

STEP INTO WELLNESS



Diocese of Palm Beach 2020 Healthiest Employers Award Honoree



Twenty Five Super Fruits To Add To Your Diet

1. Plums

In addition to their pleasing taste, plums offer a high concentration of vitamins, minerals, and health-protective plant compounds.

Plums are also rich in vitamin C and provitamin A carotenoids, both of which have antioxidant and anti-inflammatory properties.

2. Strawberries

Strawberries are particularly high in antioxidants like vitamin C, anthocyanins, phenolic acids, and flavonoids.

Research suggests that eating strawberries may help reduce heart disease risk factors, lower inflammatory markers, and increase fiber intake, all of which may protect against chronic health conditions like heart disease and certain cancers.

3. Grapes

Despite their small size, grapes pack a serious nutritional punch. Many varieties exist, and while all make a healthy choice, some are higher in antioxidants than others.

Red grapes exhibited the strongest antioxidant and free-radical-scavenging activities.

These varieties were found to be packed with antioxidants like caffeic acid, epicatechin, catechin gallate, protocatechuic acid, gallic acid, and rutin.

4. Apples

Apples are associated with a variety of health benefits, including a reduced risk of heart disease and several cancers, including colorectal cancer.

Notably, they're a concentrated source of flavonoid antioxidants.

5. Peaches

Peaches are often enjoyed in jams and pies, but it's best to eat peaches raw.

That's because fresh peach peels and pulp have higher antioxidant and anti-inflammatory activity than cooked peach products.

In addition to phytonutrients like phenolic acids and carotenoids, peaches provide a good source of fiber, vitamin C, provitamin A, and potassium.

6. Avocados

Avocados are not only creamy and delicious but also packed with nutrients like fiber, healthy fats, potassium, magnesium, folate, and vitamins C and K1.

7. Blueberries

These berries contain several potent antioxidants and are especially rich in anthocyanins, which are plant pigments that account for up to 60% of their total polyphenol compounds.

Eating fresh blueberries each day, even in moderate amounts of 1/3 cup (113 grams), has been linked to a reduced risk of heart disease and type 2 diabetes, as well as slower rates of mental decline in older adults.

8. Cherries

Thanks to their high concentration of vitamin C and polyphenol antioxidants, cherries have powerful anti-inflammatory properties.

Both sweet and tart cherries — as well as their juice and powder — are associated with many health benefits.

9. Grapefruits

Grapefruits may help improve the nutrient content of your diet. A review of studies in over 12,000 people showed that people who ate this citrus fruit had higher intakes of magnesium, vitamin C, potassium, and fiber, compared with those who didn't eat it.

Plus, the analysis found that women who ate grapefruit had lower body weights, as well as lower levels of triglycerides and the inflammatory marker C-reactive protein (CRP), plus higher levels of HDL (good) cholesterol.

Cont'd on page 4.

Sept 2020

In this issue:

- Super Fruits
- 2020 Health Expo Safety
- September Happenings
- Have A Healthy Fall
- Recipe of the Month: Chicken and pineapple stir fry
- Know Your Benefits— Flu Shots

2020 Health Expo Important Safety Information

In an effort to maximize safety for all, the following will be implemented for the 2020 Health Expo/Biometric Screenings:

1. ALL PARTICIPANTS will be REQUIRED to make an appointment.

NO WALK IN SCREENINGS WILL BE AVAILABLE THIS YEAR.

2. Face masks are **MANDATORY** to enter the event.

3. All Health Coaches will have a temperature check prior to entering the building.

4. Increased sanitation for each station will be done between every participant

5. Coaches will be wearing PPE (mask, shield, gloves, etc.)

6. Social Distancing: each work station will be set a minimum of six feet apart.

7. **Arrive at your scheduled appointment time.**

Link to schedule your appointment:

<https://pickatime.com/DOPBHealthScreeningSchedule>

Have A Healthy Fall

All hail The Great Pumpkin. The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytoosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Try a Google search for recipes for, say, roasted pepitas or pumpkin spread.

Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.

Buy in-season veggies, such as beets, broccoli and Brussels sprouts. Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Consider roasting fall veggies with just a little oil, salt and pepper.

