



# Employee WELLNESS



Florida Department of Health in Broward County

May, 2016



## The Right Nutrients for Success

### From your 20's onward

Have you noticed that each decade that passes holds new possibilities? Well, it's the same with foods and giving your body the right nutrients for success.

If you are in your 20's and 30's, this is the time for young women to build bone. Women should be getting as much calcium as they can (about 1,000 milligrams per day) to really help store bone building materials for when it depletes later in life. Dairy products, cereals, beans and leafy greens can provide the body with calcium rich vitamins needed for healthy bone growth. If you are in this decade, some women might be considering starting a family, so the importance of folic acid is critical. Either supplements or foods such as fruits, vegetables and grains that are high in folate can help with getting the proper amount needed for a healthy pregnancy.

According to the 2010 Dietary Guidelines, 400 micrograms of folic acid per day is the recommendation. This is a decade to focus on preventing chronic diseases as well. So, Omega-3, found in nuts, oils and avocados can be very beneficial for the time being and the future.

If you are in your forties and feeling it, try adding more fiber. This is a critical time for those who are 40+ to get the proper amounts of fiber to fight heart disease and different types of cancers. Eat many fruits and vegetables high in fiber- about 2 1/2 cups per day. Try salads with berries, beans and lentils, roasting vegetables and smoothies that pack a punch for high fiber pick me up.

The fierce 50's are a time for lots of change. Hormonal changes happen in this decade, so getting the proper amount of exercise and eating right can help increase the quality of life. Health related issues seem to creep up here too, so getting the proper amount of vitamins, such as Vitamin D, can help reduce the risk of some cancers and heart disease. The recommended daily amount for Vitamin D is 600 IU and lots of women don't get enough. Make sure you are consuming items such as milk, cereals, orange juice and fish with high levels of Vitamin D to get your proper amount.

For the 60's and beyond, protein power is critical. Strength building exercise is essential for maintaining muscle which we tend to lose as we age. Aim for about 5-6 ounces of protein per day. Meat, fish and dairy products are high in protein. Also, beans, nuts, and cheese have good levels of protein as well. Vitamin B12 keeps your brain and nervous system healthy, so make sure you are getting adequate amounts through meat, fish and dairy products

Provide your body with a minimum of 150 minutes of aerobic exercise a week and include weight bearing exercises to maintain healthy bones.

You can't help getting older,  
but you don't have to get old  
- George Burns



"Let food be thy medicine  
and medicine be thy food."  
Hippocrates, 460 B.C.

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# Easy, Healthy Workplace Snacks

There's never enough time in the workday, is there? It's good for mind, body and soul to work breaks into the workday. This desktop dining habit is a potential health disaster, according to nutrition experts. Here's why:

1. When people snack at their desks, they tend to eat fast and furiously. If you eat fast, you're more likely to eat more than you need.
2. When you eat while trying to work, it's likely to be "mindless eating." Your body is going through the motions, but your brain isn't fully aware you're eating. Again, this can lead to taking in more calories than your body really needs.
3. Studies have shown that when we snack because of stress or boredom (not out of hunger), the calories we consume tend to be "extra" calories. In other words, we don't compensate by eating less at the next meal or by waiting longer until the next meal.
4. That's not so easy to do if you're at the mercy of your workplace vending machines. Most offer mainly high-sugar, high-fat snacks with little nutritional value. Your best snacking strategy is to plan ahead. Keep some healthy options in your desk for when you need a little nutritional boost during the day. You can also bring fresh snack foods with you every day from home, providing your workplace has a refrigerator.

*The number one choice are perishable snacks that you can bring for the day:*

- Fruit, mother nature's fast food!
- Vegetables, carrots and celery with hummus dip
- Salad for lunch
- Low-fat, low-sugar yogurt with fruit (read the labels)
- Reduced-fat cheese with lower-fat, higher-fiber crackers (read the labels)
- A small portion of leftovers from last night's meal that you warm up in the lunchroom microwave



*Good non-caloric choices include:*

- Mineral water (with flavor essences like lime or orange if you like)
- Herb or regular tea (cold or hot)
- Coffee (caffeine-free is best)
- Diet soda in moderation (caffeine-free is best)



*Beverages that offer some nutrition, but not a lot of sugar include:*

- Nonfat or low-fat milk
- Drinks using sugar-free, nonfat or low-fat milk (like light hot chocolate or caf  latte)
- Drinks made with part juice and part sparkling water

*Snacks that are good to keep handy in your desk:*

- Trail mix and/or dried fruits and nuts (look at the portion size)
- Breakfast cereal with skim milk (choose a higher-fiber, lower-sugar type)
- Soup (higher-fiber, lower-fat, and lower-sodium)
- Tuna salad kit (includes a small can of water-packed tuna, a relish packet, and crackers)
- Higher-fiber, lower-fat crackers (like reduced-fat Triscuits)
- Natural-style peanut butter with crackers, bagels, veggies and/or fruit



*Elaine Magee, RD (WebMD)*



*Did you know?*

## UM Study Finds Possible Link Between Diet Soda and Vascular Risks



People who drink diet soft drinks on a daily basis may be at increased risk of suffering vascular events such as stroke, heart attack and vascular death, according to a new study led by Hannah Gardener, Sc.D., epidemiologist in the Miller School's Department of Neurology.

