

on the menu

World on Your Plate:

Get to Know Sushi

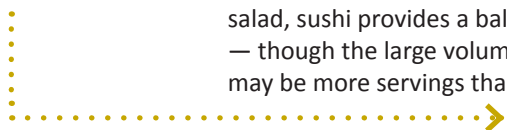


Not sure about sushi?

Not all sushi is raw so start with vegetarian rolls or those that contain cooked fish or shellfish.

Inside:

Ideas for making a sushi meal more nutritious.



Sushi may be served cold, but it sure is hot! Once confined to pricey restaurants, sushi is now widely available at grocery stores and mall kiosks.

What is sushi?

We commonly think of sushi as the collective name for raw fish, rice and seaweed. However, the term “sushi” actually refers to cold, cooked rice that’s pressed into small cakes and seasoned with salt, sugar or vinegar. Once sushi rice is topped with raw fish, it’s called **nigiri sushi**. The common seaweed-wrapped rolls, often filled with raw fish and cucumber, are **maki sushi**.

Is sushi healthy?

Low in fat and calories, traditional Japanese nigiri sushi boasts many health benefits, including vitamin D, protein and heart-healthy omega-3 fats from the fish. If eaten with a side salad, sushi provides a balanced meal — though the large volume of white rice may be more servings than you need.



well being

JOYFUL Living

When people think about what would make them happier, they often envision happy major life change. But there are ways to easily and inexpensively to brighten your day. The more of them you try, the better you’re likely to feel. For example...

- **Sensory pleasures.**

These include the smell of fresh-baked bread, a massage or a bubble bath.

- **Giving to others.** Easily overlooked but often very powerful, these are activities such as doing a chore for your neighbor, telling a favorite teacher how much he or she helped you and volunteering at a charity fundraiser.

- **Interconnections.** You could organize a block party, attend a religious service or contact long-lost roommates or coworkers. Keep your focus on the here and now.



“Let your food be your medicine and your medicine be your food.”

~ Hippocrates

What rare cancer has become more common and why?

More of what you need to know ... inside. ➔

in and out: march

Bedbugs Are Busy

Guests at hotels (even fancy ones) can unwittingly bring home bedbugs in their suitcases. Though not considered disease carriers, these nocturnal pests cause red, itchy welts where they bite sleeping victims. To protect yourself, keep luggage zipped and off the floor when you enter the room. Look for the small, brown insects (or their red/brown droppings) in the mattress seams, box springs, curtains, drawers and furniture crevices. Report evidence of bedbugs to hotel staff who can move you to another room. Inspect luggage before bringing it into your home, and launder clothes on high heat or get them dry cleaned. **Itch relief:** If you do get bitten, use topical emollients or corticosteroids or take an antihistamine.

Health Care Consumer Tip

Visit emergency rooms for emergencies only. Hospital ERs provide great care for real emergencies. But for nonemergencies (such as sore throats or lower back pain), they're inappropriate and much too expensive.



New Concerns for Children With Hypertension



It's well known that hypertension is bad for your heart. But recent research suggests that it also puts children at higher risk for attention deficit and learning disorders. Among children in the study with high blood pressure (which affects about 4 percent of children), 28 percent had learning disorders, compared to 9 percent for those with normal blood pressure. **The best strategy:** Make sure your child's blood pressure is checked regularly and ask your pediatrician what you can do about it if it's too high.

A Rare Cancer Becomes MORE COMMON

Once considered a disease of the over-50 crowd, colorectal cancer is on the rise in younger adults. Rectal cancer has been rising by approximately 3 percent a year in the under 50 age group. Though this amounts to a small number of new patients, it's still a real and significant increase.

Diagnosing rectal cancer in people under 50 is tricky, as they are not commonly screened. Also these individuals are more likely to attribute symptoms to hemorrhoids or lesser problems instead of seeking prompt medical treatment. As a result, rectal cancer becomes more deadly.