Everyone knows fall is a great time to enjoy fruits like apples and pears. Be sure to also add tangy and healthy cranberries and sweet persimmons to your fall fruit choices, says Jenna Bell, a registered dietitian based in St. Petersburg, Florida. She's the co-author of the book "Energy To Burn: The Ultimate Food And Nutrition Guide To Fuel Your Active Lifestyle." Persimmons will contribute fiber and vitamin C to your diet, while cranberries provide other health benefits. "Cranberries are packed with unique polyphenols called proanthocyanidins – or PACs," Bell explains. PACs help protect your urinary tract; research suggests that cranberry juice, for example, helps prevent recurring urinary tract infections. Cranberries are also good for your heart and a solid source of antioxidants, which play a role in preventing chronic diseases by protecting healthy cells from damage caused by free radicals, which are associated with diseases like cancer.

Think of the fall as your "second chance January," advises Erin Clifford, a wellness coach based in Chicago. She notes that some people gain more weight during the summer than they do over the shorter holiday season. "Thus, I always encourage individuals to wipe the slate clean and set new goals that they can accomplish by the end of the year," Clifford says. "For instance, if you want to lose weight, be specific about how much you want to lose and what diet and exercise plan you are going to utilize to accomplish your goal. The change of season is always the perfect time to make changes happen in your life." If you accomplish those goals, you'll be in a great place to begin the new year with a brand new set of goals.



<https://health.usnews.com/wellness>

Sept Happenings Calendar

Sept 1 - 30	World Alzheimer's Month
Sept 1 - 30	Nat'l Cholesterol Education Month
Sept 1 - 30	Nat'l Food Safety Education Month
Sept 1 - 30	Healthy Aging Month
Sept 1 - 30	Blood Cancer Awareness Month
Sept 30	Nat'l Women's Health and Fitness Day

Chicken and Pineapple Stir Fry

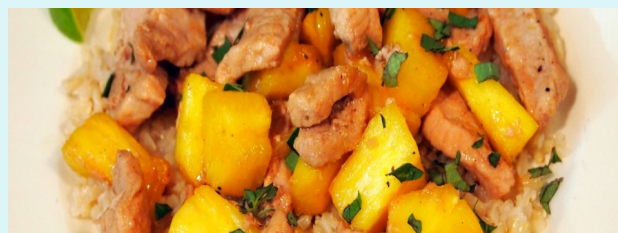
Ingredients: 12oz chicken breasts (raw), 1 large red bell pepper (chopped), 1 1/2 cup cooked brown rice, 2/3 cup fresh diced pineapple, 1 tablespoon extra virgin olive oil

Seasonings: 1 1/2 teaspoon brown mustard, 1/2 tablespoon smoked paprika, sea salt & pepper to taste

Directions:

1. Chop the raw chicken breasts into small pieces and remember to remove any large pieces of fat.
2. Season the chicken pieces with smoked paprika and brown mustard. (*Alternate method: cook the chicken in the skillet separately, and when it is about 85% finished and all the sides have been seared, add the seasonings to the chicken while it finishes cooking.*)
3. Add olive oil to a skillet then toss in the seasoned chicken breast pieces.
4. Cook for about 4 minutes until the chicken is about 80% finished, then add chopped bell pepper. Cook for another 2 or 3 minutes before adding the diced pineapple.
5. Mix everything together in the skillet and cook until there is a visible sear on the chicken and pineapple.

Enjoy the stir-fry with brown rice and if desired, garnish with freshly chopped cilantro (and low sodium soy sauce).

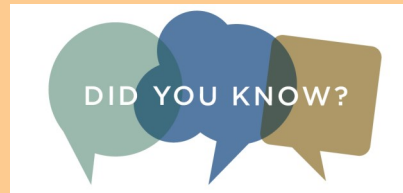


Recipe courtesy of <https://fitmencook.com/four-healthy-4-ingredient-recipes/>

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



FLU SHOTS



When Do I Use My **RxEDO** Pharmacy Card and When Do I Use My **Florida Blue** Card????

RxEDO

- Pharmacy
- Grocery Store
- Diocese Sponsored On-Site Shots

Florida Blue

- Primary Physician
- Walk-In Clinic

Who Needs A Flu Shot?

Everyone from your 6-month-old baby to your 100-year-old grandmother.

- The flu shot is safe.
- You can't get the flu from the flu shot.
- A flu shot is especially important for high-risk groups, including senior citizens, children and pregnant women.
- Washing your hands with warm water and soap or an alcohol-based sanitizer will help protect you from the flu.

