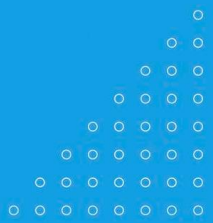




WELLNESS NEWSLETTER

September 2024



HIGHLIGHTS for the [September 2024 Newsletter](#)

Traffic Light Labels: Your Shortcut to Healthier Choices

Red light, stop. Yellow, slow. Green light, go. What if everything inside a grocery store was labeled this way? New research suggests 'traffic light labels' could offer a simple cue to help you make better food choices.

5 Surprising Reasons You Need a Regular Bedtime

Ever skimp on sleep to get things done? Maybe you stay up late to binge-watch your favorite show. Or maybe your bedtime varies widely depending on the day. Here's the thing, erratic sleep habits could be bad for your health...

Stop the Puff: Vaping Linked to 19% Increase in Heart Failure

You've probably heard someone say, 'but they're healthier than cigarettes.'" E-cigarettes may not contain tobacco or the same carcinogens found in cigarettes. But new research suggests there are significant health risks associated with vaping...

Y-Axis: Before You Pull On Your Pants...

Ever wonder what the deal is with the latest fashion trends? There's nothing wrong with dressing in style. But THIS fashion trend could send you to the hospital. Here's what you need to know.

Recipe: Baked Zucchini Chips

Not sure what to do with all that end-of-summer zucchini? You can turn it into some healthy and tasty chips. Here's how...

Take the September Health Challenge!

Eat More Omega-3s: Add healthy fats to your diet

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What are the healthiest ways to cook food?



THE Y AXIS



Before You Pull On Your Pants...

Skinny jeans may be a popular fashion trend.



But pull on pants that are too tight, and you could be in trouble.

When an Australian woman arrived in the ER, barely able to walk, doctor's had to cut her pants off.

The source of the problem? Her skinny jeans.

The Skinny on Skinny Jeans

Wearing skinny jeans or tight pants can restrict circulation.

They can even cause nerve and muscle damage, according to the Journal of Neurology, Neurosurgery & Psychiatry.⁵

You don't have to toss your skinny jeans. But if you wear them, be active and avoid staying in the same position for too long.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

Traffic Light Labels: Your Shortcut to Healthier Choices

Make green-light choices to cut calories

Red light, stop. Yellow light, slow. Green light, go. If you want to improve your eating habits, think about a traffic light before you buy or eat a food item.

In a recent study, researchers tracked cafeteria purchases of 5,600 hospital employees for three months.¹ Then they made the following changes in the cafeteria:

- Healthy foods were marked with a green-light label.
- Less healthy foods were marked with a yellow-light label.
- Unhealthy foods were marked with a red-light label
- Plus, healthier foods were moved to the front of the store

And you know what happened? People bought more green-light foods after that. Sales of red-light foods and sugary drinks dropped significantly.

And people who visited the cafeteria the most, consumed 15,400 fewer calories over time. That's the equivalent to losing 4.4 pounds!

Make green-light food choices

The next time you go shopping, ask yourself a simple question for each item you pick up to put in your cart.

- Does this food item deserve a green light, yellow light, or red light?

If it's green, add it to the cart. Go easy on the yellow-light foods. And pass on any red-light foods.

If you're eating mainly green-light foods, your diet will include fruits and vegetables, whole grains, nuts and seeds, legumes, and low-fat dairy or soy products.

Think about your food choices this way: Red light, stop. Yellow, slow. Green light, go.

MORE

Healthy tips for dining out
<https://tinyurl.com/3s3s5aem>

5 Surprising Reasons You Need a Regular Bedtime

Get your Zzzs to reduce health risks

You know...one more story, a drink of water, more playtime, a movie. But you're smarter than that. Kids need their sleep...right?

Well, what about you? Are you getting at least 7 hours of sleep per night?

It's easy to skimp on sleep, stay up late, and go to bed at random times, especially on the weekends. But research shows adults should follow a regular bedtime routine, too.

