

# STEP INTO WELLNESS



Diocese of Palm Beach  
2019 Healthiest Employers Award Honoree



## Restaurant Survival Strategies

February 2020

Your best bet for meeting your health goals is to cook your own meals at home, where you can control the ingredients and portion sizes. However, we all enjoy eating out from time to time. Just keep in mind that restaurant meals—in particular, fast-food meals—are linked with higher intakes of calories, sugar, saturated fat, and sodium, and lower intakes of healthful foods, such as fruits, vegetables, and whole grains. One of the biggest problems you'll face when you dine out is sheer portion size, which has increased dramatically over the years. Those bigger portions translate into more calories, sodium, sugar, and saturated fat.

Fortunately, the dining scene has improved. The FDA now requires chain restaurants to provide consumers with clear and consistent nutrition information on menus, menu boards, and in writing, which can help you make healthier choices. And more and more restaurants are meeting consumers' desires for healthier fare by providing smaller portions, more fruits and vegetables on the menu, more vegetarian options, and lighter preparation styles.

Follow these tips for dining out healthfully:

- **Patronize restaurants where good choices**—seafood, whole grains, legumes, fruits, and vegetables—abound.
- **Check out the restaurant website in advance** in order to decide what you'll order, instead of making impulse decisions. Many restaurants post their menus online, enabling you to find the healthiest entrees. Some even list nutritional information on menu items. Beware of those with high calorie, fat, sugar, and sodium levels.
- **Skip pan-fried or deep-fried foods.** Instead, look for foods prepared with healthful techniques, such as baking, grilling, poaching, or roasting.
- **Avoid dishes prepared with gravy and heavy sauces.** Or ask the waiter to use half the sauce or to serve the sauce on the side so you can decide how much of it to use. Because gravy is often made from pan drippings from the meat, it's relatively high in saturated fat.

- **Resize your portions:** split a meal with a friend, order small plates or side dishes, or take half of it home for lunch the next day. Take advantage of the "small plates" trend, in which you and your dining companions share small servings and avoid large portions of single dishes.

- **Get extra vegetables.** Many restaurant entrees don't come with a generous serving of vegetables. But you can easily remedy that by asking for more vegetables, ordering vegetables from the side dish selection, or substituting vegetables or a salad for a less healthful side dish, such as fries.

- **Lighten up dessert.** Skip the indulgent, rich desserts, such as ice cream, cakes, and pastries (some can contain more than 1,000 calories) and go for simple treats, such as berries and peaches. If you want a sweet dessert, share it with others at your table. You'll get the full taste, but just a fraction of the calories, sugar and unhealthy fats.

**Watch those beverages.** Sweetened drinks (often refilled during the meal) and alcoholic beverages can add hundreds of calories to your meal. Opt for sparkling water, plain tea, or coffee.



Source: <https://www.health.harvard.edu>

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### Tips For Safe Stretches

**Warm up first.** Much like taffy, muscles stretch more easily when warm. It can be as simple as marching in place with arms swinging for five minutes or dancing to a few songs. Moist heat packs or a warm shower are effective first steps, too.

**Feel no pain.** Stretch only to the point of mild tension, never to the point of pain. If a stretch hurts, stop immediately! Reset your position carefully, then try again. With time and practice, your flexibility will improve.

**Pay attention to posture and good form.** Posture counts whether you're sitting, standing, or moving. Good form translates to better gains in flexibility and less likelihood of injury when stretching tight muscles.

**Focus on the muscle being stretched.** You'll notice that one side of your body often is tighter than the other. Work on balancing this over time.

**Breathe.** Breathe comfortably while stretching. Whatever you do, don't hold your breath while you are holding a stretch.

**Practice often.** You'll make the best gains if you stretch frequently.

Source: <https://www.health.harvard.edu>

## Warning Signs of A Serious Eye Problem



Eyes aren't exempt from the wear and tear of aging. Some of the age-related changes in the eyes are annoying but not serious — for example, it can become difficult to focus on near objects, and eyelashes may thin out a bit. But other changes can threaten vision.

With age, the eyes' ability to stay lubricated starts to wane. This can leave eyes feeling irritated, sticky, dry, or gritty. The lens of the eye can become less elastic. Night vision may also start to suffer, which can pose problems when driving at night. In contrast, cataract, macular degeneration, and diabetic retinopathy can rob you of your sight.

How do you know if an eye problem is a nuisance or the start of something serious? The following signs and symptoms warrant a call to your doctor. Catching serious eye problems early can help preserve your vision. Even non-vision-threatening problems can be treated to keep your eyes comfortable and your eyesight as sharp as possible.

### Call your doctor if you experience any of the following:

- Change in iris color
- Crossed eyes
- Dark spot in the center of your field of vision
- Difficulty focusing on near or distant objects
- Double vision
- Dry eyes with itching or burning
- Episodes of cloudy vision
- Excess discharge or tearing
- Eye pain
- Floaters or flashers
- Growing bump on the eyelid
- Halos (colored circles around lights) or glare
- Hazy or blurred vision
- Inability to close an eyelid
- Loss of peripheral vision
- Redness around the eye
- Spots in your field of vision
- Sudden loss of vision
- Trouble adjusting to dark rooms
- Unusual sensitivity to light or glare
- Veil obstructing vision
- Wavy or crooked appearance to straight lines

Source: <http://www.health.harvard.edu>

## February Happenings Calendar

Feb 1 - 29	American Heart Month
Feb 1 - 29	National Cancer Prevention Month
Feb 1—29	Low Vision Awareness Month
Feb 9—15	National Cardiac Rehab Week
Feb 17	Presidents Day
1stQuarter On Demand Webinar	Recipe Revamp/Quick & Easy Meals (29 minutes) <a href="https://kvgo.com/bcbsflorida/RecipeRevamp">https://kvgo.com/bcbsflorida/RecipeRevamp</a>



### American Heart Month

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, The Diocese of Palm Beach is proudly participating in American Heart Month.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Be sure to select a date to **WEAR RED** for American Heart Month by wearing red and sending your photo to: Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) Your photos will be included in the next Step Into Wellness newsletter!