Covid-19 has made it challenging for many of us to keep up with our health care. It's important that you continue getting the care you need. Doctors' offices are taking precautions to keep you safe, including sanitizing offices and limiting the number of people in each office at one time.



Twenty Five Super Fruits Cont'd.

10. Blackberries

Blackberries are packed with anthocyanin pigments, and evidence suggests that eating them regularly benefits your health.

11. Black chokeberries

Black chokeberries (*Aronia melanocarpa*) are native to eastern North America and typically found in jams, juices, and purées. They're a concentrated source of phenolic acids and flavonoids, including anthocyanins, proanthocyanidins, and flavonols.

12. Tomatoes

Although often considered a vegetable, tomatoes are a type of fruit.

They're one of the richest sources of lycopene, a carotenoid pigment that's associated with powerful heart benefits.

It should be noted that tomato peels contain significantly higher levels of antioxidants than the pulp. For this reason, be sure to enjoy tomatoes — and tomato products — unpeeled.

13. Figs

Figs are fiber-rich fruits that also pack other nutrients like magnesium, potassium, calcium, and vitamins B6 and K1.

What's more, they're loaded with polyphenol antioxidants, which have been shown to have numerous benefits. In fact, figs are a more concentrated source of these beneficial compounds than red wine or tea.

14. Raspberries

In addition to being high in polyphenol antioxidants, raspberries are one of the richest sources of fiber among all fruits and veggies. Studies suggest that eating these berries may reduce your risk of heart disease, type 2 diabetes, and Alzheimer's, though human research is needed.

15. Blood oranges

Blood oranges are a sweet orange with a reddish rind due to their high levels of anthocyanins.

They're also loaded with vitamin C, a water-soluble vitamin that acts as a powerful antioxidant. In fact, blood oranges typically contain 32–42 mg of vitamin C per 3.5 ounces (100 grams) — or 35–47% of the Daily Value (DV) for this vitamin.

16. Nectarines

Nectarines are high in vitamin C, beta carotene, and numerous other antioxidant compounds. Consuming beta-carotene-rich fruits like nectarines may help reduce disease risk and early death. One review of studies in over 174,000 people associated beta carotene intake with a significantly reduced risk of death from all causes.



17. Pomegranates

These fruits boast compounds like ellagitannins, anthocyanins, and organic acids, which give pomegranates potent antioxidant activity. Pomegranate juice and extracts may help reduce oxidative stress, blood pressure, LDL (bad) cholesterol, triglycerides, inflammation, and muscle damage. Animal and test-tube studies suggest anticancer properties as well.

18. Kumquats

Kumquats are small, orange-colored citrus fruits with tart flesh. They're high in health-promoting nutrients and plant compounds like vitamin C, polyphenols, and carotenoids.

19. Mangos

Mangos are a popular tropical fruit full of antioxidants, including gallic acid, quercetin, and ellagic acid, as well as the carotenoids lutein, alpha carotene, and beta carotene, which give the fruit its yellowish hue. Mangos are also rich in fiber and may help promote healthy bowel movements .

20. Gogi berries

Gogi berries may protect your vision and lower blood levels of blood fats. Plus, they may have anticancer, immune-protecting, and brain-boosting properties.

21. Cranberries

Cranberries are packed with beneficial plant compounds. Cranberry products may lower certain blood fat levels and have anti-inflammatory, antioxidant, antibacterial, and anti-diabetes effects.

22. Lemons

This citrus fruit is rich in vitamin C, essential oils, and polyphenol antioxidants.

23. Papayas

Papayas are rich in vitamin C, provitamin A, folate, and potassium. They also contain many antioxidants but are especially rich in lycopene. Eating lycopene-rich fruits like papaya may protect against heart disease and certain cancers.

24. Watermelons

Watermelon is a hydrating fruit that's loaded with fiber, vitamin C, provitamin A, and many antioxidants. It has powerful anti-inflammatory, brain-protective, and liver-supportive properties. Watermelon is the richest food source of the amino acid L-citrulline. L-citrulline is needed for the synthesis of nitric oxide, a molecule that's essential for blood vessel dilation and other bodily functions.

25. Acai berries

These berries' polyphenol antioxidants may offer numerous benefits such as reduced levels of blood fats, blood sugar, and insulin.

www.healthline.com/nutrition