Why? In a recent study, researchers found that lack of sleep and irregular sleep habits may increase the risk for:²

1. High blood sugar levels
2. High blood pressure
3. A heart attack or stroke
4. Being overweight or obese
5. Depression



6 tips to help you get your Zzzs

Want to improve your health and get a better night's sleep? For best health, aim for 7 to 8 hours of sleep per night.

Here are some tips to help you get your Zzzs:

- Go to bed at the same time every night, even on weekends.
- Avoid exercise within two hours of bedtime.



Baked Zucchini Chips

Not sure what to do with all that end-of-summer zucchini? You can turn it into some healthy and tasty chips. Here's how:⁶

Ingredients

- 3 small zucchinis, sliced into 1/4-inch rounds
- 2 T olive oil
- 1/2 C Italian-seasoned bread crumbs
- 2 T Parmesan cheese, grated
- 2 tsp oregano, chopped

Directions

1. Preheat oven to 350 degrees.
2. Place zucchini rounds in a bowl. Drizzle olive oil over zucchini and stir to coat.
3. Add bread crumbs. Toss to coat.
4. Place coated zucchini rounds onto a baking sheet.
5. Sprinkle on Parmesan cheese and oregano.
6. Bake 15 minutes, or until chips are tender and cheese is browned.

Serves 4. 143 calories per serving.

Stop the Puff: Vaping Linked to 19% Increase in Heart Failure

Smoking of any kind raises risk for heart disease

Don't smoke, or quit if you do. You've probably heard the advice before. And a lot of people have quit.

If you smoke, you're 2 to 4 times more likely to develop heart disease. But only about 11.5 percent of adults smoke old-school cigarettes today.

What about vaping e-cigarettes?

Chances are pretty good you've seen someone vape using an e-cigarette. The telltale sign: a billowing cloud of white smoke.

An e-cigarette doesn't have tobacco or the same substances that cause cancer. But it does deliver high doses of nicotine with every puff. And it's been linked to a growing list of heart-related problems:

- In one recent study, researchers found that vaping caused a spike in blood pressure and heart rate that lasts 30 minutes or longer.³
- In a separate study, researchers found that vaping even once increases the risk for heart failure by 19% compared to people who have never vaped.⁴

"More and more studies are linking e-cigarettes to harmful effects and finding that it might not be as safe as previously thought," says lead researcher Dr. Yakubu Bene-Alhasan.

"The difference we saw was substantial. It's worth considering the consequences to your health, especially with regard to heart health."



Puff out smoking & vaping for better health

Bottom line: If you smoke, quit. If you vape, quit. And if you're having trouble quitting on your own, ask your doctor for help. You'll be glad you did.

MORE

Tips to quit vaping & smoking
<https://tinyurl.com/au6zpvhe>

5 Surprising Reasons You Need a Regular Bedtime (continued from page 1)

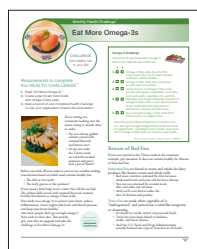
- Avoid caffeine, nicotine, and alcohol in the evening.
- Avoid going to bed on a full stomach.
- Make it comfortable. Your sleeping area should be dark, quiet, and cool.
- Still having trouble sleeping? Talk to your doctor about other ways to get your Zzzs..

MORE

Your guide to healthy sleep habits
<https://tinyurl.com/v7d2yy2t>

References

1. Thorndike, A., et al. (2019). Calories purchased by hospital employees after implementation of a cafeteria traffic light-labeling and choice architecture program. *Nutrition, Obesity and Exercise*, 2(7): e196789. From: <https://tinyurl.com/3v695db8>
2. Lunsford-Avery, J. et al. (2018). Validation of the Sleep Regularity Index in older adults and associations with cardiometabolic risk. *Scientific Reports*, 8:14158. From: <https://tinyurl.com/y7kjinrm>
3. Franzen, K.F., et al. (2018). E-cigarettes and cigarettes worsen peripheral and central hemodynamics as well as arterial stiffness: A randomized, double-blinded pilot study. *Vascular Medicine*, 23(5): 419-425. From: <https://tinyurl.com/3n3vpd78>
4. Napoli, N. (2024). Study Links E-Cigarette Use with Higher Risk of Heart Failure. American College of Cardiology. From: <https://tinyurl.com/ynhb27ej>
5. Wai, K., et al. (2016). Fashion victim: rhabdomyolysis and bilateral peroneal and tibial neuropathies as a result of squatting in 'skinny jeans.' *Journal of Neurology, Neurosurgery & Psychiatry*, 87(7): 782. From: <https://tinyurl.com/355594r6>
6. Lauren, G. (2023). Baked zucchini chips. All Recipes. From: <https://tinyurl.com/y9vak8cp>