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://www.diocesepb.org/wellness) for helpful links and information.

## Know Your Benefits.... Overview of Dental Benefits



**Who's Eligible:** Primary enrollee, spouse and eligible children to age 26

**Deductibles:** \$100 per person per calendar year

**Diagnostic & Preventive:** Deductible waived—YES;

Accrues toward Maximum- YES

**Waiting Period(s):**

Zero months for basic benefits, major benefits and orthodontics

BENEFITS AND COVERED SERVICES	IN-PPO NETWORK	OUT-OF-PPO NETWORK
<b>DIAGNOSTIC &amp; PREVENTIVE BENEFITS</b> - Oral exams, routine cleanings, x-rays, fluo-	100%	100%
<b>BASIC BENEFITS</b>	80%	80%
<b>MAJOR BENEFITS</b> Crowns, inlays, onlays, cast restorations,	50%	50%
<b>ENDODONTICS</b>	80%	80%
<b>PERIODONTICS</b>	80%	80%
<b>ORAL SURGERY</b> Incisions, excisions, surgical removal of tooth	80%	80%

## Processed Foods and Your Health

You hear it all the time: the advice to “eat less processed food.” But what is processed food? For that matter, what is minimally processed food or ultra-processed food? And how does processed food affect our health?

Unprocessed or minimally processed foods are whole foods in which the vitamins and nutrients are still intact. The food is in its natural (or nearly natural) state. These foods may be minimally altered by removal of inedible parts, drying, crushing, roasting, boiling, freezing, or pasteurization, to make them suitable to store and safe to consume. Unprocessed or minimally processed foods would include carrots, apples, raw chicken, melon, and raw, unsalted nuts.

Processing changes a food from its natural state. Processed foods are essentially made by adding salt, oil, sugar, or other substances. Examples include canned fish or canned vegetables, fruits in syrup, and freshly made breads. Most processed foods have two or three ingredients.

Some foods are highly processed or ultra-processed. They most likely have many added ingredients such as sugar, salt, fat, and artificial colors or preservatives. Ultra-processed foods are made mostly from substances extracted from foods, such as fats, starches, added sugars, and hydrogenated fats. They may also contain additives like artificial colors and flavors or stabilizers. Examples of these foods are frozen meals, soft drinks, hot dogs and cold cuts, fast food, packaged cookies, cakes, and salty snacks.

According to a study published in *The British Medical Journal (BMJ)*, ultra-processed foods are the main source (nearly 58%) of calories eaten in the US, and contribute almost 90% of the energy we get from added sugars.

### How do processed foods affect our health?

It is important to avoid heavily processed foods, such as pre-made meals (frozen pizza, microwavable dinners) or ready-to-eat foods like deli meat, potato chips, fried chicken or store-bought cakes and doughnuts. These products contain additives and preservatives and are often high in sugar and trans fats.

In fact, a May 2019 study in the *BMJ* assessed the effects of ultra-processed foods on cardiovascular health. Researchers have found that people on a diet high in processed foods had a 12 percent greater risk of developing overall cardiovascular disease and a 13 percent higher risk of coronary heart disease. By contrast, those who had a diet consisting mostly of unprocessed foods were at a much lower risk of cardiac events.

In addition to the weight gain from eating processed foods,

this type of diet has many other health risks. A February 2018 study in the *BMJ* found that eating a diet consisting of heavily processed foods may increase the odds of developing cancer, including breast cancer, by 10 percent.

Learn to identify processed foods. Whenever possible, try to avoid or limit ultra-processed foods. Unprocessed foods are in their natural and unaltered state, without any added ingredients. This makes them ideal for those who wish to eat clean and reap the benefits, such as maintaining a healthy weight. Processed foods, on the other hand, are often loaded with chemicals.

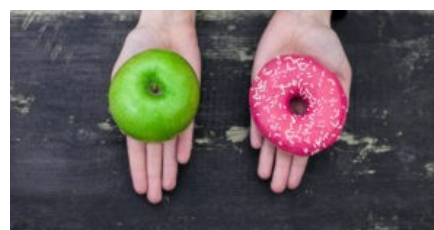
Foods like apples or carrots are considered unprocessed because they are in their natural state. They are fresh out of the ground and just the way nature intended. According to the Academy of Nutrition and Dietetics, processed foods include anything that has been cooked, canned, frozen, packaged or changed in any way from its natural state.

This means that anytime you cook, bake or prepare the food in any way, you're processing it. It would be difficult to stick to a diet that consists purely of unprocessed foods as let's face it, you may get tired of eating cold vegetables. Not to worry.

The Academy of Nutrition and Dietetics recommends eating minimally processed foods in addition to non-processed foods. Note that minimally processed foods don't have added ingredients. They are just altered in other ways, such as through cooking, freezing or removing inedible or unwanted parts.

Some examples of minimally processed foods include frozen fruit and vegetables, bagged and pre-washed spinach, cooked salmon or roasted nuts.

In general, avoid fast food and prepackaged foods and meals. Cooking at home gives you full control over the ingredients used. Always read the labels when buying foods at the store and choose those with ingredients you can easily recognize.



Source: [www.livestrong.com](http://www.livestrong.com)