whip up! The basic method for this recipe is very easy: cook quinoa, chop veggies, add dressing. But there are a few more things to note:

- You'll want the veggies to integrate into the texture of the salad well, so chop them as finely as you can.
- Another tip for reducing moisture is coring and seeding the tomatoes when you chop them. This removes any soggy seeds from the salad.



Ingredients

- 1 cup dry quinoa
- 2 cups finely chopped curly parsley (2 bunches)
- ¼ cup chopped fresh mint
- 3 green onions
- 2 medium tomatoes, seeded and finely chopped (1 cup)
- 1/2 English cucumber (1 cup finely chopped)
- 6 tablespoons lemon juice
- ¼ cup olive oil
- ½ teaspoon kosher salt
- Fresh ground black pepper

1. **Make the quinoa** according to package instructions.
2. **Cool the quinoa to room temperature:** Or, if you made the quinoa in advance, let it sit at room temp.
3. **Meanwhile, chop the vegetables:** Finely chop the parsley and mint. Thinly slice the green onions. Finely chop the tomato, removing the core and seeds. Finely chop the cucumber (if you're using a standard cucumber and not English cucumber, remove the seeds.)
4. **Add the dressing:** Juice the lemon and whisk it together with the olive oil. In a large bowl, toss the quinoa and vegetables with the dressing, kosher salt and pepper. Taste and adjust flavors as necessary. Serve immediately or refrigerate for 3 to 4 days.

Get Back to the Basics to Find Balance in Life



These are exciting times. Consider how different life is now than it was in the past. Until the industrial revolution in the 1800s, life was structured by the rhythms of day and night and the changing seasons. Excitement, stimulation, and change were all dangerous, to be avoided. Then imbalance was a sign of danger.

Now contrast this with modern life. All of the wondrous inventions—electricity, the automobile, the airplane, the telephone, the internet—have stripped away the natural, external limits, boundaries, and structure that had dictated life in the past. Nowadays, you can do anything, anywhere, with anyone at any time. Life is filled with possibilities.

But this exciting, limitless life can leave you out of balance. Without the soothing structure that guided mankind over the ages, you can become driven by instinctive mental energy. When your nervous system senses that your life is out of balance, it cries out in alarm, as it was programmed to do by millions of years of evolution. You feel more and more stressed, uneasy, and worried.

The answer to this problem is creating a framework to achieve balance in your life. Think of these seven rules of balance as operating rules for your brain—a guide to a healthy pattern of living.

1. Balance your time alone and time spent with people

Too much of our contact with other people is superficial and virtual—through television, the internet, over cell phones, on crowded city streets, in shopping malls. Even though you may come into contact with dozens of people every day, in reality, you may be alone. Living without the calming structure of a relationship with a person you know and care about leads to depression, loneliness, and frustration.

Balance the overstimulated loneliness of modern life by maintaining at least five close, supportive relationships. Use your natural style to build relationships. If you like music, use it to find people. If you're an athlete, build relationships through sports and activities. If you're an avid reader, build close relationships through a book club. The antidote to today's superficial contact with people is to take time to build relationships based on who you are, and your unique interests and abilities.

2. Balance movement and rest.

If you spend your day sitting—in a car, at a desk, in front of a computer, sitting on a couch watching TV or talking on the phone—you can't feel rested and relaxed. Instead, you'll feel a gradually rising sense of tension and restlessness. You need healthy movement to truly relax.

The human body was designed to move. The purpose of resting is to let one gather strength and energy to move again. If you think of the lives of our prehistoric ancestors, it makes sense: You either moved—to find food, water and shelter, or to escape danger—or you died. In prehistoric times, movement was life.

A regular program of movement—walking, working out at a gym, yoga, dance, tennis, gardening, and so forth—will dissolve the restless tension that comes from a mentally stimulated but physically inactive state.

Get Back to the Basics to Find Balance in Life

Continued

3. Balance living in the moment with thinking about the past.

The time-saving tools available to us—automobiles, mobile phones, the internet—are seductively efficient. They can draw you into a moment-to-moment, overstimulated, and overwhelmed kind of existence. Before you know it, you can lose focus.

Keep your balance by staying focused on who you are—what you've been good at and why you chose to do what you do. Are you doing things in ways that make sense for you? Are you sticking to your plans? Are you maximizing your skills and minimizing your risks and liabilities?

Get a sense of who you are. Then keep a reminder of your skills to orient you to the power of your own experience. Write down three to five activities that you're good at, that you rely on, and that help you to stay on track. Then, when the action starts to get fast and furious, review your skills to make sure you're doing what's right for you.

