

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

Some Super Foods to Eat Right Now

(Source: innovativefitness.com)

The following **super foods** are among the most perfect disease-fighters you will find in your supermarket.

Soy (Legume/Protein): Soy contains all the amino acids required to create a complete protein. Soy products contain B vitamins, essential fatty acids, zinc and iron. When it comes to heart health, soy lowers LDL (bad) cholesterol, a main contributor to the clogging of arteries.

Garlic (Vegetable): Garlic has the antioxidants quercetin and vitamins A and C, which work together to boost the immune system. Garlic may stimulate white blood cells to stave off infection and destroy cancer cells. Garlic contains a wide-spectrum of antibiotic type properties that work against bacteria and yeast infections.

Green Tea (Herb): Green Tea is getting a lot of good press lately because it is low in caffeine and is high on polyphenols, derivatives of cancer-fighting antioxidants. Green Tea may reduce the risk of oral and colon cancer.

Almonds (Fat/Essential Fatty Acids): Almonds contain calcium, potassium, fiber, float, magnesium, zinc and some iron. Even better, almonds are among the richest in the antioxidant vitamin E, which cleans up free radicals and promotes healthy skin and hair.

Sweet Potato (Vegetable): Sweet potatoes along with other orange, red and yellow vegetables and fruits are loaded with vitamin A. These vitamins have been found to protect us against carcinogens and also may preserve our sight.

Flax (Fat/Seed): Flax contains omega 3 essential fatty acids. These fats are required for optimal brain and cell function and are the building blocks for the hormones that regulate our bodies' inflammatory systems. Flax also helps the immune system function and may aid in a healthy metabolism.



BENEFITS OF REGULAR ACTIVITY:

- *better posture and balance
- *relaxation and reduced stress
- *feeling more energetic
- *stronger muscles and bones
- *better self-esteem
- *continued independent living later in life

HEALTH RISKS OF INACTIVITY:

- *heart disease
- *high blood pressure
- *osteoporosis
- *depression
- *stroke
- *adult-onset diabetes

After dinner munchies

(source: www.dietitians.ca)

Feeling ravenously hungry between dinner and bedtime is often related to not eating regularly enough throughout the day. To keep blood sugar levels stable during the day, never allow more than 3 to 4 hours to pass without eating a meal or a snack. Stay hydrated by drinking water at all meals and snacks.

If you still have the case of the munchies, follow this 5-point plan:

1. Analyze why you are hungry. Are you truly hungry for food? Maybe the issue is boredom or stress-related and a hug or a heart to heart talk with someone would be more "filling".
2. If you are truly hungry, analyze what you are hungry for before you eat.
3. Eat exactly what you are hungry for. By listening to your body, it is easier to have food portion control.
4. Drink water with a snack. Sometimes the munchies are just the thirsties.
5. Don't feel guilty for eating what you wanted.