Take the September Health Challenge!

Eat More Omega-3s: Add healthy fats to your diet

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What are the healthiest ways to cook food?



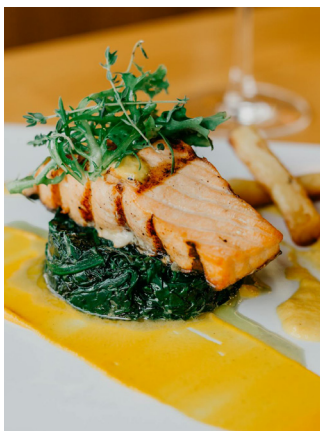
Eat More Omega-3s

CHALLENGE

Add healthy fats to your diet

Requirements to complete this HEALTH CHALLENGE™

1. Read “Eat More Omega-3s.”
2. Create a plan to eat more foods with omega-3 fatty acids.
3. Keep a record of your completed health challenge in case your organization requires documentation.



You’re sitting in a restaurant looking over the menu trying to decide what to order.

- Do you choose grilled salmon served with steamed broccoli and brown rice?
- Or do you order the T-bone steak served with mashed potatoes and gravy and a pat of butter?

Before you rattle off your order to your server, consider making your decision based on which meal contains healthy fats.

- The fish or the steak?
- The leafy greens or the potatoes?

If you need a little help, here’s a hint: Not all fats are bad. The salmon dish served with steamed broccoli contains healthy fats known as omega-3 fatty acids.

Your body uses omega-3s to protect your heart, reduce inflammation, lower triglyceride levels and blood pressure, and keep your brain healthy.¹

And most people don’t get enough omega-3 fatty acids in their diet. This month, give your diet an upgrade and take the challenge to Eat More Omega-3s.

Why omega-3s are good for you
<https://tinyurl.com/36yv4meh>

Omega-3 Challenge

How much do you know about omega-3 fatty acids? Take this quiz to find out.



T F

1. Omega-3 fatty acids found in fish help reduce the risk for heart disease and heart-related deaths.
2. Omega-3 fatty acids have no impact on joint pain or arthritis.
3. Good sources of omega-3 fatty acids include leafy green vegetables, avocados, nuts and seeds, vegetable oils, and fish.
4. Making sure you get adequate amounts of omega-3 fatty acids in your diet improves brain health and may help prevent Alzheimer’s disease and dementia.
5. You must get omega-3 fatty acids from food sources or supplements.

How did you do? About 68 percent of adults in the U.S. don’t get enough omega-3 fatty acids from food or supplements.² Learning how to include more food rich in omega-3 fatty acids can improve your health.

Answers: 1.True, 2.True, 3.False, 4.True, 5.True

Beware of Bad Fats

If you were partial to the T-bone steak in the restaurant example, pay attention. It does not contain healthy fat. Beware of these bad fats.

Saturated fats are found in meats and whole-fat dairy products like butter, cream and whole milk.

- Red meat contains saturated fat that increases cholesterol levels and your risk for heart disease.
- You can see saturated fat around steak, ribs, and other cuts of meat.
- And you’ll even find it under the skin of chicken and poultry.

Trans fats are made when vegetable oil is “hydrogenated” and turned into a solid like margarine or shortening.

