

HEALTHBEAT

A HEALTH NEWSLETTER FOR EMPLOYEES



What is Healthy Eating, Anyway?

We've all heard it before; Eat this, not that. Make sure you eat your fruits and veggies. Skip the soda and reach for a water. But what exactly constitutes healthy eating? With all the fad diets and infomercials out there telling you what you should and shouldn't be eating, it can be difficult to get the dietary facts straight!

According to the 2005 Dietary Guidelines for Americans, a healthy diet:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars

Seems pretty straightforward, right? But how much do you really know about the nutritional guidelines?

ANSWERS:

1. The answer is c. The recommended amount of fruit is 2 cups a day.

- Choose fresh fruit whenever possible, or fruit canned in 100% fruit juice, rather than fruit packed in heavy syrup.
- Try a fresh fruit salad with lowfat yogurt and honey (this makes a great dessert).

2. The answer is b. The recommended amount of vegetables is 2½ cups a day.

- Enjoy the taste of fresh vegetables. Try dipping them in hummus (chickpea) spread. Go light on dressings that are higher in fat or skip them altogether.
- Order a veggie pizza with toppings like onions, mushrooms, green peppers, and fresh tomatoes; ask for extra veggies.

3. The answer is d. The recommended amount of milk/dairy products is 3 cups per day.

- Look for low-fat or fat-free dairy products whenever possible. If you normally drink whole milk, try switching gradually to fatfree milk, to lower saturated fat and calories.

- Request fat-free milk for your coffee and have your cappuccino or latte made with skim milk.

4. The answer is a. The recommended amount of whole grain/whole grain products is 3 or more ounces per day.

- One ounce of grain is about 1 slice of bread, 1 cup of cereal or half a cup of cooked rice or pasta.
- Choose whole grain bread instead of white bread, brown rice or wild rice instead of white rice, whole-wheat pasta, etc.

5. The answer is false. The recommended amount of food from the meat and bean group varies depending on a person's age, sex and level of physical activity. Most Americans consume enough from this category but need to have more variety and choose leaner meats.

- Add some variety by having fish for lunch or dinner. Look for salmon, trout or herring, which contain beneficial nutrients.
- Try nuts as a snack, in main dishes, or on salads as a substitute for meat or poultry. Add garbanzo or kidney beans to a chef salad.

TEST:

1. How much fruit should you eat per day?

- a) 1 cup
- b) 4 cups
- c) 2 cups
- d) ½ cup

2. How many vegetables should you eat per day?

- a) 1 cup
- b) 2 ½ cups
- c) 5 cups
- d) ½ cup

3. How much low-fat or fat-free milk/dairy products should you consume in a day?

- a) 1 cup
- b) 4 cups
- c) 2 cups
- d) 3 cups

4. How much whole grain/whole grain products should you eat per day?

- a) 3 or more ounces
- b) 2 ounces
- c) Less than 3 ounces
- d) 1 ounce

5. True or False:

Everyone's diet should focus on foods from the meat and bean group.

6. True or False:

The recommended amount of alcoholic beverages per day is one drink for a woman and two for a man.

6. The answer is true. If you choose to drink, consume no more than one drink if you're female, two drinks if you're male.

- A drink is defined as one 12oz beer, 1.5 ounces of 80 proof liquor or 5oz of wine.

OCTOBER 2011 BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month (BCAM) is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

As well as providing a platform for breast cancer charities to raise awareness of their work and of the disease, BCAM is also a prime opportunity to remind women to be breast aware for earlier detection.

Breast Cancer Information:

What exactly is breast cancer and what types are there?

What are the key statistics about breast cancer?

Breast cancer truths and myths.

Other Resources:

National Breast Cancer Awareness Month

National Breast Cancer Foundation, Inc.

Susan G. Komen for the Cure



Have A Happy & Healthy Halloween!

Let's be honest – the fact that we're adults now does not mean that we still don't get excited about the prospect of getting free candy and snacking on our favorite little chocolates and candies on Halloween. And just because you may not get all dressed up and go trick-or-treating anymore doesn't mean that all that candy isn't readily available to you. Think candy dishes on your desk – sneaking a few pieces from your kids' or siblings' candy bags – goody bags from co-workers and friends.

While there is nothing wrong with treating yourself to a few pieces of candy, those fun-sized wrapped packages can be deceiving. For instance, if you were to have just 4 fun-sized Snickers bars, you have already eaten MORE than one full-sized Snickers.

HALLOWEEN HEALTH TIPS

- If you take children out to trick-or-treat, try walking instead of driving from house to house.
- Keep in mind that eating lower-calorie treats does not mean that you should eat twice as much of it.
- Try handing out alternatives to candy – especially since that candy bowl usually sits out more than just on Halloween. Try treats like dried fruits, nuts, raisins, cheese and cracker packets, pretzels, popcorn, or fruit roll-ups.
- If you know you're going to be snacking on candy later, try to cut back on your calories and portion sizes in earlier meals throughout the day.
- Instead of grabbing a handful of treats every time you walk past the candy bowl, set aside a few pieces in a separate dish ahead of time. This will help you recognize how many pieces of candy you are actually eating and deter you from overeating.
- Eat a healthy meal before you head out to trick-or-treat. Both you and your children will eat less chocolate on a full stomach.
- Hide the candy from yourself. We tend to eat more of visible foods because it causes us to think about it more, and every time you see the candy bowl you have to decide whether you want a piece of candy or not.



Cold & Flu: What Can You Do?

Drink Fluids

- Fluids thin your mucus, helping it to flow. Hot drinks and soups are especially effective.

Humidify Your Environment

- Moisture helps. Use the shower, a humidifier, or breathe over a bowl of hot water.

Get Rest

- Going to work with a cold isn't necessarily going to make it worse, but keep in mind you are most contagious in the first 48 hours.

Help Your Breathing

- Prop yourself up on pillows.

Cough & Blow

- Blow your nose gently and often, and cough as needed. You want to keep phlegm moving, not suppress it.

Gargle

- Gargle with salt water to soothe your sore throat. Salt helps sterilize the bacteria in the back of your throat and promotes the healing of inflamed tissues.

Don't Take Antibiotics

- For a cold or the flu unless there's solid medical evidence that you have a secondary bacterial infection. If you are unsure, see your doctor!

Take an Over-The-Counter (OTC) Remedy

- OTC cold and flu remedies can help relieve symptoms, but do nothing to cure the condition or speed its course. Make sure you read the label warnings and don't take something if you are unsure you really need it. When in doubt, check with your doctor or pharmacist first.

COMMON OTCs & THE SYMPTOMS THEY RELIEVE

Acetaminophen

For aches, pains, and fever.

Decongestants

(like Sudafed) Can be helpful for daytime congestion.

Nasal Sprays

Helpful for congestion, but should not be used for more than three to five days.

Antihistamines

(like Benedryl or Dimetapp) Helpful for nighttime congestion. They can help you breathe if you're having trouble sleeping due to stuffiness.

Cough Products

Help suppress dry hacking coughs, but use sparingly. It is better to encourage a productive cough with fluids rather than trying to suppress it.

Other

Salt water gargles, hard candy, and especially lozenges help to soothe and lubricate your throat. These remedies can provide temporary relief. However, if you have a severe sore throat, see your doctor.

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