



Happy
St. Patrick's
Day

Foods That Affect Sleep:

Help You Sleep

♣ Warm milk, nuts, bananas, honey and eggs—tryptophan is a sleep promoting substance. All of these contain it.

♣ Kiwi—full of vitamins C and E, serotonin and folate.

♣ Soy food—rich in isoflavones which produce serotonin, a chemical that influences sleep-wake cycle.

♣ Fiber-rich food is associated with more restorative slow-wave sleep. Prevents blood sugar surges that may lower melatonin (beans, artichokes, bran cereal and quinoa)

♣ Tart Cherry Juice rich in melatonin. A cup 2x/day can help insomnia.

Keeps You Awake

♣ High Fat Foods—heavy fatty meal activates digestion, leading to interrupted sleep

♣ Alcohol can help you get to sleep but induces frequent tossing and turning, night sweats and even nightmares.

♣ Minimize protein before bed. Harder to digest and contains amino acid tyrosine which promotes brain activity

♣ Chocolate is a high source of caffeine

♣ Spicy foods & Peppermint can trigger heartburn

♣ Green tea, sugary cereal, high acidic foods, raw onions can all interrupt sleep.

Luck
is
what happens
when
preparation
meets
opportunity.
—Seneca

Debby Schiffer, Wellness Director for BURLCO & TRICO

Sleep Can Affect Your Weight

Since March is National Nutrition Month, I thought it would be fitting to discuss sleep. Why? Because studies have shown there is a direct connection between sleep, or lack thereof, and overeating. Getting enough sleep won't just invigorate you; it could also help control how much you eat. A lack of sleep is linked to overeating—especially the overconsumption of junk food—which can lead to **weight gain**.

Two hormones that help regulate hunger—ghrelin and leptin—are affected by sleep: Ghrelin stimulates appetite, while leptin decreases it. When the body is sleep-deprived, the level of ghrelin spikes, while the level of leptin falls, leading to an increase in hunger.

Another factor is at play, too. A lack of sleep kicks off a process in the body that raises the blood level of a lipid known as endocannabinoid. This acts on the brain in a similar way to marijuana, making the act of eating more enjoyable, especially in the evening. But it increases hunger for specific types of foods, such as cookies, candy, and chips. In fact, people who don't get enough sleep eat twice as much fat and more than 300 extra calories the next day, compared with those who sleep for eight hours.

Not only does a lack of sleep interfere with hunger signals, but there's also the problem that less time in bed simply gives you more hours of the day to eat. Preventing overeating—as well as obesity—starts with creating a healthy bedtime routine. To manage your weight and how much food you consume, aim to go to sleep and wake up at the same time every day of the week, and give yourself enough time in bed to get seven to nine hours of sleep.

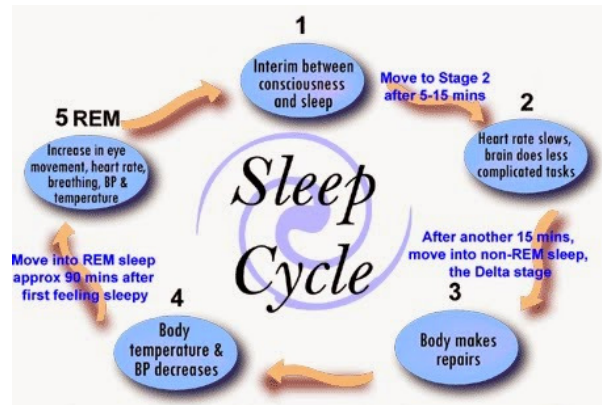
Resource: National Sleep Foundation

Sleep cycle

The pattern of waking during the day when it is light and sleeping at night when it is dark is a natural part of human life. Only recently have scientists begun to understand the alternating cycle of sleep and waking and how it is related to daylight and darkness.

A key factor in how human sleep is regulated is exposure to light or to darkness. Exposure to light stimulates a nerve pathway from the retina in the eye to an area in the brain called the hypothalamus. There, a special center called the suprachiasmatic nucleus (SCN) initiates signals to other parts of the brain that control hormones, body temperature and other functions that play a role in making us feel sleepy or wide awake.

The SCN works like a clock that sets off a regulated pattern of activities that affect the entire body. Once exposed to the first light each day, the clock in the SCN begins performing functions like raising body temperature and releasing stimulating hormones like cortisol. The SCN also delays the release of other hormones like melatonin, which is associated with sleep onset, until many hours later when darkness arrives.



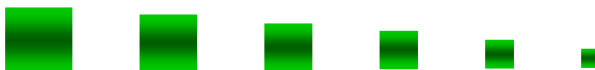
Are you sleepy when you drive?

