

WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



March is National Nutrition Month

If you were certain Benjamin Franklin wrote "Nothing is certain except for death and taxes." You might be surprised to learn the truth. Before Franklin wrote that sentence in a 1789 letter, the phrase was found in Christopher Bullock's *The Cobbler of Preston* (1716) and again in Edward Ward's

The Dancing Devils (1724). Franklin probably read it there first, but he knew truth – like a good adage – bears repeating.

Another truth in life we know to be certain: **Healthy eating habits don't happen overnight.** "Healthy Eating" bears repeating, too. In this fast-paced society of conveniently packaged foods and colorful packaging, we're often lured away from what we really should be putting in our bodies. Reminders like **National Nutrition Month** get us back on the path to better consumption practices.

The Academy of Nutrition and Dietetics¹ provides you with a 4-Week plan to make healthy eating a “life habit” for you and your family. We’ve outlined Week One for you, [visit their website for Weeks 2, 3 and 4.](#)



WEEK ONE: Eat a variety of nutritious foods every day.

Include healthful foods from all the basic food groups²

- Breads, cereals, rice, pasta, noodles and other grains
- Vegetables
- Fruit
- Milk, yoghurt, cheese and/or alternatives
- Lean meat, fish, poultry, eggs, nuts and legumes

Hydrate healthfully³

You don't have to be in the middle of the desert in Summer to become dehydrated. Physical activities like snow

shoveling in the winter months can zap our bodies of water as well. Some basic symptoms of early dehydration can be:

- Increased thirst and dry mouth
- Fatigue, confusion or anger
- Dry eyes or blurred vision
- Headaches
- Muscle cramps

Some quick hydration remedies include water, coffee and tea, skim and low fat milk, and fruits and veggies. If symptoms persist, consult your physician and/or visit your medical clinic or local emergency room.



Homemade Hydration Drink

While sports drinks and rehydration drinks can help replace loss fluids and electrolytes, they can be expensive. Fortunately, you can make your own with common kitchen ingredients.

- 2 Cups of cold Water
- 1/2 Cup fresh squeezed juice of an orange
- 1/4 Cup lemon juice
- 2 tsps raw honey
- 1/8 tsps sea salt

Combine in a large bowl or pot and stir until salt dissolves. You can use flavor enhancers to improve the taste if desired, just keep in mind they may contain artificial or natural colors, sweeteners and flavors. Keep refrigerated.