4. Balance your appetites with energetic abstinence, creative problem solving, and planning.

The natural human reaction to abundance is to consume. For prehistoric people, this was adaptive since times of abundance were rare. Appetites such as hunger, thirst, and sex were signals from the brain that it was time to plan and take actions to satisfy those appetites.

Now many people live in a world of abundance. There are few periods of abstinence between periods of consumption. One's intuition sometimes says that the right thing to do when feeling a strong appetite is to consume. But intuition is wrong in this case. Physiologically, when feeling the stimulation of an appetite, the right thing to do is to plan an activity, carry out the activity, and then to consume.

You maintain balance in the face of the abundance of modern life by using your mind to think, to plan, and to take action instead of to simply consume. The next time you're hungry, give it a try. Go outside and weed your garden instead of eating. Or visit a friend. Or simply take a walk around your neighborhood.

Plan an activity and substitute it for eating or drinking when you know that your appetite is greater than your body's need. That's the path to balance.

5. Balance thinking and feeling.

Your brain works best through a dynamic balance of thinking and feeling. Feeling, or emotion, is the energy of the mind. It powers action, memory, and thought. When thinking is powered by feeling, your life has an elegant balance—it's meaningful and motivating and you know why you live the way you do.

Contrast this with the modern dilemma. Life has become mechanized, routine, and repetitive. Too little emotion and you can become flattened, demoralized, and apathetic. If you're feeling bothered and harassed by the inhumanity of it all, you can lose your patience.

Restore your balance by learning to soothe the inevitable frustrations of living in a mechanized world. Take

Get Back to the Basics to Find Balance in Life

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baths, get massages, or sing in a choir. Anything that calms you will do. Then find out what matters to you. The key is to look back at times in your life when you felt powerful, positive emotions. Remember what you were doing, what mattered to you then, and try to recreate those feelings in your everyday life.

6. Balance sleep and waking hours.

Balancing sleep and wakefulness is critical. You need the right amount of sleep to refresh the energy and vitality of your body and mind.

It happened naturally in the past. Without electricity, people slept when it grew dark—in balance with the cycle of day and night, in cycle with the seasons. Now it is a 24/7 world and people are losing touch with the basic biologic need for sleep.

Balance sleep and wakefulness by finding out just how much sleep you need. Keep a chart to discover what amount of sleep feels best. Then get that amount of sleep. Train your sleep cycle by sticking to a regular time for waking, getting lots of bright sunlight in the morning, and planning your activities so that you're most stimulated early in the day and gradually calming yourself in the hours before sleep.

7. Balance belief and doubt.

Every day you're flooded with information, images, and ideas that demand your attention. In our electronic, media-driven culture, every moment of life is dissected, analyzed, and questioned. It becomes difficult to know what to do next. The result is worry.

Belief quiets this worried state of mind. Mankind has long used religious belief as an antidote to worry. Researchers have shown that belief in a positive outcome can help rid you of social anxiety, depression, and panic attacks. And research shows that those who have firm beliefs generally have healthier, happier, and more successful lives.

Balance the cynical worrying of modern life by following some practices that strengthen your ability to believe. Learn to talk positively to yourself and reflect on images of success. Pray if you are religious. Accept guidance. Learn to follow the wisdom of leaders. And follow reassuring ritual—whether it's going to church or reading stories to your children at bedtime. Ritual strengthens your belief by reminding you of the simple but powerful truths of life.

Follow the seven rules of balance and you'll find natural pathways within yourself to live a healthy and meaningful life. Apply these principles to truly enjoy the excitement, possibilities and passion of life.



OnGoing

Weight Loss/Maintain Challenge

This individual Weight Loss/Maintain Challenge may just be what you need. If you would like to participate, simply send me a picture of your weight when you are ready to join.

The goal is to create a group (name won't be shared if you don't want to) to share tips, tricks, recipes and encouragements to maintain or reach your goals.

If you would like to join without sending me your weigh-in, that is perfectly fine, you just won't be eligible for prize drawings, but you will reap the benefits of a "support" group.

This will be based on the honor system. Simple rules:

1. Email me a picture of your weigh-in. (If you want to be eligible for prize drawings)
2. Always weigh yourself on the same scale.
3. Send me your weight once a month, if you lose or maintain, your name is added for drawing.
4. For every month you lose your name is added to the drawing.
5. In November names will be drawn for prizes. If you lose maintain for 6 consecutive months, your name will be in the "hat" 6 times!!!

Ask a friend, family member or co-worker to participate along with you, it helps with motivation and accountability!!!

Participate in this event, lose or maintain, and you get a point on your Ticket to Wellness.