Turning up the radio, opening the window, or turning on the air conditioner are effective ways to stay awake when driving.

These "aids" are ineffective and can be dangerous to the person who is driving while feeling drowsy or sleepy. If you're feeling tired while driving, the best thing to do is to pull off the road in a safe rest area and take a nap for 15-45 minutes. Caffeinated beverages can help overcome drowsiness for a short period of time. However, it takes about 30 minutes before the effects are felt. The best prevention for drowsy driving is a good night's sleep the night before your trip.

What is Melatonin?

Melatonin is a natural hormone made by your body's pineal (pih-knee-uhl) gland. This is a pea-sized gland located just above the middle of the brain. During the day the pineal is inactive. As it gets dark, the pineal is "turned on" by the SCN and begins producing melatonin (usually around 9 pm). You begin to feel less alert. Sleep becomes more inviting. Melatonin levels in the blood stay elevated for about 12 hours and fall back to low



Think Positive: Focus on Foods to Add Rather Than Avoid

Typically when someone contemplates starting a healthy eating pattern, certain words enter their vocabulary that sets them up for failure. These words include “don’t”, “limit”, and “avoid” to name a few. **But eating healthy does not mean you have to give up those “not so healthy” choices for good.** Try to do your best to keep them under control. Do your best to make 90% of your day healthy giving yourself a little leeway to enjoy your favorite dessert. And focus on what you are doing right!!! If you have not been successful with “avoiding or limiting” certain foods, try this: start **ADDING** healthier options to every meal. For example, add a banana to your breakfast; have a salad with your lunch, and add one more vegetable to your dinner plate. I want you to be successful in eating healthier for life. Think about one change you can make and set your mind to do it. Positive thoughts breed positive results!!!

5 Ways to Help Your Diet Become a Way of Life

All too often we start out with grand intentions—“I’m going to lose weight and eat better (this time will be different, I swear!)”—only to revert back to our old eating habits within a week or two. So how can you give your desire to eat healthy and lose weight some sticking power? Try these five tips to help turn your weight-loss plan into a strategy for healthy eating for the long haul.

1. Don’t Give Up Your Favorite Foods

You shouldn’t have to say goodbye to your favorite foods. In fact, having a small treat may help you stick to your diet. Research in the *Journal of the American Dietetic Association* found that a small daily treat didn’t sabotage weight-loss efforts. Your favorite foods can fit into any diet if you find clever ways to incorporate them (in a diet-friendly way). One way to do this is to make lower-calorie versions of foods like French fries and brownies. Another trick is to be mindful of your serving sizes when it comes to more indulgent foods. Love pasta? Try adding vegetables to bulk up your serving instead of doubling up on pasta. Of course your diet should be full of mostly healthy foods like fruits and vegetables, lean proteins and whole grains—but make room for some of your favorite, more indulgent foods too.

2. Eat Foods That Keep You Satisfied

If you feel hungry all the time, it’s going to be hard to stick with a healthy-eating plan. Research shows that when you’re hungry, you’re more likely to eat too fast at your next meal. Eating too quickly can lead to consuming extra calories because your body doesn’t have time to register feeling full. While portion control is super-important for losing weight (and keeping it off), you shouldn’t hear your tummy grumbling all day long. Two nutrients that help keep you full: protein and fiber. Good protein sources include plain Greek yogurt, chicken breast, tuna, tofu and almonds. And to get more fiber, munch on whole fruits and vegetables. Not only is produce high in fiber, but it’s also generally low in calories. That makes it filling *and* diet-friendly—just what you’re looking for when you’re trying to lose weight and keep it off.

3. Start with Small Changes

There’s no need for dramatic shake-ups, like eliminating whole food groups. It’s better to start with tiny diet tweaks if you want them to become permanent changes. According to Brian Wansink, Ph.D., EatingWell advisor and professor of marketing at Cornell University, “Making small, consistent changes fits more easily into people’s routines [than radically altering your diet].” Think of doable things, like packing a wholesome afternoon snack, such as carrots and hummus or an apple with peanut butter, instead of hitting the vending machine. Small changes add up and can help you make healthier eating a way of life, rather than relying on short-term crash dieting.

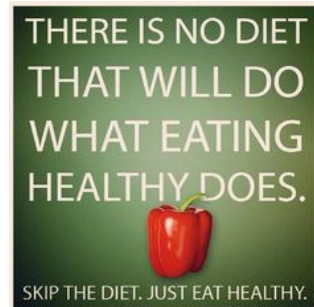
4. Don’t Try to Be Perfect

We often have grand ideas about implementing a new diet—like the promises you make yourself about eliminating sugar, never taking from the breadbasket or always having vegetables at dinner. Instead of trying to be perfect, be realistic. Make your eating plan one that you can actually stick to. You don’t have to eat perfectly to lose weight; you just have to eat well. Set a goal for the week, like adding a serving of vegetables to dinner, or packing a healthy lunch one or two days—and go easy on yourself if you slip up. Eating indulgences are bound to happen. And when they do...