- It’s found in a wide variety of processed foods.
- Trans fats have been linked to diabetes, stroke, and heart disease.
- And the U.S. Food and Drug Administration recently banned one type of trans fats in all foods.³



11 Ways to Add More Omega-3s to Your Diet

Wondering how to add more omega-3-friendly foods to your diet? Eat more plant-based foods and fish. Here are 11 simple ways you can add more omega-3 fatty acids and other healthy fats to your diet:

1. In place of butter use spreads

- Try hummus and nut butters, trans-fat-free margarines, and olive oil and garlic.

2. Season with herbs

- Basil, oregano, cloves, marjoram, tarragon, and thyme all contain omega-3 fatty acids.

3. Always use vegetable oils...

- In place of all-animal fats and solid fats such as shortening for sautéing and cooking.

4. Bake your own treats

- Off-the-shelf cookies, pastries, cake, and crackers contain unhealthy fats.
- But you can make your own with non hydrogenated vegetable oil.

5. Choose healthier snacks

- Try baked kale chips. Eat broccoli or cauliflower florets. Or have a piece of whole-grain toast with peanut butter.

6. Go vegan for a day

- Even if you're not a vegetarian, try eating a plant-based diet for at least one day a month. You'll probably eat more fruits, vegetables, nuts and seeds, legumes, and whole grains than you normally would. And that's a good thing.

7. Cook from scratch

- When you order fast food or buy packaged meals, there's a good chance

15 foods high in omega-3s
<https://tinyurl.com/s7fjcB3z>

they contain saturated fats or trans fats.

- But if you cook from scratch using raw foods and spices, you'll get more omega-3s in your diet and avoid unhealthy fats.

8. Choose lean fish and poultry

- If you're not a vegetarian, avoid red meats that contain saturated fats.
- Instead, choose lean fish and skinless poultry that contain omega-3 fatty acids.

9. Eat low-fat dairy or soy products

- Low-fat dairy or soy-based products like milk and yogurt contain healthy amounts of omega-3 fatty acids.
- Read food labels for options fortified with omega-3 fatty acids.
- More food manufacturers are doing this because of the known health benefits.

10. Stock up on nuts, seeds, and avocados

- These plant-based foods rich in omega-3 fatty acids can be eaten as a snack or easily added to salads and other recipes.

11. Take an omega-3 supplement

- If you are a vegetarian, you can get adequate omega-3 fatty acids from plant-based foods. But many choose to take an omega-3 supplement, too.

Are you getting enough omega-3s?
<https://tinyurl.com/5n8yvnpk>

- If you're not a vegetarian, but you rarely consume fish or plant sources of omega-3s, you may also want to consider taking a supplement.

Try these omega-3-friendly foods

- **Oils:** Canola, soybean, walnut, and flaxseed oils
- **Unsalted nuts & seeds:** Walnuts, sunflower seeds
- **Fish:** Halibut, salmon, trout, tuna
- **Whole-grains:** Whole-grain breads, cereals, and oatmeal
- **Vegetables:** Avocados, broccoli, spinach, kale, cauliflower, cabbage
- **Legumes:** French beans, Navy beans, mung beans

5 Health Benefits of Omega-3 Fatty Acids

Eating foods that contain unsaturated fats and omega-3 fatty acids can have a positive impact on your health, such as:⁴

- **Improve heart health:** Omega-3s help reduce the risk of heart disease by lowering triglycerides, reducing blood pressure, and improving cholesterol levels.
- **Boost brain power:** Omega-3s support cognitive function and help reduce the risk for age-related memory loss.
- **Reduce inflammation:** Omega-3s contain anti-inflammatory properties that help manage chronic inflammation linked to various diseases.
- **Improve eye health:** Omega-3s help prevent macular degeneration and support overall eye function.
- **Support mental health:** Omega-3s can help reduce symptoms of depression, anxiety, and other mental health disorders.

