



Utah County Healthy Lifestyles



Third Quarter 2009

SUMMER BBQ MAKEOVER

Choose Leaner Meats:

Trim fat off before cooking.

Choose lean meats like chicken breast and extra lean ground beef.

More Veggies:

Keep in mind $\frac{1}{2}$ of your plate should be covered in veggies- only $\frac{1}{4}$ in meat and $\frac{1}{4}$ in grains.

Choose a wide variety of vegetables in an array of colors.

Whole Wheat Buns:

Replace your classic hot dog/ hamburger buns with whole wheat ones. Whole wheat buns contain more fiber which will keep you full longer.

Easy on Condiments:

Be aware of how much mayo or salad dressing you have with your meal. Just one TB of mayonnaise contains 100 calories and 11 grams of fat.

Doubtful Side dishes:

Salads aren't always low in calories especially macaroni or potato salad or veggie salads with calorie dense/high fat dressings.

today.msnbc.msn.com

The average BBQ meal contains about 2200 calories, 126 grams of fat, 48 grams of saturated fat, and 109 grams of sugar!!

Tasty Suggestion

Put your favorite veggies in a piece of aluminum foil; add a bit of olive oil, garlic, salt & pepper. Heat on BBQ for about 10 minutes.



Grilled Peach Sundae

2 peaches halved and pitted
1 tsp of canola oil
2 scoops of nonfat vanilla yogurt or frozen sorbet
1 TBSP of unsweetened coconut

Preheat grill to high. Brush peach halves with oil. Grill until tender. Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut.

Makes 2 Servings

NUTRITION INFORMATION

Per serving: 154 calories; 4 g fat (2 g sat, 2 g mono); 0 mg cholesterol; 28 g carbohydrate; 4 g protein; 2 g fiber; 41 mg sodium; 319 mg potassium



www.eatingwell.com



Here Comes the Sun

Skin cancer is **one of the most preventable** forms of cancer.

1 million skin cancers diagnosed each year in the U.S.

Estimated **40-50%** of fair skinned individuals who live to be 65 will develop at least 1 skin cancer.

Precautions:

Limit exposure to UV Rays: especially between 10am-4pm.

Use sunscreen with SPF of 30 or higher remembering easy to miss spots such as the lips and ears.

Cover Up: wear hat, sunglasses, and appropriate clothing to protect skin from damage.

Warning Signs:

Keep a close watch on any moles to see if you can notice any changes. Use the ABC's listed below to see if you need to visit your doctor.

A Asymmetry: Make sure mole is the same on each side.

B Border Irregular

C Color change/Crusty

D Diameter: larger than a pencil top

E Elevation

I Itchy

www.mayoclinic.com

THE HEALING POWER OF FORGIVENESS

When we look after our health, we think about eating healthy foods, exercising, and getting regular checkups. But our emotions can affect our health too. If you have been holding a grudge or two, it may be hurting you physically as well as psychologically. The cure? Forgiveness. Recent studies have shown that practicing forgiveness can have a positive effect on our health.

According to a study at Duke University Medical Center people who use mediation to help them forgive others experience lower levels of physical pain, anger, depression, chronic back pain and anxiety. Researchers at University of Tennessee found that people who forgive more easily have a lower resting blood pressure and heart rate than people who do not forgive as easily. In addition, people who were rated as "high forgivers" were more likely to work harder to resolve conflict. As a result, they also tended to have stronger relationships.

Forgiveness can be very difficult, but researchers have found that it is a skill that can be learned. There are many methods you can try, including visualization, meditation, or simply talking it out with a trusted friend. When the going gets tough remind yourself of how forgiveness can help you. By Minh Nguyen

www.healthandgoodness.com

*"To forgive is to set a prisoner free and discover that the prisoner was you."
Lewis B. Smedes*





BACK TO SCHOOL BRAIN FOODS



Since September is back to school month what better time is there for you and your children to improve your diet to improve your concentration? Here are some foods that can help increase your brain power!

1. Fish Really is Brain Food

Many fish are high in Omega 3 Fatty acids which are essential for brain function & development. Some fish that are rich in Omega 3's are salmon, tuna, and lake trout.

2. Blueberries are Super Nutritious

Research shows that blueberries help protect the brain from oxidative stress and may reduce the effects of Alzheimer's disease or Dementia.



www.webmd.com

3. Add a Daily Dose of Nuts & Chocolate

Nuts and seeds are a good source of antioxidant Vitamin E which is associated with less cognitive decline as you age.

Dark Chocolate also has powerful antioxidants.

* Enjoy up to an ounce a day of nuts and dark chocolate to provide all the benefits you need without excess calories and fat.

4. Benefits of A Healthy Diet:

It may sound trite but its true: if your diet lacks essential nutrients; it can decrease your ability to concentrate. Eating too much or too little can also interfere with your ability to focus. Strive for a well balanced diet chock full of a wide variety of healthy, wholesome foods.

More Tips for Boosting Memory & Concentration

1. Get a good nights sleep.
2. Exercise to help sharpen thinking.
3. Eat a nutritious, well balanced breakfast.

The THIRD Quarter runs from JULY 1st-SEPTEMBER 30th. If you have any questions about Healthy Lifestyles, contact Emilee Pike at 801-851-7098 or uchlth.emilees@state.ut.us