5. Get Right Back on Track

If you have a diet slip-up and go overboard on chocolate or pizza—don’t beat yourself up! Just get back on track again as quickly as possible. Remember that one meal doesn’t undo all of your healthy efforts—but when you give up your diet entirely because of one slip-up, that’s when the weight can start to creep back on. If you have a minor setback, understand that it’s one small blip on the radar. Get right back to your healthy eating habits and right back on track for long-term success.



Sources: EatingWell.com



Colorectal Cancer Awareness Month

Resources: www.cdc.gov/cancer/colorectal/

Colorectal cancer screening saves lives. If you're 50 years old or older, talk to your doctor about getting screened.

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.



**Over 50?
Family History?
Get Screened!**

What You Can Do

- If you're aged 50 to 75, get screened for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.
- Be physically active
- Maintain a healthy weight
- Don't drink too much alcohol
- Don't smoke

Fast Facts

Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.

- Precancerous polyps and colorectal cancer don't always cause symptoms especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. If you have symptoms, they may include—
 - ◆ Blood in or on the stool (bowel movement).
 - ◆ Stomach pain, aches, or cramps that do not go away.
 - ◆ Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

Are You at High Risk?

Your risk for colorectal cancer may be higher than average if:

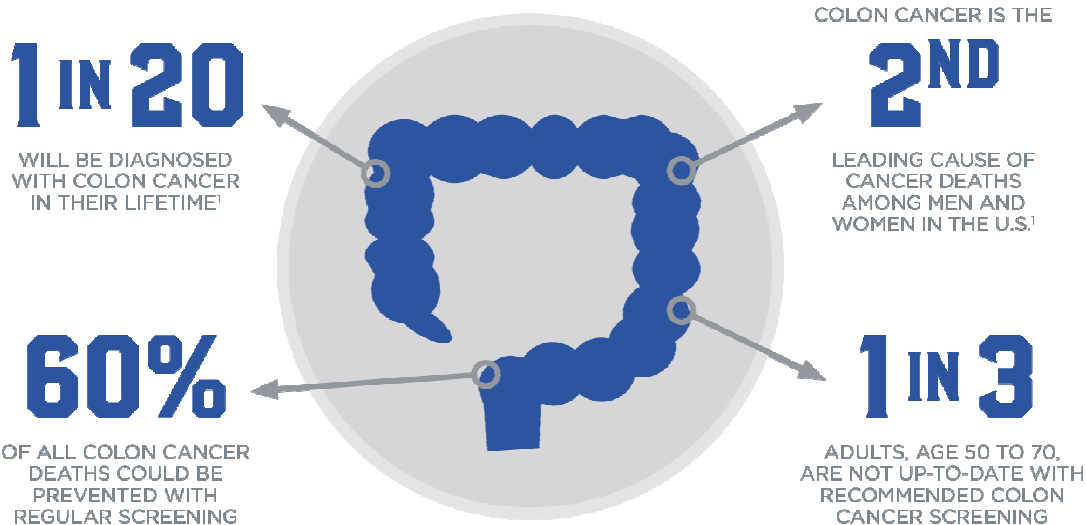
- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

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

Types of Screening Tests

Several different screening tests can be used to find polyps or colorectal cancer. Each can be used alone. Sometimes they are used in combination with each other. The U.S. Preventive Services Task Force (USPSTF) recommends colorectal cancer screening for men and women aged 50–75 using high-sensitivity fecal occult blood testing (FOBT), sigmoidoscopy, or colonoscopy. Talk to your doctor about which test or tests are right for you. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.

What you need to know about COLON CANCER



**New F.D.A. Nutrition Labels—In Stores Now
Would Make 'Serving Sizes' Reflect Actual Servings**

FOOD LABEL CHANGES

The U.S. Food and Drug Administration has proposed changes to food labeling, to reflect new scientific discoveries and the link between diet and chronic diseases such as obesity. Serving sizes would be updated to reflect how much people actually eat. The new design uses larger fonts to emphasize certain information, such as calories per serving.

The current label is more than 20 years old. In order to make sure consumers have access to more recent and accurate nutrition information about the foods they are eating, it's time to make changes to the Nutrition Facts label. The changes are based on updated scientific information, new nutrition and public health research, more recent dietary recommendations from expert groups, and input from the public.

