

MANAGED CARE EMPLOYEE WELLNESS NEWSLETTER



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Just Cut it Out & Get Back on Track!

If your eating habits have veered a bit off course, a few small changes can make all the difference. In fact, you might be surprised to learn that simply substituting one food for another can have a dramatic impact on the calorie content and overall nutritional value of your food choices.



First, a nutrition primer: When you cut fat content, you cut a concentrated source of calories. Consequently, looking for ways to eliminate even small amounts of fat can help reduce calories. For example, cheese sauce can add from 50 to 90 or more calories per half-cup serving. As an alternative, sprinkle a couple of teaspoons of grated Parmesan cheese onto vegetables, pasta or chicken to add similar flavor for roughly 20 calories. That switch will also reduce the sodium load from about 475 milligrams (mg), more than 20 percent of the recommended limit for the whole day, to no more than 85 mg.

Meat can be another concentrated source of fat. Choosing extra lean ground beef (90 to 95 percent lean) cuts 40 to 75 calories compared to the same three-ounce portion of regular ground beef. Ground turkey breast which has a similar mouth feel to ground beef is another nice alternative. Moreover, since current recommendations advise limiting red meat to no more than 18 ounces a week in order to lower risk of colon cancer, occasionally incorporating ground turkey in your recipes may offer additional health benefits.

When it comes to hamburgers, many Americans have embraced alternative choices, enjoying salmon burgers, turkey burgers, veggie burgers and more. Although traditionalists may feel less comfortable with these substitutes, ground poultry or soy-based vegetarian crumbles can easily replace high-fat ground meat in casseroles, chilis and sauces with little uproar. In fact, try making the switch without announcing it to your family. It's unlikely they'll notice at all.

Something you're unlikely to notice: The added fat, sugar and sodium in many processed tomato sauces. Compared to a half-cup of canned diced tomatoes which provides only 25 calories, 4 grams of naturally occurring sugar, no fat and as little as 5 mg of sodium in unsalted varieties, a similar serving of store-bought pasta sauce provides 70 to 120 calories and over 500 mg of sodium. In addition, these sauces often contain up to two teaspoons of added sugar and about a half-teaspoon of oil per serving. For a delicious, lower calorie alternative, flavor canned tomatoes or tomato puree with your own herbs, spices and perhaps some onion or garlic.

Besides cutting fat, you can also decrease the calorie content of your dishes simply by increasing the proportion of veggies. As most vegetables are among the foods least concentrated in calories, when they occupy a greater proportion of a mixed dish, it will automatically reduce the calorie content of each portion. Switch from serving one cup of pasta accompanied by half a cup of mixed vegetables to one cup of mixed veggies paired with a half-cup serving of pasta. You'll still enjoy the same portion of food, but with at least 50 fewer calories. As a bonus, when you increase vegetables, you also add dietary fiber, antioxidant vitamins and phytochemicals that can help protect against cancer.

If your eating habits are unhealthy, there's no better time than the present to start making changes. In choosing to make simple changes to your current food choices, you can benefit your health immediately and in the long term by reaching and maintaining a healthy weight.

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Men's Corner



Sugary Soft Drinks Boost Gout Risk in Men: Just 2 or more beverages a day increased chances by 85%, study finds

Consumption of sugar-sweetened soft drinks and fructose is strongly associated with increased risk of gout in men, a new study says.

Gout, caused by excess uric acid in the blood, is a joint disease that causes extreme pain and swelling. Cases of gout, which is most common in men, have doubled in the United States over the past few decades.

In this study, published in *BMJ Online First*, researchers looked at more than 46,000 men, aged 40 and older, with no history of gout. Information on the men's food and beverage intake was collected at the start of the study, and details about their weight, medication use and medical conditions were recorded every two years during the 12-year study.

During that time, 755 of the men were diagnosed with gout. The risk was much higher in men who drank five to six servings of sugar-sweetened soft drinks per week and was 85 percent higher in those who drank two or more of the beverages a day, compared to those who had less than one serving per month.

