

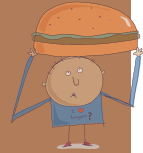


THE Y AXIS



A Super-Sized Problem

How often do you eat fast food?



Stop! It's the food police. Put the French fries down and step away from the table.

If you're trying to clean up your diet, curb your appetite for fast food like burgers, fries, and soda.

About 25 percent of all adults eat fast food three or more times a week, according to a recent survey.¹ And that's too much if you're trying to control calories, sodium, and cholesterol to improve your health.

Life without fast food isn't so bad. It can even be quite tasty!

- Eat more fruits and vegetables.
- Cook at home more often.
- Live longer.



COMMENTS?

Send comments to the editor:
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The Danger of Too Much Caffeine

Large amounts of caffeine linked to rapid heartbeat

Grab a cup of coffee in the morning. Have a diet cola with lunch. Toss back a low-calorie energy drink to keep you going in the afternoon. It might seem like a harmless way to give yourself a boost of energy or help you stay awake, but too much caffeine can be dangerous.

South Carolina teenager Davis Allen Cripe was active. He had no health problems. But his body couldn't handle the large amount of caffeine he put into it. He died after drinking a latte, soda, and energy drink, all within about two hours.

"...These drinks can be dangerous," South Carolina coroner Gary Watts told the press. "Be very careful how you use them, and how many you drink on a daily basis."

Caffeine guidelines for adults

The U.S. Food and Drug Administration says drinking 400 mg of caffeine a day is safe for most adults.² That's the amount of caffeine found

in four to five 8-ounce cups of coffee. But some specialty coffee drinks or energy drinks have as much as 300 mg of caffeine in a single serving.

Research suggests there may be some health benefits to drinking small amounts of caffeine. But it can also cause problems for women who are pregnant or those taking medicine. Caffeine can have other side effects than just a boost of energy like:

- ✓ Headaches
- ✓ Sleep problems
- ✓ Upset stomach
- ✓ Nervousness
- ✓ Irritability
- ✓ Rapid heartbeat

If you drink coffee, soda, or energy drinks, keep tabs on how much caffeine you're consuming to protect your health. @

MORE

How much caffeine is in your drink?
tinyurl.com/l2oldpl

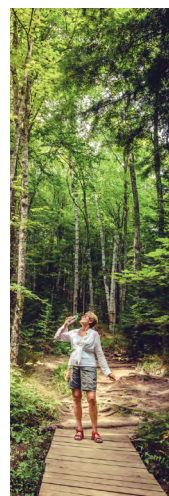
Take a Walk in the Great Outdoors

Discover the health benefits of spending time outside

When the young Cheryl Strayed reached a tipping point in her life, she wasn't happy. Her marriage failed. Her mother died. She bounced from one job to the next. She made a lot of unhealthy choices. And she knew something had to change.

So she filled a backpack with a few essentials, put on some hiking boots, and headed for the great outdoors. For the next three months, Strayed hiked north from California to Washington, along 1,100 miles of the Pacific Crest Trail. The journey changed her life and inspired her best-selling memoir, *Wild*.

Have you ever felt a little stressed out, overwhelmed, or in a funk? Spending time outside can help.



Research shows that spending time outdoors can:³

- Improve mood
- Lower blood pressure
- Reduce stress
- Increase vitamin D levels
- Strengthen the immune system
- Increase energy levels
- Promote physical activity
- Improve sleep

Need a reason to spend more time outside? June is *Great Outdoors Month*. It's a national



RECIPE

Strawberry Fruit Smoothie

In 2015, farmer Koji Nakao found an apple-sized strawberry in his field. The official weight of 250 grams (8.82-oz) landed him a spot in the *Guinness Book of World Records*. His daughter said it was tasty. This fruit smoothie recipe uses one cup of strawberries. Any size will do!⁵

Ingredients

- 1 banana
- 1 C fresh strawberries
- 1 C vanilla yogurt, low-fat
- ½ C fruit juice
- 6-8 ice cubes

Directions

- Put all ingredients in a blender.
- Blend on high until smooth.
- Enjoy.

Eating Fast May Increase Risk for Type 2 Diabetes

Take time to chew your food

If you're stressed, in a hurry, or both, it's easy to inhale your food. And a lot of people do eat quickly...in the car, on the way out the door, or at the office.

What you eat certainly makes a difference when it comes to your health. But a recent study found that *how* you eat may also affect the way your body responds to food.⁴

In the study, researchers found that eating fast may be linked to an increased risk for diabetes. Your mom was right...chew your food.

Diabetes can lead to poor circulation, kidney failure, blindness, strokes, and heart disease. And it's a growing cause of death, both in the United States and worldwide. Each year in the U.S., another 1.4 million people learn they have type 2 diabetes, according to the Centers for Disease Control and Prevention.



Is there anything you can do to prevent diabetes? Eat a healthy diet. Maintain a healthy weight. Get regular exercise. And there's at least one more recommendation. Slow down at meal time. Here's how:

- **Set a timer or stopwatch for 20 minutes.** Use all the time to eat a normal-sized meal.
- **Take small bites** and chew slowly.
- **Eat silently** for the first five minutes. Think about your food, what it looks like, how it tastes, and what it took to produce.
- **Slow down your eating by using your non-dominant hand** to hold your fork. Put your fork down to chew. Or try using chopsticks if you don't normally use them. 🍴

MORE

Simple steps to preventing diabetes
tinyurl.com/lbnkqus

Take a Walk in the Great Outdoors (continued from page 1)

celebration created to encourage people to camp, hike, boat, fish, and see the great outdoors.

You don't need to take a 1,100-mile trek through the mountains to improve your health. But you do

MORE

A prescription for better health:
Go alfresco
tinyurl.com/mjm9tag

need to be active. Aim to get at least 30 minutes of physical activity a day, and when the weather is good head outside.

Even if you don't have a lot of time, a 30-minute walk in the woods or a park can make a difference. 🍃

References (accessed on May 15, 2017)

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Take the June Health Challenge!

Walk It Off: Take 10,000 steps a day

Ask the Wellness Doctor:

This month Dr. Joe Raphael answers the question:

How can I eat well with so many different opinions on healthy eating?