

In The Spotlight



Date: 2/12/14

According to Winona State's "Seven Dimensions of Wellness,"

INTELLECTUAL WELLNESS

encourages creativity and stimulating mental activity which keeps us better fit for the world. Being a life long learner, asking questions to get the most out of classes and education, being open to new ideas, learning new skills and studying effectively helps to keep us attuned to the world around us.

10 WAYS TO ADD MORE

FUNCTIONAL FOODS

- 1. Eat Vegetables
2. Eat fruits at every meal
3. Start your day with a high fiber cereal
4. Use whole-grain breads and pastas
5. Eat more whole grains
6. Eat more legumes
7. Make snacks count: Fresh fruit, vegetables
8. Go meatless: At least once a week, go without meat
9. Have fish
10. Drink water several times a day

Highly Functional Foods. (2014). Special Report: Supplement to MAYO CLINIC HEALTH LETTER, 1-6.

YOUR BODY-- A SHIFT IN THINKING: FROM FORM TO FUNCTION

When: Monday, February 23rd

Time: 2:00-3:00pm

Where: IWC 145

Speaker: Trisha Karr, PhD

*There will be a raffle for a water bottle

DID YOU KNOW?

- 1. Flavonoids are powerful antioxidants found in foods and have been shown to provide a variety of health benefits. Research findings suggest a connection between high flavonoid consumption and a significant decreased risk of type 2 diabetes. Some sources of flavonoids are blueberries, soy, legumes and whole grains.
2. There is a broad range of naturally occurring compounds called phytochemicals found in plants that may be essential for the body to fight off disease and heal itself. They are found in common plant foods such as fruits, vegetables and whole grains.

Highly Functional Foods. (2014). Special Report: Supplement to MAYO CLINIC HEALTH LETTER, 1-6.

MYTHS ABOUT DIABETES

Myth 1: Once I'm diagnosed with type 2 diabetes, my health is in grave danger.

Reality: Vision and hearing loss are far from inevitable. The key is to get regular checkups and keep glucose levels within range.

Myth 2: If I have diabetes I won't be able to eat my favorite foods anymore

Reality: No food group is off limits you just have to balance what you eat. Eat a healthy diet low in sodium, and saturated fats, high in fiber and full of fruits, vegetables, lean protein and whole grains.

Myth 3: Treating my diabetes is going to hurt. All those needles.

Reality: Many medications are taken in pill form and insulin is taken with a thin and less painful needle than they were in the past.

Golann, D. (2014). What You Didn't Know About Diabetes. LIVE HEALTHY- Diabetes Report, 79-80.

~from American Diabetes Association~ Quinoa with Cranberries and Pine Nuts

- 2 cups fat-free, reduced sodium chicken broth
1 cup quinoa
1/2 cup dried cranberries
3 Tbsp pine nuts, toasted
1 tsp parsley, dried
Dressing: 2 Tbsp balsamic vinegar
1/2 tsp dijon mustard
1 clove garlic, minced
3 Tbsp olive oil

Heat Chicken Broth on med-high heat and bring to boil. Stir in quinoa. Cover, reduce heat, and simmer for 15 minutes. Add cranberries, cover and cook for 5 minutes. No heat, let stand for 5 minutes. Fluff with fork. Whisk together dressing ingredients and pour over cooked quinoa. Add pine nuts and mix. Sprinkle parsley over the top.