

BELIEVE IT ~ ACHIEVE IT WELLNESS NEWSLETTER



7 SIMPLE WAYS TO START EATING HEALTHIER



1: Don't count calories, count ingredients (the fewer the better).



2: Include some protein, carbohydrate, and fat at every meal.



3: Focus on healthy fats like olive oil and those found in nuts and fatty fish.



4: If sugar is an ingredient, make sure it's low on the list—which means less is used.



5: Choose whole grains over refined.



6: If you can't grow it or raise it (theoretically), don't eat it.



7: Drink your coffee and tea black. No sugar, no cream.



Risks of Not Eating Enough Calories

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Calories are to your body what gasoline is to a car -- fuel. Calories are important to keep your organs functioning, muscles moving and metabolism blazing. If you eat too many calories, then you may increase your risk of certain health conditions such as obesity, diabetes and heart disease. If you eat too few calories, then you may increase your risk of certain other health conditions such as anorexia, anemia and bone loss.

Starvation Mode

One of the risks of not enough calories is that it puts your body into starvation mode. Starvation mode is when your metabolism slows down to preserve calories for important bodily functions, like breathing and circulation of blood. As a result, you may start to feel sluggish, experience trouble thinking, suffer from more colds and other health complications. Not enough calories may also impact your muscular strength and bone health, and may even cause organ failure.

Weight Gain

It sounds counterintuitive, but it's true: When you cut too many calories out of your diet, your metabolism slows down, according to a study in the March 2006 issue of "Environmental Health and Preventive Medicine." When you inevitably stop the restrictive diet, you will gain weight again as your body adjusts to store whatever calories you do eat as fat. If weight loss is your goal, speak to your doctor about the diet plan that works best for you. Your doctor may recommend that you eat a healthy, well-balanced diet, keep a food journal, watch portion sizes and make smarter food choices. Being active will burn more calories than drastic dieting measures ever will.

Nutritional Deficiencies

If you're not getting enough calories, chances are you're not getting enough vitamins and minerals either. Nutritional deficiencies may cause a long list of health complications including, but not limited to, anemia, infertility, bone loss, poor dental health and decreased thyroid function. Your body needs vitamins and minerals, even fat and carbohydrates, to perform regular bodily functions. Without glucose, which comes from calories, you may suffer from depression or low blood sugar.

Eating Disorders

Another risk of not enough calories is that it may increase your risk of an eating disorder, such as anorexia. In general, those who suffer from anorexia have an altered view of their own body. The National Institute of Mental Health explains that they see themselves as heavy when they are actually underweight. Bulimia is an eating disorder in which you binge on food and then purge it through vomiting or other means. Eating disorders affect both men and women. Signs of an eating disorder include fear of gaining weight, extreme interest in the nutritional information of food, excessive exercising and poor self-esteem. If you or someone you know suffers from anorexia, or any other eating disorder, seek professional medical care immediately.



Going Meatless Once a Week

By Monique Ryan, MS, RD, CSSD, LDN



Going vegetarian for one day a week for dietary or religious reasons is a small change in your diet that can improve your health and the environment. Going light on meat was the norm a few generations ago when meat was often consumed in side dish portions, while nutrient-rich beans and lentils, vegetables and whole grains took center stage.

Don't Just Cut Back, Add to Your Diet

Eating more whole grains, beans and lentils and vegetables on your meatless day offers many health benefits.

Whole-grain, unprocessed carbohydrates — such as whole-wheat bread, whole-grain pasta, brown rice, oats, buckwheat, quinoa and millet — can help prevent heart disease, certain cancers and diabetes. Experimenting with a new grain choice on your next meatless day can provide fiber for normal bowel function, along with a variety of vitamins and minerals that contribute to the nutrient density of your diet.

Americans regularly eat more than enough protein, but adding beans or lentils to your meat-free meal also maintains an adequate protein intake. Providing about 16 grams of protein per cup cooked, beans and lentils are also a great source of fiber, folic acid, iron and potassium. These nutrient-rich foods are also good sources of manganese, magnesium, copper, riboflavin and vitamin B6.

Vegetables are also nutrient powerhouses and add color and texture to your meals. Try leafy greens such as kale, collards, bok choy and broccoli for good plant sources of calcium.

Good for the Environment

The practice of consuming a plant-based diet can benefit the environment. According to the Food and Agricultural Organization, livestock was estimated to contribute to 18

percent of greenhouse gas emissions (GHG), with other estimates ranging from a 10- to 51-percent contribution. Going meatless one day a week, eating less meat and choosing organic or grass-fed meats all reduce GHG.