In contrast, Gardener and her colleagues at UM and Columbia University Medical Center in New York found that consumption of regular soft drinks and a more moderate intake of diet soft drinks do not appear to be linked to a higher risk of vascular events. Their study, "Diet soft drink consumption is associated with an increased risk of vascular events in the Northern Manhattan Study," was published online in the *Journal of General Internal Medicine* on January 30.

In the current climate of escalating obesity rates, artificially sweetened soft drinks are marketed as healthier alternatives to sugar-sweetened beverages, due to their lack of calories. However, the long-term health consequences of drinking diet soft drinks remain unclear.

Gardener and her team examined the relationship between both diet and regular soft drink consumption and risk of stroke, myocardial infarction (heart attack) and vascular death. They analyzed data from 2,564 participants in the NIH-funded Northern Manhattan Study, which was designed to determine stroke incidence, risk factors and prognosis in a multiethnic urban population.

The researchers looked at how often individuals drank soft drinks – diet and regular – and the number of vascular events that occurred over a ten-year period.

After taking into account pre-existing vascular conditions, including body mass index, diabetes, high cholesterol and hypertension, they found that individuals who drank diet soft drinks daily were 43 percent more likely to have suffered a vascular event than those who didn't drink any. Those who drank diet soft drinks irregularly – between one a month and six a week – and those who chose regular soft drinks were not more likely to suffer vascular events.

"Our results suggest a potential association between daily diet soft drink consumption and vascular outcomes," Gardener said. "However, the mechanisms by which soft drinks may affect vascular events are unclear. There is a need for further research before any conclusions can be drawn regarding the potential health consequences of diet soft drink consumption."

*Hannah Gardener, Sc.D. 02.03.12*

### Dangers of Diet Soda

#### Studies Shown...

Diet cola is associated with a two-fold increased risk for kidney decline.

Just one diet soda a day is linked to a 30% higher risk of high cholesterol.



Soft drink cans are coated with the endocrine disruptor bisphenol A (BPA), which has been linked to everything from heart disease to obesity to reproductive problems.

Downing just two or more cans a day increased waistlines by 30%. Artificial sweeteners can disrupt the body's natural ability to regulate calorie intake, because your body is being tricked into thinking it's eating sugar, and you crave more.

*April*  
Is Autism Awareness Month



## What Is Autism?

Autism spectrum disorder (ASD) and autism are both general terms for a group of complex disorders of brain development. These disorders are characterized, in varying degrees, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors. ASD can be associated with intellectual disability, difficulties in motor coordination and attention and physical health issues such as sleep and gastrointestinal disturbances. Some persons with ASD excel in visual skills, music, math and art. Autism appears to have its roots in very early brain development. However, the most obvious signs of autism and symptoms of autism tend to emerge between 2 and 3 years of age.

### What Causes Autism?

Not long ago, the answer to this question would have been “we have no idea.” Research is now delivering the answers. First and foremost, we now know that there is no one cause of autism just as there is no one type of autism. Over the last five years, scientists have identified a number of rare gene changes, or mutations, associated with autism. A small number of these are sufficient to cause autism by themselves. Most cases of autism, however, appear to be caused by a combination of autism risk genes and environmental factors influencing early brain development.

A growing body of research suggests that a woman can reduce her risk of having a child with autism by taking prenatal vitamins containing folic acid and/or eating a diet rich in folic acid (at least 600 mcg a day) during the months before and after conception. Increasingly, researchers are looking at the role of the immune system in autism.

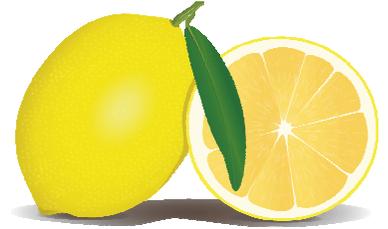
### What Does It Mean to Be “On the Spectrum”?

Each individual with autism is unique. Many of those on the autism spectrum have exceptional abilities in visual skills, music and academic skills. About 40 percent have average to above average intellectual abilities. Indeed, many persons on the spectrum take deserved pride in their distinctive abilities and “atypical” ways of viewing the world. Others with autism have significant disability and are unable to live independently. About 25 percent of individuals with ASD are nonverbal but can learn to communicate using other means. Autism Speaks’ mission is to improve the lives of all those on the autism spectrum. For some, this means the development and delivery of more effective treatments that can address significant challenges in communication and physical health. For others, it means increasing acceptance, respect and support.