The increased risk was independent of other gout risk factors such as body-mass index, age, diuretic use, high blood pressure, alcohol intake and dietary habits. Diet soft drinks did not increase gout risk.

The study also found that fruit juice and fructose-rich fruits such as apples and oranges were associated with increased gout risk. But the researchers said this higher risk of gout needs to be balanced against the many health benefits provided by fresh fruits and vegetables.

Super Food of the Month: Cabbage



Sturdy, abundant and inexpensive, cabbage is a longstanding dietary staple throughout the world and is so widely cultivated and stores so well that it is available throughout the year. However, it is at its best during the late fall and winter months when it is in season.

Cabbage is round in shape with layers of superimposed leaves with the inner leaves often lighter in color than the outer leaves because they are protected from the sunlight. They belong to the Cruciferous family of vegetables along with kale, broccoli, collards and Brussels sprouts.

Human population as well as animal studies consistently show that diets high in cruciferous vegetables, such as cabbage, are associated with lower incidence of a variety of cancers, including lung, colon, breast and ovarian cancer. How many weekly servings of cruciferous vegetables do you need to lower your risk of cancer? Just 3 to 5 servings-less than one serving a day! (1 serving = 1 cup)

In addition to its cancer-preventive phytonutrients, cabbage is an excellent source of vitamin C, an antioxidant that helps protect cells from harmful free radicals.

There are many ways to enjoy cabbage to satisfy all tastes. Here are some suggestions:

Cabbage leaves are a great way to inspire leftovers. Spoon some leftovers such as rice salad or a vegetable mixture onto the center of a cabbage leaf and roll into a neat little package. Bake in medium heat oven until hot. Enjoy your easy and healthy version of stuffed cabbage, a traditional eastern European dish.

Braise red cabbage with a chopped apple and red wine. This is a child-friendly dish, since the alcohol (but not the flavor or the flavonoids) will evaporate.

Combine shredded red and white cabbage with fresh lemon juice, olive oil, and seasonings such as turmeric, cumin, coriander and black pepper to make coleslaw with an Indian twist.

- Sauté cabbage and onions and serve over cooked buckwheat for a hardy side dish.
- Use shredded raw cabbage as a garnish for sandwiches.

Information from: www.whfoods.com

Chia Pet: The Gift of Health



Did some goofball friend give you one of those Chia Pets this past Christmas that you still have sitting on a shelf? Perhaps she was thinking about your health.

The truth is, chia seeds are actually good for you -- *really* good for you! In fact, they just may be one of the healthiest things around. Here's why:

Nutty-tasting whole-grain chia seeds are loaded with omega-3 fatty acids, and they have among the highest antioxidant activity of any whole food -- even more than fresh blueberries. And they do good stuff for the body, like keeping blood pressure and blood sugar under control. The chia seeds you get in a Chia Pet have not been approved as food by the FDA, so get yours from a health-food store, or order some online. The recommendation is two daily doses of about 20 grams each (a total of 1.5 ounces).

Who would have thought that this perennial holiday joke present could actually have a health twist? But edible chia seeds help keep your body hydrated, because they absorb up to nine times their volume in water. Plus, they're packed with cholesterol-fighting soluble fiber, plenty of omega-3s, and some protein, making them a smart choice for tossing into salads, cereal, yogurt, and more. The taste? Slightly nutty, but so mild you barely notice they're there.

