



Positive Pulse Wellness Newsletter

Volume 1, Issue 9

March 2, 2015

"Promote and protect the wellness of our community through education, programs, and services".

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Special points of interest:

* March 2015 Challenge
Options: Add at least 1 green vegetable to your day, at least 3 times a week for the month of March 2015; Participate in a group/family exercise for at least 30 minutes, at least once a week for the month of March 2015.

Healthy Eating Month

March 2015 is Healthy Eating Month. Part of healthy eating is to include fruits and vegetables in your diet. Many people do not eat enough fruits and vegetables in their daily lives. Here are a few reasons to eat more fruits and vegetables:

- **Color & Texture:** Fruits and veggies add color, texture, and appeal to your plate.
- **Convenience:** Fruits and veggies are nutritious in any form—fresh, frozen, canned, dried, and 100% juice, so they're ready when you are!
- **Fiber:** Fruits and veggies provide fiber that

helps fill you up and keeps your digestive system happy.

- **Low in Calories:** Fruits and veggies are naturally low in calories.
- **May Reduce Disease Risk:** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- **Vitamins & Minerals:** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- **Variety:** Fruits and veg-

gies are available in an almost infinite variety...there's always something new to try!

- **Quick, Natural Snack:** Fruits and veggies are nature's treat and easy to grab for a snack.
- **Fun to Eat!** Some crunch, some squirt, some you peel...some you don't, and some grow right in your own backyard!
- **Fruits and Veggies are Nutritious AND Delicious!**



Fruits & Veggies Help Prevent...

Did you know that fruits and veggies help prevent high blood pressure, stroke, and heart disease? The National Institutes of Health endorses the "DASH" or diet to reduce blood pressure. This diet recommends 4-5

cups of fruits and vegetables daily along with an overall diet that is low in saturated fat and high in fiber. Fresh fruits and vegetables are low in sodium and high in potassium—a combination that helps reduce high blood

pressure.

Large population studies show that the higher the intake of fruits and vegetables, the lower the risk for heart disease and stroke. Vegetables are very low in

Fruits & Veggies Help Prevent...(continued)

saturated fat and are cholesterol and trans fat-free. When large studies looked at heart disease, such as the INTERHEART study, which included 52 nations, the results showed that people who ate the most vegetables and fruits had 30% fewer heart attacks.

By eating 4 or more cups of fruits and vegetables daily, you can decrease your risk of stroke by as much as 30-50%. The best foods for preventing high blood pressure, stroke, and heart disease are green, leafy vegetables and

citrus fruits, which are high in folate and vitamin C. Researchers estimated that for each serving of citrus fruit eaten daily, the risk of heart disease dropped 6%. Each serving of greens dropped the risk by an amazing 23%. Another vitamin that can protect your heart is B6, found in bananas, whole grains, milk, fish, and chicken.



Colorectal Cancer Awareness Month

March is Colorectal Cancer Awareness Month. So you may be wondering what exactly colorectal cancer is? Colorectal cancer is cancer that occurs in the colon or rectum, sometimes called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Colorectal cancer is the second leading cancer killer in the US, but it

doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. So if you are 50 or older, start getting screened now!

"About 90% of people live 5 or more years when their colorectal cancer is found early through testing". ~Centers for Disease Control and Prevention~

Who Gets Colorectal Cancer? Both men and women get it. It is most often found in people 50 or older. The risk increases with age.

Are You at High Risk? Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal

cancer.

- You have inflammatory bowel disease.
- You have a genetic syndrome such as familia adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening

and how often you should be tested.

Screening Saves Lives. If you're 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time some polyps can turn into cancer.

- Screening tests can find polyps, so they can be removed *before* they turn into cancer.
- Screening tests also can find colorectal cancer early. When it is found early, the chance of being cured is good.

Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, this is why screening is so very important!!!

Brandi's "Clean Eating" Recipe of the Month

I have recently began "clean eating" (healthier eating) and have been trying some new recipes out. I will begin including at least one recipe every newsletter for you all to enjoy. Clean eating can be fun and I hope you all find this recipe to be just as yummy as I did :)

Baked Pears with Walnuts

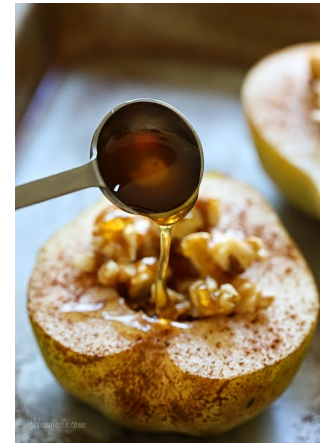
Ingredients:

-2 large pears (ripe)

- 1/4 teaspoon cinnamon
- 2 teaspoons honey
- 1/4 cup crushed walnuts

Directions:

-Preheat oven to 350 degrees. Cut pears in half and scoop out seeds. Place on a baking sheet. Sprinkle with cinnamon, topping with honey and crushed walnuts. Bake for 30 minutes. Let cool and enjoy!!!



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