



THE Y AXIS



You Hungry? Feast Your Eyes on THIS...

Want to improve your diet and eat healthier food?



Feast on THIS the next time you're at the grocery store or a restaurant: Food labels.

On your next shopping trip, take a second to read the food label on the package.

If you're going out to eat, find out how many calories are in a meal...before you order.

On average, most adults only need 2,000 calories a day.

Reading food labels can help you be more mindful of your food choices to keep your weight in check and improve your health.⁵

COMMENTS?

Send comments to the editor:

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Shoot Hoops to Net Health Benefits of Basketball

Tap into March Madness to improve your health

Are you combing through all the stats to pick your March Madness NCAA basketball winners?

You're not alone. About 45 million people bet on bracket winners, according to the National Gaming Association. And millions more play for fun.

Even if you don't follow college basketball, how about shooting some hoops?

It doesn't really matter if you can't

- Dunk a ball
- Hit every free throw
- Block heavy hitters
- Nail outside shots

Basketball is a great form of exercise, even if you're not playing in the NBA or picked for the March Madness line-up in college basketball.

The get-in-shape basketball study

A recent study measured the health benefits of basketball in a group of people who were out of shape.¹

- The people in the study played basketball for about an hour three times a week for three months.
- Each session included warm-up exercises, shooting, dribbling, passing, and playing the game.

Think you could handle that? Researchers found that playing basketball helped:

- Improve cardiovascular endurance
- Burn calories
- Build lean body mass
- Lower blood pressure
- Strengthen bones
- Reduce body fat
- Improve resting heart rate

Tip off March Madness with this piece of advice:

- You'll have better luck improving your health by playing basketball than you will picking the team to win the championship.

MORE

5 fun ways to play basketball
<https://tinyurl.com/2ekmyyij>

7 Ways to Cut Your Risk for Colorectal Cancer

March is National Colorectal Cancer Awareness Month

When former *Today Show* host Katie Couric lost her husband to colon cancer when he was just 42 years old, she made it her mission to help prevent it.

"Colon cancer took him from us, like it's taken so many others," Couric said. "That's why I've made it my mission to talk about getting screened."

But instead of just talking about it, she even underwent a colonoscopy on live TV. If you're 45 or older, it's "time to screen," Couric said.

Last year 151,030 people were diagnosed with colorectal cancer, and 52,580 people died from this type of cancer.²

But it's not all bad news. When detected and treated early, 65.1 percent of people recover.

Here are SEVEN ways lower your risk for colorectal cancer:

1. **Get preventive exams.** If you're over age 45, you should be screened for colorectal cancer every 5 to 10 years. If you have a family history of this type of cancer, you may want to schedule a screening sooner.
2. **Maintain a healthy weight,** or lose weight if you need to. About 40 percent of all cancers have one thing in common: being overweight or obese.





Carrot Raisin Bread

Like sweet breads? Try this recipe. It's low in saturated fat, calories, and cholesterol.⁴

Ingredients

- 1-1/2 C flour
- 1/2 C sugar
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1-1/2 tsp ground cinnamon
- 1/4 tsp ground allspice
- 1 egg, beaten
- 1/2 C water
- 2 T vegetable oil
- 1/2 tsp vanilla
- 1-1/2 C carrots, finely shredded
- 1/4 C pecans, chopped
- 1/4 C raisins

Directions

1. Preheat oven to 350 degrees. Lightly oil loaf pan.
2. Mix dry ingredients in large bowl. Make a well in center of mixture.
3. In separate bowl, mix remaining ingredients. Add this mixture all at once to dry ingredients. Stir to moisten and mix up carrots.
4. Pour into pan. Bake for about 50 minutes.
5. Cool 5 minutes in pan. Remove from pan and cool on wire rack.

99 calories per serving.

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The Dining-Out Dilemma: 6 Ways to Eat Healthier

Most restaurant-meal portion sizes big enough for two

You hit a fast-food drive through, or you dine in at a sit-down restaurant. And when the food arrives, you chow down. Sound familiar?

About 1 in 3 adults goes out to eat once a day or more, according to the Centers for Disease Control and Prevention. And that's a high-calorie problem.

In a recent study, researchers looked at 223 meals at 111 chain restaurants in 6 different countries.³ Researchers found that: Most fast-food and dine-in restaurant meals contain 800 to 1,300 calories or more.

- The typical portion size is big enough for two adults.
- And this didn't include side orders, drinks or dessert.

Dining out: 6 ways to practice portion control

Here are SIX easy ways to practice portion control the next time you dine out:

1. **Split it.** Split a meal with someone else.
 2. **Save half for later.** Place half of your meal in a to-go box as soon as your food arrives.
 3. **Downsize your order.** Order a smaller portion size from the senior menu or kid's menu.
 4. **Chew your food.** Take time to chew your food, instead of rushing through meal time. Then save the rest for later.
 5. **Hydrate.** Drink water instead of sugary drinks or alcohol.
 6. **Make a special request.** Ask the restaurant staff to make you a smaller portion.
- You'll eat fewer calories this way. And that's good for your health.



MORE

Tips to practice portion control
<https://tinyurl.com/f3sszmkb>

7 Ways to Cut Your Risk for Colorectal Cancer (continued from page 1)

3. **Don't smoke.** Quit if you do.
4. **Be more active.** Aim for 30 minutes of physical activity a day.
5. **Avoid or limit alcohol.** No more than two drinks per day for men. No more than one drink per day for women; zero if pregnant.
6. **Avoid red meats** like beef and pork used to make burgers, sausage, bacon and steak.
7. **Eat more plant-based foods** like fruits, vegetables, whole grains, legumes, nuts and seeds.

When you make the effort to adopt healthy habits, you can lower your risk for colorectal cancer, and many other types of cancer.

MORE

Learn more about Colorectal Cancer Awareness Month
<https://tinyurl.com/yco8mb55>

References

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2. National Cancer Institute. (2022). Cancer stat facts: Colorectal cancer. From: <https://tinyurl.com/e28bnk7j>
3. Roberts, S., et al. (2018). Measured energy content of frequently purchased restaurant meals: Multicountry cross sectional study. *British Medical Journal*, 363:k4864. From: <https://tinyurl.com/5294f52f>
4. U.S. Department of Health and Human Services. (2023). Carrot-Raisin Bread. Keep the Beat. From: <https://tinyurl.com/2he9xkvm>
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Take the March Health Challenge!

Drive Safely: Be safe behind the wheel

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Why should I get a check-up once a year?