Though researchers don't know what is causing this increase, there are steps you can take now which could lower your risk:

TALK to your health care provider about screening, especially if this cancer runs in your family or you have ulcerative colitis, Crohn's disease or diabetes.

AIM for a healthy body weight and stay physically active. Eat a diet that is low in fat and high in fiber.

AVOID smoking and excessive drinking.

Protect the children: Other studies have linked childhood obesity with colon cancer later in life. Encourage a good diet, ample exercise and weight control to ensure a healthy future.

IN A BLINK : TREATING DRY EYES

Tears are critical to eye health. In addition to lubricating the eye, they protect it from infections and provide vital nutrients. When tears are too few or of the wrong consistency, eye damage and discomfort can occur — a condition called dry eye.

With dry eye, you may feel burning, scratching or stinging. Left untreated, dry eye can cause abrasions on the eye which lead to pain, ulcers or scars on the cornea and sometimes loss of vision.

Simple home treatments may help. Try

over-the-counter artificial tear drops, and use a humidifier (especially in winter). Avoid smoke, direct wind or air conditioning. Adding an air cleaner to filter out dust and particles can also help.

Dry eye can be temporary or chronic. If self-care doesn't help in a few days, see an eye specialist.

If you also experience dry mouth, joint pain or swelling, eye injury, red and painful eyes, or you have eye discharge or a lesion, get medical help right away.



nutrition watch

Boost Your Veggie Quota

Vegetables are packed with vitamins and minerals, fiber and countless chemicals known to boost health. Get your recommended 1½ to 4 cups a day with these easy ways.

1 Give vegetables center stage.

- Cut bite-size pieces of vegetables and skewer with alternating shrimps or chunks of lean chicken for delicious kabobs.
- Layer thinly sliced vegetables on sandwiches. Good picks: cucumber, tomato, mushroom and avocado.
- Snack on vegetables with a low-fat dip.

2 Add vegetables to favorite dishes.

- Enjoy sautéed peppers, zucchini, mushrooms, asparagus, or onions in omelets or scrambled eggs.

- Cut meat volume in half and double the vegetables when making stews, soups and chili.
- Make or order your pizza with extra veggies.

3 Make salads daily fare. A large salad is 3 to 4 servings of vegetables.

- Start each lunch or dinner with a generous mixed salad.
- Add hearty beans or whole-grain pasta.
- Add surprise ingredients such as nuts, sunflower seeds or dried cranberries.

➔ Next time you're at the grocery, fill your cart with a variety of fruits and vegetables.

Pick one in every color!



on the menu

Sushi Basics

Western sushi is a spin on traditional Japanese fare, and runs the gamut from nutritious rolls to imaginative designs filled with less-healthy mayonnaise or cream cheese. **Tip:** These additions pack on calories and fat, so avoid them.

Watch the soy sauce: With more than 1,000 milligrams of sodium per tablespoon, soy sauce provides two-thirds of your daily sodium recommendation in this small serving.



For a nutritious sushi meal:

- Order a mix of nigiri and maki sushi, vary the types of fish and vegetables.
- Opt for brown rice instead of white rice.
- Avoid deep-fried ingredients.
- If you eat sushi often, be aware of the mercury content of different types of fish.



best bites

PRODUCE PICK OF THE MONTH Leeks

Leeks are a delicious alternative to onions, with a sweeter, milder flavor. They're a versatile source of iron and vitamins A and C — use them as a side dish or add to recipes. The most tender leeks are small to medium, with a bulb less than 1½ inches in diameter. Cut off the roots and tops of the green leaves, then separate the leaves and rinse thoroughly to remove dirt. Use the green leaves for soups or stews; lightly sauté the white sections in olive oil or use them in quiches or salads.

weight basics

Six Tricks to Portion Control

Not losing weight like you had hoped?

Take a look at your plate. Reducing food portions is a top strategy for cutting calories.

While weighing and measuring your food is best but aren't always practical, these portion control tips are...