Vegetable Frittata

(Meatless Monday Idea)

(Adapted from AllYou.com)

Ingredients:

- 8 eggs
- 3/4 cup milk
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter
- 8 oz. package mushrooms, sliced
- 1 red pepper, diced
- 1/4 cup white onion, diced
- 1/4 cup green onions, sliced
- 1/2 cup frozen peas
- 3 oz. shredded cheddar cheese

Directions: Preheat oven to 400 degrees. Heat a 12 inch oven proof skillet over medium heat. Melt butter and sauté veggies for about 10 minutes until tender. Whisk together eggs, milk, Dijon mustard, and salt & pepper. Pour egg mixture over veggies, and arrange veggies evenly in skillet. Cook for about 3 minutes on stove without stirring. Sprinkle cheese on top and place into oven for about 10-12 minutes until set. Serve warm or room temperature. *Serves about 4-6.*

12 Sunscreens Lying About Their SPF

	Claimed 30 Actual 14		Claimed 50 Actual 17
	Claimed 50 Actual 18		Claimed 50 Actual 22
	Claimed 50 Actual 25		Claimed 50 Actual 8
	Claimed 50 Actual 8		Claimed 45 Actual 22
	Claimed 50 Actual 24		Claimed 100 Actual 36
	Claimed 30 Actual 15		Claimed 50 Actual 25

Source: Consumer Reports Sunscreen Ratings 2016

GREATIST

Everyone needs to get enough sleep. Sleep helps keep your mind and body healthy.

How much sleep do I need?

Most adults need 7 to 8 hours of good quality sleep on a regular schedule each night. Make changes to your routine if you can't find enough time to sleep. Getting enough sleep isn't only about total hours of sleep. It's also important to get good quality sleep so you feel rested when you wake up. If you often have trouble sleeping – or if you don't feel well rested after sleeping – talk with your doctor.

How much sleep do children need?

Kids need even more sleep than adults.

- Teens need at least 9 hours of sleep each night.
- School-aged children need at least 10 hours of sleep each night.
- Preschoolers need to sleep between 11 and 12 hours a day.
- Newborns need to sleep between 16 and 18 hours a day.

Why is getting enough sleep important?

Getting enough sleep has many benefits. It can help you:

- Get sick less often
- Stay at a healthy weight
- Lower your risk of high blood pressure and diabetes
- Reduce stress and improve your mood
- Think more clearly and do better in school and at work
- Get along better with people
- Make good decisions and avoid injuries (For example, sleepy drivers cause thousands of car crashes every year.)

Does it matter when I sleep?

Yes. Your body sets your “biological clock” according to the pattern of daylight where you live. This helps you naturally get sleepy at night and stay alert during the day.

When people have to work at night and sleep during the day, they can have trouble getting enough sleep. When people travel to a different time zone, they can also have trouble sleeping.

Why can't I fall asleep?

Many things can make it harder for you to sleep, including:

- Stress
- Pain
- Certain health conditions
- Some medicines
- Caffeine (usually from coffee, tea, and soda)
- Alcohol and other drugs
- Untreated sleep disorders, like sleep apnea or insomnia

If you are having trouble sleeping, make changes to your routine to get the sleep you need. For example, try to:

- Follow a regular sleep schedule
- Stay away from caffeine in the afternoon
- Take a hot bath before bed to relax

How can I tell if I have a sleep disorder?

Signs of a sleep disorder can include:

- Difficulty falling asleep
- Trouble staying asleep
- Sleepiness during the day that makes it difficult to do tasks like driving a car
- Frequent loud snoring
- Pauses in breathing or gasping while sleeping
- Pain or itchy feelings in your legs or arms at night that feel better when you move or massage the area

If you have any of these signs, talk to a doctor or nurse. You may need to be tested or treated for a sleep disorder.

HOW TO AVOID THE SNOOZE BUTTON IN THE MORNING

ARE YOU GOING TO BED EARLY ENOUGH?
If you're staying up too late, it's no wonder you want to press snooze in the morning. Experts agree that most of us do best on seven to eight hours of sleep per night. Which means that if your alarm starts blaring at 7:00 AM, you should be asleep by midnight at the latest.

ARE YOU EXERCISING?
Study after study shows that people who are active tend to sleep better than their sedentary counterparts. Make it a habit to get moving for at least half an hour most days of the week—and see if you don't end up snoozing more soundly.

ARE YOU HYPED UP BEFORE BED?
Downing an espresso before dinner or scrolling through Instagram as you try to nod off will keep you energized and make it harder to fall asleep. On the other hand, doing something mellow—like taking a bath or reading—will help you feel calmer and more relaxed.

ARE YOU COMFORTABLE IN YOUR BEDROOM?
If your environment isn't comfy, you'll have a harder time falling asleep and will be more likely to toss and turn throughout the night. Do what you can to ensure your mattress and bedding is comfortable. And keep your room as quiet, dark, and cool as possible.

DO YOU HAVE ANY CHRONIC SLEEP ISSUES?
Problems like restless leg syndrome and sleep apnea can cause you to experience poor, fragmented sleep. If you notice that physical symptoms are messing with your snooze time and leaving you tired in the morning, talk with your doctor about treatment options.