Taken from Dr. Roizen's RealAge Tip of the Week



Top 10 Reasons Your Dog is a Great Workout Partner

1. He or she is never late for a workout session. Chances are good that your dog lives with you and has a reasonably clear schedule. He will be ready to go at the drop of a hat (or the clip of a leash).
2. Your dog will never try to weasel out of exercising. How many workout partners have you had who actually want to go for a run in a blizzard?
3. Your dog doesn't care what you're wearing or how much tuna salad or garlic you just ate. You can exercise and have fun with your dog without ever feeling self-conscious.
4. The enthusiasm of your dog is contagious. If you've ever watched your dog run full tilt around a field with wild eyes, tongue flapping around and a look of unbridled joy on her face, it's time to join her! Your dog will love the company.
5. Dogs thrive on exercise, just like people. Regular exercise makes both dogs and people happier, healthier and stronger.
6. Dogs don't waste time talking. They don't want to stop and chat in the middle of an exercise session. They don't care who said what to whom. At most, they just want to know who peed on what and when.
7. A dog doesn't need to change into its exercise fur. They feature a multipurpose, all-weather coat that doesn't take 20 minutes to change into before they can start.
8. Dogs know the value of good, solid relaxation after exercise - and before exercise!
9. You don't need to buy the latest in fashionable exercise clothes, shoes, or equipment for your dog.
10. Running + dog + sudden rabbit sighting = TURBO BURST



Finding Comfort in Food: Emotional Eating

Excessive weight gain is often a symptom of an underlying emotional dysfunction. Depression, boredom, loneliness, chronic anger, anxiety, frustration, stress, unsatisfactory interpersonal relationships, and poor self-esteem can result in excessive eating and subsequently unwanted weight gain. Many of us learn that food can bring comfort, at least short term. As a result, we often turn to food to heal feelings of emotional stress. Eating becomes a HABIT and we fail to learn skills that will effectively resolve our emotional distress. By identifying what TRIGGERS our eating, we can substitute more appropriate techniques to manage our difficulties and take food and weight gain out of the equation.

Identifying eating triggers

Situations and emotions that trigger us to eat fall into five main categories:

Social: This involves eating when around other people. For example, excessive eating can result from being encouraged by others to eat, eating to fit in, eating while arguing, or eating due to feelings of inadequacy around other people.

Emotional: This is eating in response to boredom, stress, fatigue, tension, depression, anger, anxiety, or loneliness (as a way to "fill the void").

Situational: Eating occurs because the opportunity is there; for example, at a restaurant, seeing an advertisement for a particular food, passing by a bakery.

Thoughts: This is eating as a result of negative self-worth or making excuses for eating; for example, berating yourself for your looks or a lack of will power.

Physiological: This is eating in response to physical cues; for example, increased hunger due to skipping meals, or eating to cure headaches or other pain.

To identify what triggers excessive eating, keep a food diary that records what and when you eat as well as what stressors, thoughts, or emotions you can identify as you are eating. You will begin to identify patterns to your excessive eating fairly quickly.

Breaking the habit

Identifying eating triggers is the first step. However, this alone is not sufficient to alter eating patterns. Usually, by the time you have identified a pattern, eating has become a pattern. Now you have to break the habit. Developing alternatives to eating is the second step. To most effectively break the habit of eating after various triggers, we need to develop alternative habits. When you start to reach for food in response to a trigger, try one of the following activities instead: watch television, read a good book or magazine, listen to music, or go for a walk, take a bubble bath, do a deep breathing exercise, play cards or a board game, dance, jog, talk to a friend, do housework or laundry, do some yard work, wash the car, walk the dog, write a letter, balance the checkbook, swim, brush your hair, brush your teeth, or do any other pleasurable or necessary activity until the urge to overeat passes.

How to cope

Sometimes simply distracting yourself from eating and developing alternative habits is not enough to manage the emotional distress that leads to excessive eating. Ways to more effectively cope with emotional stress can be achieved through training in: Stress management, Relaxation exercises, Guided imagery, Meditation, Assertiveness training, Exercise, Group psychotherapy or Individual psychotherapy. These techniques address the underlying emotional distress and help resolve the original problem, as well as teach us to cope in more effective and healthier ways.

Reward yourself

As you learn to incorporate more appropriate coping strategies and to curb excessive eating, remember to reward yourself for a job well done. We tend to repeat behaviors that have been reinforced, so reward yourself when you meet your nutrition management goals. Buy that blouse, take that vacation, or get that massage to let yourself know you have done a good job and to increase the likelihood that you will maintain your new healthy habits.