- 1 Before each meal** or snack, consider the amount you normally eat. Then reduce portions by removing a little from your plate or bowl.
- 2 Choose less.** Have a smaller bowl of cereal, one egg instead of two, half a sandwich instead of a whole, or a single serving snack pack, not a big bag.
- 3 Fill up** on big portions of vegetables.
- 4 Save leftovers** for the next day — and set some aside before you eat.
- 5 When dining out**, where portions can be huge, you could order an appetizer along with a veggie side dish.
- 6 Use this** serving size visual guide:
 - A baseball** = 1 cup cereal, milk or raw veggies.
 - A small computer mouse** = ½ cup pasta, beans or sliced fruit.
 - A deck of cards** = 3 oz poultry, meat or fish.

Stay in Touch

CROWN

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Leek and Cauliflower Casserole

EASY | RECIPE

from Personal Best®

2 tbsp olive oil

4 cups small cauliflower florets

2 medium leeks, trimmed and cut into ½-inch slices

2 tbsp all-purpose flour

¼ tsp ground nutmeg

½ cup evaporated skim milk

½ cup grated reduced-fat feta cheese

½ cup coarse fresh breadcrumbs

¼ cup grated Parmesan cheese

1] Heat oil in large skillet over medium heat; add cauliflower and sauté 5 minutes. Add sliced leeks and sauté 2 to 3 minutes.

Note: Use bulb and lower leaf portion of leeks; rinse thoroughly before cooking.

2] Remove skillet from heat. Sprinkle veggies with flour and nutmeg; gently combine.

3] Spoon into a 2-quart baking dish. Pour milk over mixture. Sprinkle with remaining ingredients.

4] Bake in 400°F oven for 25 minutes or until top is browned and crispy.

MAKES about 6 (ONE-CUP) servings. Per serving:

164 calories | 8.9g protein | 8.2g fat | 2.8g sat fat | 0mg cholesterol
17.3g carbs | 8g sugar | 2g fiber | 311mg sodium



last bites

Blended coffee drinks. Lattes, mochas and cappuccinos — have become very popular, but be aware that these beverages often contain hundreds of calories. **Just one daily drink could lead to weight gain:** 200 extra calories per day will add 20 pounds in a year. **To cut the calories:** First, order the smallest size drink possible — some stores now offer an 8-ounce size — or look for a “skinny” version of your favorite drink. Switch to lowfat or nonfat milk and skip the whipped cream topping. Skip flavored syrups and use cinnamon or chocolate powder to spice up your drink.

Fitness at work. Many of us sit more than our bodies were designed for, reducing blood circulation and productivity, and straining the back, shoulders and neck. Despite a hectic work schedule, you can support your fitness goals with mini-workouts for...
Flexibility: In a chair, stretch both arms over your head and hold then extend one hand higher than the other and switch. **Strength:** Do biceps curls or extensions with a resistance band or filled water bottle. **Heart function:** While seated, rapidly tap your feet on the floor for 30 seconds.

Help for Nicotine Withdrawal

Why is it so hard to quit tobacco?

Going cold turkey can cause agonizing symptoms. They include depression, anxiety, tension, fatigue, irritability, headache and increased appetite.

Smokers also must adopt a new lifestyle that excludes smoking.

Coping without it can be hard. If you’ve just quit, nicotine replacement therapy (NRT) can reduce the physical symptoms and cravings of nicotine withdrawal.

The key is to choose the method that best fits your lifestyle and needs.

For NRT, the FDA has approved the nicotine patch, inhaler, nasal spray, lozenges and gum. All have side effects. Conditions such as heart disease or pregnancy may prevent some people from using NRT. Because NRT does not treat the behavioral aspect of smoking, cessation experts suggest also using non-nicotine medication (bupropion or varenicline).

Your health care provider can help you determine what combination of cessation aids may work best for you.

Your workplace may offer programs too.

→ Reach your personal best:

If you can’t quit the first time, try again. The rewards are worth it.