



Outsmart Winter Weight Gain

For many folks, it starts with the winter holidays. We add pounds celebrating with month-long buffets, irresistible desserts and drinks. This can also be a stressful, busy time when we lose the incentive to fix healthful meals and exercise.

Don't let your attitude weigh you down in the coming months. Instead, focus on your health and some simple changes.

- » **Eat for energy.** Smart food choices can help reduce fatigue and control your hunger and stress levels. Fruits, vegetables, whole grains and lean protein sources, as well as drinking water, provide sustained fuel.
- » **Keep track.** Record what you eat and drink, how much and when for a few days to spot diet patterns. For example, if you tend to binge on snacks mid-afternoon, make sure you keep healthy choices handy.



» High-energy snack picks:

- 1 cup plain Greek yogurt with fruit
- ½ ounce nuts and seeds
- Nut butter with vegetable sticks
- Sliced turkey with bean dip

- » **Try frequent, small meals and snacks.** People who do tend to have steadier energy and a lower likelihood of weight gain than people who eat 2 large meals a day.

Don't leave eating well and exercise to chance. Plan meals and schedule your exercise – fit in something physical every day; write it down if it helps. Being active throughout your day can reduce stress and curb overeating.

“**Health** is the thing that makes you feel that **now** is the **best time** of the year.”

— Franklin Pierce Adams

QuikQuiz™: Contagion Is Catching

Infectious diseases can be passed from person to person or by bites from insects or animals. These infections result from bacteria, viruses, fungi and parasites, causing dozens of contagious diseases. Test your knowledge:

1. True False Methicillin-resistant *Staphylococcus aureus* (MRSA) is a staph infection that can be hard to treat.
2. True False Hepatitis C virus now kills more people in the U.S. than any other infectious disease.
3. True False Only 30% of Americans are affected by type 1 herpes virus by their 20s.
4. True False In 1900, infectious diseases accounted for nearly half of the deaths in the U.S.

Answers on back. >>



Decoding Saturated Fats

For many years, health care practitioners have recommended limiting the intake of saturated fat in our diet because high intakes may raise cholesterol levels and the risk of developing heart disease. That advice was questioned in 2013 when a study in the *British Medical Journal* showed saturated fat may not be a major problem for heart disease risk.

Is saturated fat no longer a health risk? Conflicting studies and media headlines have left many people confused. So, here's a summary of the research to date:

Side A: Two meta-analyses in 2010 and 2014 found insufficient evidence that dietary saturated fat increases heart disease risk. (A meta-analysis study pulls data from many other studies to get a comprehensive overview of a topic.) But more research is needed.

Continued on back. >>

Do You Need Breakfast?

By Cara Rosenbloom, RD



The old adage that “breakfast is the most important meal of the day” has been contested recently, based on new research. Could years of nutritional science be wrong? Let’s review some of the science.

You may know that **fasting for 8 to 12 hours overnight should be broken in the morning**; your body needs energy from food to get the day started. There is also evidence that people who eat breakfast have:

- higher vitamin, mineral and fiber intake by day’s end;
- better concentration and cognitive performance;
- and more strength for physical activity.

More health benefits: Studies link people who eat breakfast with having lower blood cholesterol and blood pressure levels, and they control their weight better than those who skip breakfast.

New research: One study showed there was no difference in weight in breakfast eaters versus skippers. Another study showed that breakfast skippers may have burned more calories, which aids weight control. However, not eating breakfast may lead to increased inflammation, which is a forerunner of heart disease, cancer and type 2 diabetes.

Bottom line? The new research does not undo what we know about the health benefits of breakfast.

These studies also emphasize that what you eat makes a difference. For example, if your breakfast is a sugary toaster pastry or donut, you are better off skipping it. Healthier options for breakfast include those foods high in protein and fiber, such as eggs or oatmeal with Greek yogurt and fruit.

Decoding Saturated Fats Continued from front. >>

Side B: Other researchers found flaws in those data sets, and still recommend that saturated fat be limited to less than 10% of the day’s calories to potentially decrease heart disease risk. There are studies to support this position, too.

Side B researchers advocate cutting back on saturated fat. But when you eat less saturated fat, replace it with healthful unsaturated fats such as oil, rather than refined carbohydrates such as sugar or bread. Reducing saturated fat won’t make a difference if the rest of your dietary choices are poor.

It’s the whole diet that matters. A healthy diet isn’t about making changes to a single food or nutrient. A smart, well-balanced food plan, **such as the Mediterranean diet (or Dietary Approaches to Stop Hypertension)**, is rich in whole, unprocessed foods: vegetables, fruit, whole grains, nuts, beans, lean protein and healthy oils. It allows you to eat well without focusing on individual nutrients. **Start by eating more vegetables – that’s 1 thing all researchers agree upon.**



Smart Moves toolkit is at www.personalbest.com/extras/18V1tools.

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Queasy from Medicine?

Nausea is a common side effect of certain medications. Many people are sensitive to pain relievers, especially prescription opioids and nonsteroidal anti-inflammatory drugs (NSAIDs) including aspirin, ibuprofen and naproxen. These medicines can irritate the stomach lining, or affect a part of the brain that controls nausea and vomiting.

Taking antibiotics, blood pressure medicine, antidepressants or chemotherapy drugs can also cause nausea in some people. The ability to absorb certain medications can decrease with poor digestion, when drugs stay in the stomach longer, causing irritation. Taking multiple drugs at a time may also cause nausea.

Check with your health care provider or pharmacist if you have ongoing problems with medicine. Learn how to avoid nausea when using medicines, such as proper eating and digestion, the best time to take your medicine and possible drug alternatives.



QuikQuiz™: Continued from front. >>

Contagion Is Catching

ANSWERS

1. **True** – MRSA typically spreads by direct contact with an infected person’s skin or personal items; some cases are resistant to antibiotic treatment.
2. **True** – The CDC reported 19,659 deaths from hepatitis C in 2014, surpassing the total combined number of deaths from 60 other reported infectious diseases. Officials now recommend a hepatitis C test for everyone born between 1945 and 1965.
3. **False** – More than 50% of people are affected – some have no symptoms of herpes 1 infection, while others develop painful cold sores on the lips, chin or nostrils.
4. **True** – Reversing the death toll was largely due to sanitation, antibiotics and vaccines. Between 1980 and 2014, deaths from infectious diseases accounted for just 5.4%.