Information provided by the Cleveland Clinic Health Information Center

A New Term for a Familiar Problem

OBESOGENIC, (o-bes-o-gen-ic), adjective

Definition: contributing to obesity, likely to cause someone to become excessively fat

The term **obesogenic** has emerged from the need to find new ways of describing the issues surrounding changing lifestyles in the late twentieth and early twenty-first centuries. In a world dominated by sedentary pursuits and convenience foods, health experts are increasingly concerned about weight problems in young people. The term **obesogenic** is a product of such concerns, as individuals attempt to describe the social factors which have contributed to this so-called 'fat epidemic'.

Obesogenic environments in developed nations such as the U.S. and the U.K. suggest that although some people are more genetically inclined to become obese, environment plays a key factor as well. The evolution of our **obesogenic** environment has been both rapid and multifactorial. There has been a tremendous increase in the availability of food, especially high-fat and/or high-calorie food, at the same time that there has been a decrease in the amount of individual physical activity.



Information provided by the West Virginia Department of Health, MacMillan English Dictionary

"The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck!"

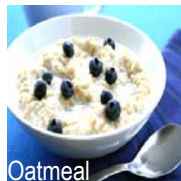
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5 Foods that FIGHT Cholesterol



Almonds

Studies have found that eating just a quarter cup of almonds a day can lower your LDL by 4.4 percent. Eating nuts, especially almonds, which are high in good-for-you monounsaturated fat, is better than simply eating a low-fat snack like pretzels. Of course, they can also be high in calories, so stick with a small serving and choose almonds that are dry roasted without oil.



Oatmeal

You've seen the commercials with people proclaiming dramatic drops in their cholesterol numbers thanks to this hot cereal. Those results are due to the high levels of soluble fiber in oatmeal. The soluble fiber binds to the bile acids that are the precursor to the development of cholesterol and help flush it out. It doesn't matter how you get your oats—those instant, just-add-water packets are just as good for you as traditional, slow-cooked versions.



Fish

Omega-3 fatty acids are widely considered to be the best of the "good" fats, and the best place to find them is in fish—especially fatty fishes like salmon, halibut and tuna. According to Dorfman of the ADA, you want to get 1.5 to 3 grams per day of omega-3. A 4-ounce piece of salmon will give you close to 3 grams.



Red Wine

A glass of red wine, which contains flavanols, has been shown to have anti-inflammatory properties that may help lower cholesterol and stave off heart disease. But in this case, more is definitely not better. For women, the recommendation is one drink a day and for men it's two. More than that will, literally, dilute any potential benefits.



Soy

Soybeans, soy nuts and edamame, & any products made from soy (like tofu, soymilk, etc.) can help to reduce the production of new cholesterol. A little can go a long way—aim for about 25 grams of soy protein a day (the amount in a cup of edamame).

5 Foods that FEED Cholesterol



Whole Milk Dairy

Saturated fat, which clogs arteries and increases LDL levels, is the No. 1 cholesterol-boosting culprit. And foods like ice cream and cheese are where you're likely to find them. Swap out the Ben & Jerry's Chubby Hubby for a lower-fat frozen yogurt, and skip the brie in favor of something less rich, like a part-skim mozzarella.



Processed Meats

Bacon, sausage, liverwurst and the like are also wonderful sources of artery-clogging saturated fat. Look for lower-fat options, like bacon and sausage made from turkey and other lean protein sources.



Fast Food Fries

Even worse than saturated fats are the dreaded trans fats. The main source of trans fats are partially hydrogenated oils, and that's exactly what most fast-food restaurants are still using to cook their fries. Trans fats hit cholesterol with a double whammy—in addition to raising your LDL, they simultaneously lower your HDL.



Tropical Oils

Palm kernel and coconut oils are two of the fattiest of oils—100 percent of the bad-for-you saturated variety. Don't use them when you cook at home, and try to avoid them when you eat out. Use heart-healthy mono- and polyunsaturated fats, like olive, canola and safflower oil, instead.



Baked Goods

Many manufacturers of packaged cookies and cakes have eliminated trans fats from their recipes, but check the nutrition labels to be sure. But all baked goods—even those that are homemade are high in saturated fats, thanks to the butter and shortening.

