



THE Y AXIS



## Are You S.A.D.?

Give your diet a little love

What's on your plate today?



If your food choices look anything like the Standard American Diet, it's pretty S.A.D.

About 3 out of 4 adults don't eat fruit...at all. And 9 out of 10 adults don't eat enough vegetables.<sup>1</sup>

So what are people eating? Pizza, burgers, fries, desserts, processed foods, and too much alcohol.

"Nearly the entire U.S. population consumes a diet that is not on par with recommendations," says National Cancer Institute researcher Dr. Susan Krebs-Smith.

Give your diet a little love with more fruits, vegetables, whole grains, and less meat, and you'll feel better.

### COMMENTS?

Send comments to the editor:  
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## Did You Get the Message? Texting While Driving is Dangerous

April is Distracted Driving Awareness Month

Texas resident Chance Bothe knew texting while driving was dangerous. But he still did it driving to work, college classes, or on the way home.

It didn't seem like a big deal. Texting a message like "b right there" or "OK" only takes a few seconds. But his texting-while-driving habit was getting worse, and he knew it.

He worried about swerving off the road, driving into oncoming traffic, causing an accident, or worse. While driving, he texted the following message: "I need to quit texting, because I could die in a car accident."

Moments later his truck went off a bridge and crashed into a ravine. Bothe broke his neck, fractured his skull, and sustained serious brain injuries. He was pulled from the wreckage just before his truck burst into flames. He managed to survive this accident caused by texting while driving, but not everyone does.

### 'That Text Can Wait'

The National Highway Traffic Safety Administration wants you to know texting while driving is just as dangerous as driving blind.<sup>2</sup>

In five seconds or less, your car can travel the length of a football field at highway speeds.

An estimated 3,500 people are killed, and nearly 400,000 injured every year because of distracted driving activities like texting.

15 states have banned all cell phone use while driving. And most states have laws against texting while driving that can cost violators up to \$250 in fines, a suspended license, and even prison time.

"That text can wait," says Bothe's mother Vicki. "Your life cannot. Don't let a text message be your famous last words." @

### VIDEO

What do you really think about distracted driving?  
[tinyurl.com/y7lhejzn](http://tinyurl.com/y7lhejzn)

## Battle for Better Health with Asparagus Spears

Eat 2 to 3 cups of vegetables per day

There's a person walking around in a larger-than-life asparagus costume. A line of people are grabbing handfuls of cooked asparagus to see who can eat the most. And a guy with green face paint is handing out samples of asparagus ice cream.

It's all part of the San Joaquin Asparagus Festival in California that draws about 65,000 people in late April.

Some come just to see the asparagus-eating contest. But most come for the food like asparagus sandwiches, burritos, pasta, and side dishes. Since the event began four years ago, visitors have munched their way through 10 tons of asparagus.



### Munch on the Health Benefits of Asparagus

Is asparagus on your menu? It's a great choice to help you eat 2 to 3 cups of vegetables a day. Vitamins and nutrients in asparagus like folate, potassium, fiber, and vitamin K help:<sup>3</sup>

- Support cell growth and repair.
- Regulate blood pressure.
- Control cholesterol, blood sugar, and weight
- Strengthen bones
- Improve digestion
- Reduce inflammation
- Lower the risk for certain types of cancer



## RECIPE

### Strawberry and Banana Mousse

Want a sweet and dreamy dessert without a ton of calories? Give this Strawberry and Banana Mousse recipe a try.<sup>5</sup> You only need five ingredients. Yum!

#### Ingredients

- 2 C strawberries, sliced
- 1 banana
- 1-½ C soy milk
- 1 T honey
- 3 T psyllium

#### Directions

1. Place all ingredients in a blender, and puree until smooth.
2. Pour into four tall glasses.
3. Chill for five hours or overnight, until set.

(126 calories/serving. Serves 4)

## Get Fit Now to Prevent Dementia Later

Physical fitness in middle age may help lower risk for dementia later

Nobody wants to get old, lose their memory, and the ability to do simple tasks. But it happens. About 5.7 million people are living with Alzheimer's disease or another form of dementia. And by 2050, the Alzheimer's Association predicts that will rise to 14 million.

Try and wrap your mind around this while you still can. Every 65 seconds someone in the United States develops dementia.

Is there anything you can do about it? Or will dementia eventually chase you down if you get old enough? Good news. You can do something to outrun dementia, and the sooner you get started the better.

### Fit Body, Fit Brain

In a recent study, researchers followed a group of women for about 44 years.<sup>4</sup> They started the study by measuring their fitness level in middle age. Those who could pedal an exercise bike harder and faster in middle age, were less likely to develop dementia later... a lot less likely.

The most fit in middle age were 90 percent less likely to develop dementia later. And for those who did, being fit at middle age delayed dementia by an average of 11 years.

There is no cure for Alzheimer's disease or dementia. Age and genetics are both risk factors you can't do anything about. But you can take action now to lower your risk for dementia later:

- ✓ Don't smoke, or quit if you do.
- ✓ Keep your blood pressure under control.
- ✓ Maintain a healthy weight, or lose weight if you need to.
- ✓ Follow a mostly plant-based diet
- ✓ Get 7 to 8 hours of sleep a night.

#### MORE

What can you do to avoid Alzheimer's disease?  
[tinyurl.com/ybr628je](https://tinyurl.com/ybr628je)

And last but not least:

Be more active. Take a walk. Ride a bike. Swim. Go to the gym. Find activities you enjoy that will strengthen your heart, lungs and muscles, and keep your brain healthy as you age. @

## Battle for Better Health with Asparagus Spears (continued from page 1)

Wondering how to add asparagus to your next meal?

Steamed, grilled, or sautéed in olive oil, asparagus, tastes great as a side dish. Try serving it with broiled salmon and brown rice.

#### MORE

Veggie Vitals:  
Asparagus  
<https://tinyurl.com/yb6cphoo>

Or in a stir fry with tofu and cashews.

It's easy to prepare, contains zero cholesterol, and just 20 calories in a half-cup serving. Consider asparagus spears an edible weapon to improve your health. @

## References

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## Take the April Health Challenge!

Improve Balance: Practice balance movements to prevent falls

## Ask the Wellness Doctor:

This month Dr. Joe Raphael answers the question:

What can I do to improve digestion?