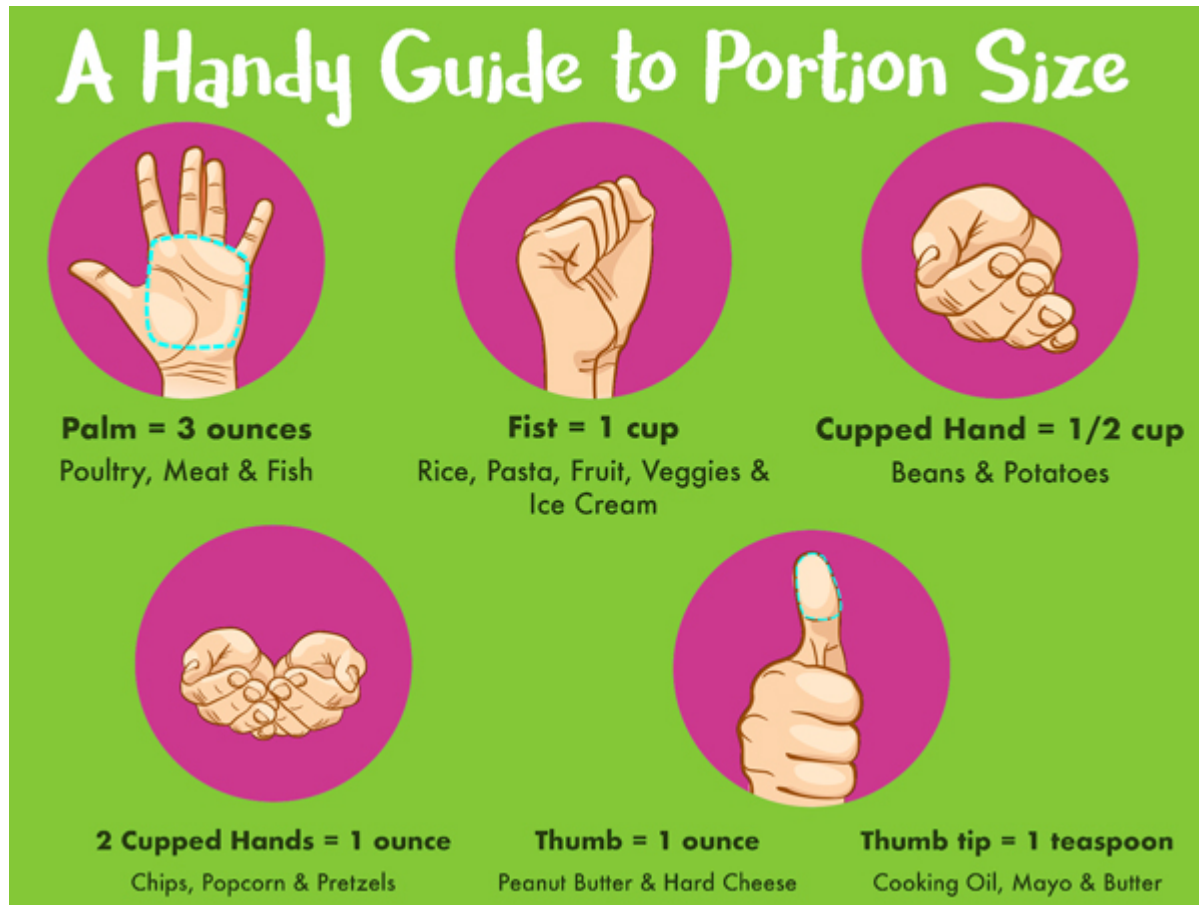
Read Nutrition Facts Panels⁴

By reading the labels, you know what is in your favorite foods and how much you should eat. Eventually, making healthy choices becomes second nature.

- Never believe the claims on the front of the box!
- Always read the Nutrition Facts label and ingredient list
- Check the serving size
- Check the number of servings per package
- Check the calories per serving
- Check the calories from fat
- Check the sodium
- Check types of fat
- Check the sugar
- Make sure any grain is WHOLE grain, like whole-wheat flour

Practice Portion Controls⁵

How much food should be on your plate? According to Doctor Donald St.Claire at Stanford, the stomach of most adults is about the size of a clenched fist. It can expand up to 3 or 4 times its size during a large meal, but it returns to the size of a clenched fist after food passes into the small intestine. See the **Handy Guide to Portion Size** below!



Take Time and Enjoy Your Food

While it's not necessary to chew your food 32 times before swallowing, slowing down and thinking about the flavor and texture of each bite can increase the enjoyment of your dining experience. Eating slowly allows the food to expand naturally in your stomach to give you a comfortably "full" feeling without over-indulging.

The society we live in has many conveniences of dining out and fast food. It'd difficult to get away from it completely.

When recently asked about "junk" foods, Kim Flannery, Nutritionist for the Wisconsin Athletic Club (WAC), said: "Don't beat yourself up. Go ahead and have that pizza once in while to satisfy the craving. It's perfectly OK." She added, "Just not a whole pizza by yourself every night!"



Did you know?



- Typical American diets exceed the recommended intake levels or limits in four categories: calories from solid fats and added sugars; refined grains; sodium; and saturated fat.
- About **90%** of Americans eat more sodium than is recommended for a healthy diet. US adults consume an average of 3,400 mg/day [of sodium], well above the current federal guideline of less than 2,300 mg daily.
- Reducing the sodium Americans eat by 1,200mg per day on could save up to **\$20 billion** a year in medical costs.
- More than **23 million** Americans, including 6.5 million children, live in food deserts – areas that are more than a mile away from a supermarket.

- Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2–18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.



LEARN MORE

1 - Academy of Nutrition and Dietetics; <https://www.eatright.org/food/resources/national-nutrition-month>

2 - Australian Government Department of Health; <https://www1.health.gov.au/internet/publications/publishing.nsf/Content/gug-family-toc~gug-family-foods~gug-family-foods-basic>

3 - Healthline; <https://www.healthline.com/nutrition/how-to-rehydrate#5.-Oral-hydration-solutions>

4 - Pritikin Longevity Center and Spa; <https://www.pritikin.com/your-health/healthy-living/eating-right/food-labels.html>

5 - Ellen Troyer, MT MA, Biosyntrx Chief Research Officer; <http://www.biosyntrx.com/articles.php?id=660>

6 - U.S. Department of Health and Human Services; <https://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html>



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