

## Fill Up With Volumetrics

By Cara Rosenbloom, RD

If you've ever been on a weight-loss diet, you may have had these chief complaints: You always feel hungry, the diet is restrictive and the portions are too small. Enter **Volumetrics**. It's a weight-loss plan that allows you to enjoy a full plate of food, to ensure you feel satisfied after every meal.

You fill up on foods that are high in water, but low in calories, such as vegetables, soup broth and lean-protein foods. And there's still room for all other foods, too.

### Volumetrics has 4 food categories:

**Category 1:** Unlimited foods, including non-starchy vegetables, fruit and broth-based soups.

**Category 2:** Reasonable portions of whole grains, lean-protein foods, beans and low-fat dairy.

**Category 3:** Small portions of breads, desserts, cheese and high-fat meats.

**Category 4:** Sparingly served fried foods, cookies and fats.



Some foods contain more calories than others – a cup of French fries (category 4) has 160 calories, while a cup of watermelon (category 1) has 46 calories. Filling your plate with **large volumes of low-calorie foods** allows you to eat fewer calories in the same amount of food.

**Give it a try:** Get started with recipes for high-volume meals.

## QuikQuiz™: CPR Refresher

Do you know the American Heart Association's guidelines for cardiopulmonary resuscitation (CPR)? Test your knowledge:

True False

- 1. CPR guidelines are designed to provide emergency rescue for people in cardiac arrest.
- 2. If you're a bystander untrained in CPR and suspect someone may be in cardiac arrest, you should first call 911 using the nearest phone.
- 3. You or another bystander can perform Hands-Only CPR (without breaths). Answers on back. >>

## Health Care Needs: Choosing Wisely?



Health care insurance helps cover the cost of our primary provider services and medications.

### Do you think you need an MRI for your knee or back pain?

Do you need that antibiotic for a skin infection? Tests and procedures are costly, and sometimes they're unnecessary or harmful. So how do we know which medical tests or treatments are truly appropriate?

To help us, the American Board of Internal Medicine Foundation launched the **Choosing Wisely** national campaign in 2012. **Choosing Wisely** teaches patients and providers to recognize that **health does not always improve with more care**.

The program has identified many tests and procedures that have low value to many patients. They include:

- Pap smears for women before age 21, or for those who have had a hysterectomy for a non-cancer disease.
- Annual EKGs or any other cardiac screening for low-risk patients without symptoms.
- Bone density screening for osteoporosis in women before age 65 or men before age 70 with no risk factors.
- Antibiotics for acute mild-to-moderate sinusitis, unless symptoms last 7 or more days or worsen after initial improvement.
- Imaging for low-back pain within the first 6 weeks of pain, unless red flags are present.
- Breast MRI for breast cancer screening in average-risk women.
- Routine blood work, other than to test CEA level during surveillance for colorectal cancer.



Discussing the health care services listed above with your provider will help you save your health and health care dollars.

Learn more at [choosingwisely.org](http://choosingwisely.org).

# Summer Fruit Bonanza

By Cara Rosenbloom, RD



**Fresh, juicy fruits are the tastes of summer.** Savor the best of the season by pairing fruit with your meals and snacks.

**Pop some grapes and berries in the freezer** – when blended, they're a makeshift ice cream. Grill pineapple and peaches on the barbecue, add berries to green salads and make fun fruit kabobs for the kids. Buy from farmers markets to see how wonderful fresh fruit tastes straight from the field.

**Great taste isn't the only benefit of summer's bounty of berries and other delights.** For example, studies show that eating fruit helps keep cholesterol and blood pressure in check – key to heart health. What's more, people who eat more fruits (and vegetables) are likely to have a lower risk of some other chronic diseases, such as type 2 diabetes and stroke.



**How should you eat fruit?** Whole fruit is best. Avoid juice. Fresh and frozen fruit are equally nutritious. Most Americans don't eat enough fruit, so load up! For your health, get at least 2 cups of fruits every day – add them to every meal and snack on them, too. They're low in fat, calories and sodium.

**Fruit is fairly high in natural sugar – and nutritional value.** For example, in a cup of apples, you'll get 10 grams of sugar, but also fiber, vitamin C and antioxidants. In a cup of cola, you get 23 grams of added sugar and nothing else. So the next time you crave a regular soft drink or a candy bar, grab some strawberries or peaches instead.

{ “Live *life* to the *fullest*, and focus on the *positive*.” — Matt Cameron }

June is Men's Health Month.



## GUYS: HOW'S YOUR HEALTH?

These steps can help you live long and well.

- 1 **Sound sleep** can help you feel your best and do your job well. It's also critical to building your body's defenses against infection, illness and heart disease.
- 2 **For men**, having 15 or more alcoholic drinks per week is heavy drinking, which can cause poor sleep, poor work, chronic health problems and premature aging.
- 3 **Don't ignore** signs of depression. Ongoing worry, sadness and negative feelings can lead to insomnia and alcohol abuse.
- 4 **Spending time** with family and friends can be as good for you as maintaining a healthy weight or being tobacco-free.
- 5 **Guard your heart.** Keep your weight and blood pressure in check, and get at least 150 minutes of moderate-intensity exercise, such as brisk walking, each week. Get your health care provider's approval first if you're unaccustomed to exercise.
- 6 **Slather on sunscreen.** Use a minimum 30 SPF outdoors to help prevent skin cancer and facial wrinkles.
- 7 **Strength training** keeps your muscles strong. It also helps manage or prevent many chronic health conditions, including arthritis and back pain. Get your provider's okay first if you have a chronic ailment.
- 8 **Add daily doses of fruits, vegetables and leafy greens.** They're packed with vitamins and minerals.
- 9 **Get routine medical and dental exams.** Maintain a strong relationship with your providers.



### QuikQuiz™: CPR Refresher

>> Continued from front.

1. **True** – Sudden cardiac arrest occurs when the heart suddenly stops (arrests), usually due to an electrical malfunction in the heart. CPR is also useful for heart attack or drowning when breathing or heartbeat has stopped. Usually the first signs of cardiac arrest are fainting and a lack of pulse. **Note:** Just before fainting, some people may have a racing heartbeat or feel dizzy. Other signs within an hour before cardiac arrest: chest pain, shortness of breath, nausea and vomiting.
2. **True** – Place the phone on speaker so the emergency dispatcher can help.
3. **True** – To perform Hands-Only CPR, push hard and fast in the center of the chest to the rate of 100 to 120 compressions per minute.

**Surviving cardiac arrest** depends on immediate CPR and other actions starting with bystanders. Watch the Hands-Only CPR instructional video at [heart.org/handsonlycpr](http://heart.org/handsonlycpr).



Smart Moves toolkit is at [www.personalbest.com/extras/17V6tools](http://www.personalbest.com/extras/17V6tools).

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