



THE Y AXIS



Follow the Declutter Diet

Looking for a new diet to help you manage your weight?

Try the Declutter Diet.

Just be warned. If you're a natural-born slob, this might be harder than swapping kale for candy bars or broccoli for burgers.

Instead of thinking about what to eat, take a look around you.



Is your office, kitchen table, or even your car cluttered with mail, papers, garbage, or dirty dishes?

A recent study found that eating in a messy place may increase your appetite for unhealthy snacks.¹

If you want to eat healthier, start by doing the dishes, sorting your mail, and taking out the trash.

COMMENTS?

Send comments to the editor:
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Skip the Fries If You Want to Live Longer

Eating fried potatoes may increase the risk for early death

Do you want fries with that? It's a typical question you'll get if you hit the drive-thru or step up to the counter at a fast food restaurant. And most people say, "Yes."

In fact, the National Potato Council says the average person in the United States eats about 112 pounds of potatoes a year. Less than one-third of those potatoes are baked. The rest are in fried form like French fries, hash browns, and potato chips.

And that's a problem. A new study found that people who eat fried potatoes two times a week or more are twice as likely to die early as those who don't.²

Eating foods made with trans fats, like French fries cooked in oil, raises LDL "bad" cholesterol levels and the risk for heart disease.



Baked sweet potato, zucchini, and carrot strips

But researchers believe there are more reasons for the link between fries and early death. Those who eat a lot of fries are more likely to be overweight or obese, aren't very active, and eat other unhealthy foods.

Want to live longer? Skip the French fries and other fried foods. Instead, eat more plant-based foods like leafy greens, legumes, onions, mushrooms, berries, and seeds to protect your heart and your health. #

MORE

How to choose healthier fast food options
<http://tinyurl.com/y7emd3vl>

Make It Fun: The Ultimate Way to Burn More Calories

Pick an activity you enjoy to be more active

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. In a normal



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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.³

Choose activities you enjoy

If you're not among the estimated 825,000 people who like playing ultimate, find another way to be more active that you enjoy.

Walk, play tennis, run, swim, dance, lift weights, or join a kickball team. Even gardening can be a form of exercise that raises your heart rate, burns calories and fat, and keeps you healthy. Aim for 30 to 60 minutes of physical activity a day. And make it fun.



RECIPE

Fresh Kale, Avocado, and Pomegranate Salad

Leafy greens, healthy fats, and a zing of flavor. That's what you'll get in this easy-to-make salad recipe:⁵

Ingredients

- 10.5 oz kale leaves (stems removed)
- ¼ C lemon juice
- 3 T olive oil
- ½ tsp salt
- ½ C pomegranate seeds
- 1 avocado, cubed

Directions

1. Wash kale leaves. Pat dry or use salad spinner.
2. Finely shred kale leaves. Put in a large bowl.
3. Add lemon juice, olive oil, and salt. Mix well. Then let stand for 30 minutes.
4. Fold in pomegranate seeds and avocado.

Makes 8 servings.
124 calories per serving.

Avoid These 4 Foods To Improve Your Mood

Study shows plant-based diet can make you feel better

Take a look at your diet. What do you typically eat for breakfast, lunch, dinner and snacks?

Go ahead. Be honest. If your diet isn't exactly perfect, you're not alone.

At least half of all adults in the U.S. eat fast food at least once a week, according to a recent Gallup survey. If you're not ordering out, there's a good chance you're eating bacon and eggs, pepperoni pizza, and frozen turkey dinners at home.

It might seem easy to eat this way, but your food choices can have a big impact on your mood.

If you have feelings of depression, anxiety, and lack energy to be productive, a new study suggests removing four foods from your diet can help.⁴ What are they?



1. Red meat
2. Poultry
3. Fish
4. Eggs

Acid found in certain foods affects mood

People who eat meat, fish, eggs, and poultry consume higher amounts of *arachidonic acid* than those who don't. This acid found in certain foods can interfere with brain function and mood.

But there's an easy fix. In the study, it only took two weeks of avoiding these foods for people to show improvements in mood and happiness.

Want to improve your mood and your health? Take the challenge to avoid meat, fish, eggs, and poultry for just two weeks. Instead, eat more fruits, vegetables, whole grains, legumes, nuts, and seeds. Keep track of how you feel. You should notice a difference. 

VIDEO

Plant-based diets to improve mood and productivity
<http://tinyurl.com/ybxvg4uj>

Make It Fun: The Ultimate Way to Burn More Calories (continued from page 1)

"Find a way to stay active that brings more joy and fun into your day," says Dr. Cedrick Bryant. He's the chief science officer for the American Council on Exercise and worked with researchers on the Ultimate Frisbee study.

MORE

Get moving! Easy tips to get active
<http://tinyurl.com/yb7eulj9>

"You'll be much more likely to stick with it for an extended period of time. We should never underestimate the importance of enjoyment and fun in our exercise routines." 

References

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3. Weatherwax, R., et al. (2015). The cardiovascular and metabolic responses to Ultimate Frisbee in healthy adults. *Journal of Fitness and Research*, 4(3). <http://tinyurl.com/ybzc3pdt>
4. Beezhold, B., et al. (2012). Restriction of meat, fish, and poultry in omnivores improves mood: A pilot randomized controlled trial. *Nutrition Journal*, 11(9). doi: 10.1186/1475-2891-11-9
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Take the October Health Challenge!

Curb Sugar Cravings: Eat less sugar to protect your health

Ask the Wellness Doctor:

This Dr. Joe Raphael answers the question:

What can I do to sleep better at night?