



THE Y AXIS



Beware of THIS Super-Sized Problem

How often do you eat fast food?



Stop! It's the food police. Put the French fries down and step away from the table.

If you're trying to clean up your diet, curb your appetite for fast food like burgers, fries, and soda.

About 25 percent of all adults eat fast food three or more times a week, according to a recent survey.⁴

And that's too much if you're trying to control calories, sodium, and cholesterol to improve your health. Life without fast food isn't so bad. It can even be quite tasty!

- Eat more fruits and vegetables.
- Cook at home more often.
- Live longer.

COMMENTS?

Send comments to the editor:

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5 Sweet Ways to Make Halloween Healthier

The average Halloween-candy haul is 9,000 calories

Expect to see warriors, princesses, wizards, and pirates. They'll be knocking at your door on Oct. 31 with a simple question: Trick or treat? And if you're in a giving mood, you'll probably give them a handful of treats.

But by the time the little goblins get home, they'll be hauling in a bag full of excess calories, sugar, and fat.

The average haul for a trick-or-treater =

- 250 pieces of candy
- 9,000 calories
- 3 pounds of sugar

It's a recipe for tooth decay, weight gain, diabetes, and other health problems. Kind of scary, right?

Here are FIVE ways you can make Halloween healthier:¹

1. Choose what to keep

- Toss out the taffy, hard candy, and sour-flavored sweets first. These candies create more acid in your mouth, damage tooth enamel, and cause cavities.
- Keep the dark chocolate. It's high in antioxidants and usually has less sugar.

2. Hand out healthier treats

- Skip the 10-pound bag of candy at the store, and hand out something different.
- Like what? Fruit leather, nuts, pretzels, or inexpensive toys.

3. Encourage kids to drink more water

- Give kids water to drink when they're eating candy or chocolate.
- Teach kids to swish water around in their mouths to rinse off their teeth as soon as they're done eating.

4. Brush before bed.

Trick-or-treaters are bound to eat some candy before the night is over.

- Make sure the little goblins brush their teeth before going to bed.
- You know the routine: Brush for 2 minutes.

5. Bargain for something better

- You could also bargain with your kids to give up some of their candy for something better.
- Buy back their candy with cash, or a reward for something fun or healthier.

MORE

How to have a healthy Halloween
<https://tinyurl.com/yck7xw28>

Make It Fun: The 'Ultimate' Way to Be More Active

Exercise doesn't have to feel like a chore

Not everybody is cut out to play football. That's what a New Jersey high school student Joel Silver thought back in 1968.

Maybe there was a way to put a spin on the sport to make it safer, easy to play anywhere, and something most people could do. That's how Ultimate Frisbee was born.

Today, the sport is simply called "ultimate" – but it's still played the same as it was nearly 50 years ago. Like football, players run up and down the field and pass a Frisbee to score touchdowns.

Hustle for health

In a normal 100-minute game, a player might run up to five miles. It's a sport that burns an average of 477 calories per hour. And it's a good



form of exercise to strengthen your heart, lungs, and muscles, according to a recent study.²

Choose activities you enjoy

If you're not among the estimated 7 million people who like playing Ultimate, find another way to be more active that you enjoy.



Pumpkin Pancakes

Celebrate the fall harvest or Halloween by making your own pumpkin pancakes. Here's an easy and healthy recipe that only takes a few minutes to prepare:⁵

Ingredients

- 2 eggs
- 1 (15-ounce) canned pumpkin
- 2-1/2 C non-fat milk or soy milk
- 2 T canola oil
- 2 C flour
- 2 T brown sugar
- 1 T baking powder
- 1 tsp pumpkin pie spice
- 1/2 tsp salt
- cooking spray

Directions

1. In a large bowl, combine eggs, pumpkin, milk, and oil.
2. Add flour, brown sugar, baking powder, spice, and salt. Stir gently.
3. Coat skillet with cooking spray. Heat over medium heat.
4. Pour 1/4 C batter onto a hot skillet. Flip when bubbles appear. Cook until golden.

4 Better Ways Than Boiling to Prepare Broccoli

Broccoli loses up to 77 percent of nutrients when boiled



“Eat your broccoli.” If that’s a dinner-table mantra that still haunts you from your childhood, you’re not alone.

If you have an aversion to broccoli, maybe it stems from how it was cooked when you were a kid.

Better not boil the broccoli

In a recent study, researchers found that broccoli loses up to 77 percent of its nutritional value when it’s boiled for 30 minutes or longer.³

And that’s a problem, because broccoli packs the most nutritional punch of any vegetable.

Health benefits of broccoli

Broccoli is loaded with nutrients like vitamin C, vitamin A, folic acid, calcium and fiber.

It’s one of those brightly-colored vegetables that can help strengthen your bones, prevent cancer, and reduce your risk for heart disease.

But that all depends on the way you prepare it.

The best ways to eat broccoli to preserve most of its nutrients include:

- **Raw:** Munch and crunch raw broccoli from a veggie tray or in a salad.
- **Steamed:** Steam broccoli for up to 15 minutes to soften.
- **Stir-fried:** Add broccoli to a stir-fry mix of other vegetables. Cook for about five minutes.
- **Microwaved:** Cover and cook in the microwave for about five minutes.

Use one of these cooking methods to give broccoli a try. Season with herbs and spices, or even a little salt, and enjoy.

MORE

Try these broccoli recipes <https://tinyurl.com/3tuc72np>

Make It Fun: The ‘Ultimate’ Way to Be More Active (continued from page 1)

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| <ul style="list-style-type: none"> • Walk • Play tennis • Run • Swim • Dance • Lift weights • Play kickball | <ul style="list-style-type: none"> • Even gardening can be a form of exercise that raises your heart rate, burns calories and fat, and keeps you healthy. | <p>“Find a way to stay active that brings more joy and fun into your day,” says Dr. Cedrick Bryant, who worked on the Ultimate Frisbee study.</p> | <p>“You’ll be much more likely to stick with it for an extended period of time.”</p> |
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References

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Take the October Health Challenge!

Get Fit Faster: Improve your fitness level with shorter workouts

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Is drinking a little alcohol healthy?