Information and Pictures from MSN Health and fitness author Sally Wadyka nutrition advice provided by L. Dorfman & L. Bosci

In the Spotlight: Celiac Disease

Imagine never having a slice of birthday cake, never kicking back with a cold beer and a slice of pizza, and reading every food label like you're studying for an exam. No – this isn't the newest fad diet. For many people this is the way of life. And if you ask most of them, they'll answer that the consequences aren't worth the slice of cheese and pepperoni.

Celiac disease (CD) is a genetic disorder. In people with CD, eating certain types of protein, called gluten, sets off an autoimmune response that causes damage to the small intestine. This, in turn, causes the small intestine to lose its ability to absorb the nutrients found in food, leading to malnutrition and a variety of other complications.



The cause of CD is unknown. Research indicates that CD is strongly associated with a group of genes on Chromosome 6. These genes are involved in the regulation of the body's immune response to the gluten protein fractions. **One out of 133** people in the United States is affected with celiac disease.

CD is not simply an allergy to certain foods. If left undiagnosed CD can be potentially life threatening as it can lead to malnutrition and problems associated with malabsorption. Complications include tooth enamel defects, central and peripheral nervous system disease, pancreatic disease, internal hemorrhaging, organ disorders (gall bladder, liver, and spleen), and gynecological disorders. Untreated celiac disease has also been linked an increased risk of certain types of cancer, especially intestinal lymphoma.

Because many other illnesses can mimic the symptoms of celiac disease only a healthcare provider can accurately diagnose CD. Celiac is often suspected when presented with malabsorption, excessive GI irritation, and fatigue among other symptoms. Biopsies of the intestine and blood samples will be taken and can give an accurate diagnosis.

The only treatment for CD is the lifelong adherence to a gluten-free diet. When gluten is removed from the diet, the small intestine will start to heal and overall health improves.

Weight Watchers Recipe of the Month:

Sometimes throwing something together for a party at the last minute is tough. It's even tougher if you're trying to find something that helps everyone stick to their dieting goals. This recipe is easy and will taste so good no one will believe its low in calories!

Slow Cooker Hot Crab Dip

2 points

Makes 5 cups

1/2 cup skim milk
1/3 cup salsa
3 pkgs. (8 oz. each) light cream cheese, cubed
2 pkgs. (8 oz. each) imitation crabmeat, flaked
1 cup thinly sliced green onions
1 can (4 oz.) chopped green chilies

Combine milk and salsa. Transfer to a slow cooker coated with nonstick cooking spray. Stir in cream cheese, crab, onions and chilies. Cover and cook on LOW for 3-4 hrs., stirring every 30 min.



Nutrition Info:
Per (1/4 cup) serving: 80 calories, 385mg sodium, 23mg cholesterol, 5g carbohydrates, 7g protein, 3g fat

Fitness Discounts

Did you know that Cleveland Clinic employees are eligible to receive fitness and health club discounts?!

Significant discounts are available at:

Cleveland Clinic Fitness Center
1-2-1 Fitness
EMH Center for Health and Fitness
Gold's Gym
Jewish Community Center of Cleveland
LifeWorks of Southwest General
Mentor Heisley Racquet and Fitness Club
Mind and Body Fitness: 6 week program
River Oaks Racquet Club
Wellness Works in Solon
YMCA of Greater Cleveland

Please visit the Wellness Discount webpage for more information.

<http://www.cchs.net/wellness/discounts.asp>

Wearing our Hearts on Our Sleeves: Managed Care Goes Red for Women!



More photos online at the Managed Care Wellness Website!!

<http://www.cchs.net/wellness/managedcare.asp>

What's New with Managed Care Wellness:

16 participants have entered the Weight Loss Challenge!

Tuesday, March 4th Managed Care will host a Lunch and Learn Session on general nutrition. Matt Sebastian, MEd, RD, LD, CDE will discuss healthy eating and incorporating a better diet into your life. All West Creek employees are welcome. Please RSVP.

Managed Care Wellness meets regularly to discuss and plan multiple events for our employees. We have some exciting ideas planned for 2008 in addition to our monthly lunches. Your feedback and ideas are always welcome.