

# Newsflash

Issue 2022.08

## Healthy Eating Tips

As summer begins to wind down and our schedules pick up speed, our attention may turn away from healthful eating. Below are a few tips to commit to memory to help maintain a healthy lifestyle.

**Eat breakfast.** A meal of low-fat dairy, whole grains, fruit, and protein is filling, and sets a healthy tone for the rest of the day.

**Avoid liquid calories.** Skip sweetened drinks like soda in favor of water, seltzer, or tea. You'll have more calories to spend on food.

**Plan what you'll eat.** Plot out meals and snacks ahead of time so you have the right items on hand when you get hungry.

**Eat mindfully.** Turn off the TV, radio, and computer and focus on what you're eating. This can make it easier to notice when you're full.

**Slow down.** Savor each bite and chew it thoroughly. It gives your brain time to catch up with your stomach.

**Don't go shopping for food when you're hungry.** You're liable to reach for higher-calorie food and overbuy in general.

**Control portions.** Use smaller plates (10-inch diameter or less) and keep serving dishes off the table.

## Good-bye July Hello August

Previous issues of Newsflash  
can be viewed under "PBM  
Resources>Newsletters>Clinical"  
at: [www.MC-Rx.com](http://www.MC-Rx.com)

## Immune Booster Foods

Certain foods are heralded for their **antioxidant qualities** helping you to stay healthy and ward off illnesses. Dr. Neal Malik who leads the Master of Science in Nutrition for Wellness program at Bastyr University, Kenmore, Washington helps take the mystery out of healthy food choices and shares the **immune-boosting potential** of certain foods.

1. **Mushrooms.** A good source of vitamin D and an underutilized immune-boosting food. In fact, clinical researchers discovered improved immune responses in cancer patients who are receiving chemotherapy and radiation after consuming mushrooms.
2. **Turmeric.** Typically found as a bright yellow powder, this immune system booster is often used in Asian curry dishes. You may also find turmeric supplements, but be careful with these – many have failed quality testing but are still available on store shelves.
3. **Sweet Potato.** High in vitamins A and C, a one-two punch when it comes to knocking out bacteria and viruses.
4. **Ginger.** May help our immune cells win the battle against colds and the flu. Add fresh ginger to your stir-fry recipes or as part of a healthy salad dressing!
5. **Fresh Garlic.** Researchers are discovering that this common ingredient may help kill bacteria and viruses. When possible, consume fresh garlic as opposed to relying on garlic capsules/supplements – the jury is still out as to whether these have the same effect.
6. **Hot Tea.** A perfect beverage on a cold day, we are finding that it may help our bodies ward off infections. Not only that, but as an added bonus, drinking tea will help keep you hydrated.
7. **Berries.** Naturally high in vitamin C and other powerful antioxidants, these can be enjoyed fresh or frozen. I would recommend consuming whole berries, rather than relying on juices/smoothies.
8. **Honey.** This sweetener has been used as an antibiotic for centuries. It was believed that ancient Romans would apply it to their eyes when they had a bout of conjunctivitis ("pink eye"). Turns out, they were on to something; honey has been found to prevent the growth of bacteria. Add it to your tea or as a topping on your whole grain pancakes or waffles.
9. **Yogurt.** A good source of vitamin A, protein and zinc, yogurt is a great snack. Not only that, but yogurt contains healthy bacteria that may protect your digestive tract from disease-causing germs.

Combine yogurt, berries, and a teaspoon of honey, and you've got a near perfect super-hero snack!

(Tips from [healthyaging.net](http://healthyaging.net))

## Children's Eye Health and Safety Month

Protecting young children from eye injuries at home and at play

The most common causes of eye injuries to children are:

- Misuse of toys
- Falls from beds, against furniture, on stairs, and when playing with toys
- Misuse of everyday tools and objects (work and garden tools, knives and forks, pens and pencils)
- Contact with harmful household products (detergents, paints, glues, etc.)
- Automobile accidents.

### Indoor Safety

- Use safety gates at top & bottom of stairs.
- Provide lights and handrails to improve safety on stairs.
- Pad or cushion sharp corners and edges of furnishing and home fixtures.
- Install cabinet and drawer locks in kitchens and bathrooms.
- Store personal-use items (cosmetics, toiletry products), kitchen utensils, and desk supplies where they are out of reach for children.
- Keep paints, pesticides, fertilizers, and similar products properly stored in a secure area.

### Toy Safety

- Read all warnings and instructions on toys.
- Avoid toys with sharp/rigid points, shafts, spikes, or dangerous edges.
- Keep toys intended for older children away from younger children.
- Avoid flying toys and projectile-firing toys; these pose a danger to all children, particularly those under five years old.
- Be aware of playground/play area items that pose potential eye hazards.
- Keep BB guns away from kids.

### Car Safety

- Use occupant restraints such as infant and child safety seats, booster seats, safety belts, and shoulder harnesses in cars.
- **Children age 12 and younger should never ride in the front seat.**
- Store loose items in the trunk, or secured on the floor. Any loose object can become dangerous in a crash.



## Fire Up a Healthier BBQ

**Lose the calories and fat,  
but keep the flavor**

Summer is synonymous with grilling, but often the foods we choose to grill aren't all that healthy. A beef patty without a bun can clock in at 230 calories and 15 grams of fat. And hot dogs and sausages can be high in saturated fat and sodium. But don't put out the fire just yet! With a few creative changes, summer barbecues can be delicious and nutritious.

**Go easy on the beef.** Red meat increases your risk of many diseases, so it's smart to limit how much you eat. For example, a 2017 study found that a high intake of red meat increased the risk of dying from nine causes – including cancer, heart disease, liver disease, and stroke – by 26 percent. But white meat, such as chicken, was linked to reduced risk. Opt for lean cuts of beef, and use meat as an accent instead of the main dish. For example, put sliced steak over a salad.

**Opt for seafood.** The American Heart Association recommends eating seafood at least twice a week for its cardiovascular benefits. Intimidated about cooking it? Start with shrimp. The shell helps keep the meat moist. Marinate medium-sized, shell-on shrimp in olive oil, garlic, and fresh herbs, then grill for about 3 minutes on each side. Salmon is also easy to grill and is one of the top sources of heart-healthy omega-3s.

**Veg out.** Practically any vegetable can be grilled. Cook directly on the grates, or use skewers or a grill basket to prevent small pieces from falling through. You can grill veggie burgers, too: Amy's California Light in Sodium is at the top of the list. Prefer a "meatier" burger? Try Boca All American Flame Grilled.

**Cook up dessert.** Grilling fruit caramelizes its sugars, sweetening the flavor. Nectarines, papaya, peaches, pineapple, and plums work well. Slice the fruit to a thickness of half an inch, then brush on a little olive oil and sprinkle it with cinnamon, red chili flakes, or nutmeg.