References

1. National Institutes of Health. (2024). Omega-3 fatty acids. From: <https://tinyurl.com/5en7b3rk>
2. Murphy, R., et al. (2021). Long-chain omega-3 fatty acid serum concentrations across life stages in the USA: an analysis of NHANES 2011–2012. *BMJ Open*, 11(5):e043301. From: <https://tinyurl.com/yk679jue>
3. U.S. Food & Drug Administration. (2024). Trans fat. From: <https://tinyurl.com/mpbwmpnr>
4. Restivo, J. (2024). Omega-3 foods: Incorporating healthy fats into your diet. Harvard Health Publishing. From: <https://tinyurl.com/5bfzc88z>



Eat More Omega 3s

CHALLENGE

Add healthy fats to your diet

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Record the number of days you eat foods with omega-3 fatty acids.
3. Use the calendar to record your actions and choices to create heart-healthy habits.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		

_____ Number of days this month I ate foods with omega-3 fatty acids

_____ Number of days this month I did other types of physical activity besides walking

Other wellness projects completed this month:

Name _____ Date _____

Q. What are the healthiest ways to cook food?¹

A. Are you a fan of deep-fried food? You know... french fries, crispy chicken, breaded fish, or maybe even a deep-fried Twinkie. Or maybe you like your meat flame-broiled on a smoking, hot grill.

These might be popular cooking methods because they're fast and convenient. But cooking foods at high temperatures can have a carcinogenic effect.¹

Fortunately, there are healthier ways to cook food that don't involve boiling-hot oil or grease-fueled flames.

Start with cooking at home

If you want to eat healthier food, cook at home more often. Why? A lot of dining-out options are deep-fried in oil or cooked on a grill or griddle at extremely high temperatures.

Cooking your own meals can help you:

- Make better food choices.
- Plan out meals ahead of time.
- Save time when you shop. (No need to guess. You'll have a list to tell you what to buy.)
- Resist the urge to buy foods that are less healthy.
- Improve cooking skills or teach others how to cook.



And the benefits don't stop there. Research shows that cooking at home can help you control calories, lose weight, or maintain a healthy weight.²

7 Healthy Cooking Methods

You've planned meals that are loaded with fruits, vegetables, whole grains, nuts, seeds, and legumes. Now what?

Once your kitchen is stocked with healthy foods, how you cook it is just as important as what you cook. Instead of grilling or deep-frying, give these healthier cooking methods a try:³

- 1. Bake.** Cook foods in the oven using dry heat.
- 2. Broil.** Fill a broiler pan with a little water. Place food on top level of broiler pan. Cook under direct heat.
- 3. Poach.** Heat a liquid to just below the boiling point. Add food. Cover with a lid and cook until done
- 4. Roast** food under dry heat in the oven on a high temperature setting.
- 5. Sauté** foods in hot oil (e.g., olive, avocado, coconut).
- 6. Steam** foods in a pressure cooker, pot, or cooker with a little bit of water.

ASK THE Wellness DOCTOR

- 7. Stir-fry** foods in a pan or skillet over high heat. With the right blend of herbs, spices, and seasonings, these cooking methods can make your food healthier and tastier than grilling.

If you are going to grill, turn down the heat and cook your food a little longer. Marinate foods before grilling, which can help prevent the stuff that causes cancer from forming.⁴

And make sure every meal includes plenty of fruits and vegetables.

References

1. National Cancer Institute. (2017). Chemicals in meat cooked at high temperatures and cancer risk. From: <http://tinyurl.com/hz887t4>
2. Wolfson, J., et al. (2020). More frequent cooking at home is associated with higher Healthy Eating Index-2015 score. *Public Health Nutrition*, 23(13): 2384 - 2394. From: <https://tinyurl.com/2cmv8k6b>
3. Maxie, G. (2022). Cooking heart-healthy food: Cooking methods. University of Alabama. From: <https://tinyurl.com/3w286zac>
4. Caliskan, H., et al. (2023). Reducing effects of tea marinades on heterocyclic aromatic amines formation in chicken thigh meat: focus on white and oolong tea. *Journal of Food Measurement and Characterization*, 17: 2688-2696. From: <https://tinyurl.com/bdhdmpvy>



Head Office: 502 Old Wonderland Rd. London, ON N6K 1L6
info@ewsnetwork.com | www.ewsnetwork.com

