



The Nutty Way to Manage Your Weight

Prevent weight gain with a handful of nuts per day

Did you know the average adult gains about one pound a year? That might not sound like much. But a pound a year for 20 to 30 years? That's heavy.

What if there was a nutty way to prevent weight gain? No, not another fad diet, pill, or exercise gimmick. Save your money and keep it simple. Eat a small handful of nuts (1 ounce) a day.

Researchers found a pattern when they looked at diet and weight for about 126,000 people.² They found that people who ate one serving of nuts per day were less likely to gain weight.

Thinking about a steak, burger, French fries, potato chips, or dessert? People who swapped one of these for a handful of nuts once a day weighed less, too.

If you want to lose weight or maintain a healthy weight, a handful of nuts per day can help. Grab a 1-ounce serving:

- ✓ 12 macadamia nuts
- ✓ 14 walnuts
- ✓ 15 pecan halves
- ✓ 18 cashews
- ✓ 24 almonds
- ✓ 35 peanuts
- ✓ 49 pistachios



Nuts help you feel full faster, and keep you feeling full longer. A daily serving of nuts also helps control blood sugar levels to prevent or manage diabetes.

Want to tip the scale in the right direction? Go nuts once a day. @

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Eating nuts linked to longer healthier life tinyurl.com/k6b4jw8

THE Y AXIS



A Special Diet to Boost Your Mood

Feeling a little down in the dumps or lonely? 😞

There's a special kind of diet that can boost your mood.

It's fasting ... but not from food. Take a break from social media.



Spend a lot of time on sites like Facebook,

Instagram, or Snapchat? If you do, a recent study shows you're more likely to feel depressed and lonely.¹

Too much time on social media can make you think you're missing out. It feels like "Everyone else's life is cooler or better than yours," says lead researcher Dr. Melissa Hunt.

Want to improve your mood? Spend time with people you care about ... in person. ❤️

COMMENTS?

Send comments to the editor: well@wellsources.com

DASH Away High Blood Pressure with Healthy Habits

Is your blood pressure naughty or nice?

When Santa Claus finally takes a day off to get his blood pressure checked, he's probably in for a surprise. All those cookies, eggnog, and extra pounds are bad for the heart.

If your blood pressure (or your belly) looks anything like a jolly, old elf you'll need to make some changes.

You're on the Naughty List if your blood pressure is 120/80 or higher. In case you're wondering, 1 in 3 adults have high blood pressure. But you can change that.

What if there was a plan that could help you lower your blood pressure by 5 points or more?³ That could be low enough to put you on the Nice List (<120/<80)!

Well, there is. It's called DASH. It's an eating plan proven to lower the risk for heart problems, stroke, diabetes, and some kinds of cancer.

Want to protect your heart and your health? Skip the cookies, eggnog, and foods high in sodium. And follow this DASH-Away Diet to lower blood pressure:





RECIPE Black Bean Quesadilla

Beans, beans, the magical fruit. The more you eat, the more you (ahem, feel better). Beans, also called legumes, are good for your health. Give this Black Bean Quesadilla recipe a try.⁵

Ingredients

- ¾ C chunky salsa
- 1 15.5-ounce can low-sodium black beans (drained and rinsed)
- 2 C shredded low-fat cheese
- 2 T chopped cilantro
- 4 8-inch tortillas
- ½ tsp olive oil

Directions

1. Use a small strainer to drain liquid from salsa.
2. Mix salsa, black beans, cheese, and cilantro in a bowl.
3. Divide black bean mixture evenly over half of each tortilla (about ½ cup each).
4. Fold tortillas in half.
5. Place tortillas on griddle or skillet on medium-high heat.
6. Cook each side until golden brown.
7. Cut into wedges to serve.

Serves 8. 160 calories per serving.

Put THIS on Your Wish List to Get Fit

Use wearable technology to improve diet and exercise habits



California resident Ann Marie Michaels knew her work-from-home job was partly to blame for packing on a few extra pounds. She spent a lot of time in front of the computer. And she rarely needed to go anywhere. When she finally decided to lose weight, she wasn't about to become a gym rat. But she needed a way to be active and stay motivated.

Want to lose weight or get in shape in 2019? A fitness tracking device or mobile app can help you.

It's what Anne Marie used to lose 13 pounds in six weeks. She set a goal to walk 10,000 steps a day. And she used a fitness tracker or wearable device to make it fun.

"I am the type of person who doesn't like to do anything unless it is fun," says Anne Marie. "If it seems like work, it's drudgery in my mind, and I'll do anything to avoid it."

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How fitness trackers can improve your health
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Wearables just claimed the top spot for fitness trends in 2019, according to the American College of Sports Medicine.⁴ They're like having a personal trainer follow you around to keep you on track. Wearables, fitness devices, and apps can help you track things like:

- ✓ Steps per day
- ✓ Sleep quality
- ✓ Heart rate
- ✓ Activity level
- ✓ Calories burned
- ✓ Weight
- ✓ Diet (Some include a digital food diary to keep track of what you eat)

Got a health and fitness goal in mind? Use wearable technology to improve your diet, be more active, and develop healthy habits. 📱

DASH Away High Blood Pressure with Healthy Habits (continued from page 1)

Limit lean meat, poultry, and fish to no more than 6 servings per day. Sweets: less than 5 servings per week.

Making changes to your diet can lower blood pressure and improve

MORE
Your guide to lowering blood pressure with DASH
tinyurl.com/hbksj8s

your health. But don't stop there. Regular exercise helps control blood pressure, too. Aim for at least 30 minutes of physical activity per day. And you may be on the Nice List by next year. 📱

References

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Take the December Health Challenge!

Think Positive: Train your brain to think positively

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

What's the right way to wash your hands?

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