# Healthy Eats

## Ingredients

- 2 tbsp. chopped fresh rosemary or 1 tbsp. dried rosemary
- 1/4 cup olive oil
- 2 garlic cloves
- Salt and pepper
- 1 chicken (3-4 lbs.) cut into 8 or 10 serving pieces
- 1/4 cup fresh lemon juice



## Grilled Tuscan Chicken with Rosemary and Lemon

### Directions

1. Heat grill to medium. In a small saucepan, bring 1/3 cup water and rosemary to a boil; remove from heat, cover, and let steep 5 minutes. Transfer to a blender. Add oil and garlic. Season with salt and pepper. Puree until smooth. Let cool.
2. Combine chicken and rosemary oil in a shallow dish or resealable plastic bag and turn to coat.
3. Cover and let marinate at least 15 min at room temperature or overnight in the refrigerator, turning chicken occasionally.
4. Remove chicken from marinade; place on grill. Discard marinade. Cook, basting frequently with lemon juice and turning as needed to prevent burning until cooked throughout, 20-30 minutes. Enjoy! (Martha Stewart recipe)



## Ingredients

- 1 cup quinoa
- Kosher salt
- 1 1/2 pounds broccoli, thick stems peeled, cut into pieces
- 1 large egg, lightly beaten
- 3 tablespoons extra-virgin olive oil
- 2 ounces cheddar cheese, cut into small pieces
- Freshly ground black pepper

## Quinoa-Broccoli Gratin

### Directions

1. Preheat the oven to 400°.
2. Whisk the quinoa into a large pot of boiling salted water and cook for 8 minutes. Add the broccoli and continue boiling until the broccoli and quinoa are tender, about 7 minutes. Drain the quinoa and broccoli in a fine sieve and let cool completely.
3. In a bowl, whisk the egg with the oil, cheese and 1/2 teaspoon each of salt and pepper. Fold in the quinoa and broccoli and transfer the mixture to an 8-inch-square baking dish; cover tightly with foil. Bake until the gratin is hot, about 20 minutes; Serve. (Adding cheese and eggs to the mix yields a tempting first course or dinner.)

\*From Food & Wine Magazine. Quinoa and broccoli rank high on F&W readers' list of top 10 favorite ingredients.

## Back page Story:

# Help is at your fingertips!

YOUR LIFE  
IS YOUR  
MESSAGE  
TO THE  
WORLD.  
MAKE SURE  
IT'S  
INSPIRING.



Food I love, exercise I hated. I didn't like to sweat, the thought of it just made me tired and I thought it took up too much valuable time. Working a full-time job, going to school part-time and 2 kids that run me ragged; I never thought I could fit exercise into my daily schedule.

## Jessica Coakley

January 2nd 2016, I went to see my primary care physician. The nurse asked me to get on the scale. I closed my eyes really tight because I was too afraid to even look at the scale. There it was, staring me right in the face. The biggest I have ever been in my entire life. But that wasn't all. When my blood pressure was taken, that's when it hit me. I cried. My Doctor told me I had to do something about my weight or I was going to have to start taking blood pressure pills. Losing weight was something I knew I had to get done.

On January 3rd, 2016 I set a weight goal to lose 30lbs by May. I started a new diet and started using MyFitnessPal; which is an app on a phone that counts your calorie intake. My diet is breakfast 200 calories, 3 snacks 100 calories each, lunch no more than 500 calories and dinner 500 or less calories. Daily intake is 1,730 calories. I removed candy (my favorite thing to eat), sweets, juice and soda out of my diet. Every time I eat something, I log it in on the app. The app will also alert you when you are getting closer and closer to your daily intake amount. When I first started it was rough. I was to the point where I wanted to just give up but, I didn't. I put my faith in God and kept going. I exercise 1 hour every day, if its walking, jogging, jump rope, jumping jacks, whatever I could do in the comfort of my home. I didn't realize I was losing weight so fast until a couple of my clients said to me, "Jess what are you doing, you look amazing." On February 5th, 2016 I decided to get on the scale I was 188lbs, I lost 23lbs in 1 month. As of today March 28, 2016, I am 179lbs. My 30lb goal has already been met.

I have never felt so good. This has been a wonderful journey for me. I encourage anyone that wants to lose weight to never give up. If I can do it you can do it you. Set a weight goal, do a daily meal plan, download the app and exercise. Always remember to have faith in everything you do. I hope this successful story motivates you to get the extra pounds off.

*Jessica, Thank you for sharing your story with us. Keep up the good work, your determination is very inspiring.*



Main Admin Auditorium Tuesday  
from 12:15-12:45.  
See you there!



Please consult your  
healthcare provider before  
starting any diet or exercise  
program.

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### DOH-Broward Employee Wellness



**The Walking Club,  
meets at noon in front of  
the Administration Building every  
Monday, Wednesday and Friday.  
Mark your calendars!**