Why Vitamin D and potassium have been added:

Vitamin D and potassium are nutrients Americans don't always get enough of, according to nationwide food consumption surveys, and when lacking, are associated with increased risk of chronic disease. Vitamin D is important for its role in bone health, and potassium helps to lower blood pressure. Calcium and iron are already required and will continue to be on the label.

CURRENT LABEL

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

PROPOSED LABEL

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Servings in larger, bolder font

Updated daily values, percentage listed first

Change of nutrients, actual amounts declared

Serving sizes updated

Calories in larger font

New: Added sugars called out

SOURCE: U.S. FOOD AND DRUG ADMINISTRATION

KARL TATE / © LiveScience.com

FOOD SERVING SIZES GET A REALITY CHECK

Serving Size Changes

What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

CURRENT SERVING SIZE	NEW SERVING SIZE
<p>4 SERVINGS 1 PINT 200 CALORIES</p>	<p>3 SERVINGS 1 PINT 270 CALORIES</p>

Finally we will know how much sugar has been ADDED. It is difficult to meet nutrient needs while staying within calorie requirements if you consume more than 10 percent of your total daily calories from added sugars. The FDA recognizes that added sugars can be a part of a healthy dietary pattern. But if consumed in excess, it becomes more difficult to also eat foods with enough dietary fiber and essential vitamins and minerals and still stay within calorie limits. The updates to the label will help increase consumer awareness of the quantity of added sugars in foods. Consumers may or may not decide to reduce the consumption of certain foods with added sugars, based on their individual needs or preferences.



MARCH INTO SEASONAL VEGETABLES

Winter is not quite over, however, the promise of spring is certainly in the air. You know the saying, in like a lion, out like a lamb? In terms of vegetables, it's an interesting month because we still have winter produce plus early spring goodies! Soon many of you will be planning your gardens and wondering around the local farmers markets taking in all the beautiful colors!

Growing up in an Italian home, I can remember my joy knowing mom was preparing stuffed artichokes for dinner! If you have ever had artichokes stuffed with a perfectly combined bread crumb and parmesan cheese mixture you know what I'm taking about. If you have never eaten one, they can look pretty intimidating...I know someone who tried one without our "supervision" and attempted to eat the entire artichoke, leaves and all! NOT a good idea!



Most U.S. grown artichokes come from California, and their season runs from March through June (and then again during the fall). Why should you make them a priority this month? **One steamed artichoke has around 65 calories and a whopping 10 grams of fiber, and they're an excellent source of vitamin C, folate, and potassium. Plus, they contain the antioxidant silymarin, which helps protect from heart disease and helps your liver do its job.**

STUFFED ARTICHOKES

Recipe
Corner

Artichokes are a wonder food in and of themselves. Pull back the leaves (petals actually) and stuff them with herby, garlicky, Parmesan breadcrumbs, and drizzle with olive oil? Wow. Takes a little bit of work to prepare (there are a lot of petals) but it is SO worth it!!

INGREDIENTS

- 2 large globe artichokes
- 4 slices lemon
- 1 teaspoon lemon zest
- 3 cups fresh breadcrumbs (from 6 slices white bread)
- 1/2 cup grated Parmesan cheese
- 1/2 cup chopped parsley
- 6 cloves garlic, minced
- 1 teaspoon fresh oregano, minced
- 1/2 cup plus 2 Tbsp olive oil
- 1/8 teaspoon black pepper



1. **Make fresh breadcrumbs:** Cut off the crust from 6 slices of bread. Chop the centers and put into a food processor. Pulse until you have coarse breadcrumbs.
2. **Make the stuffing:** In a large bowl, stir together the breadcrumbs, lemon zest, Parmesan cheese, minced garlic, chopped parsley, minced oregano, 1/2 cup olive oil, and black pepper. Set aside.
3. **Prep the artichokes:** Cut off the stem, leaving 1/2 inch from the bottom row of leaves. Using kitchen scissors, cut off 1/2-inch of the tips of all of the artichoke leaves. Cut 1 inch from the top of the artichoke. (It helps to use a serrated knife like a bread knife for this). Take a slice of lemon and rub over the cut edges of the artichokes to keep them from turning brown.
4. **Preheat oven to 375°F (190°C).**
5. **Stuff the artichokes:** Use your finger to gently pull open the center leaves of the artichokes. Pull out the inner tender yellow artichoke leaves. Use a small metal spoon to scrape and scoop out all of the inner fuzzy choke.
6. Note that removing the choke at this stage isn't entirely necessarily, and it does require some elbow grease. That said, it makes eating the stuffed artichoke a much easier, and more enjoyable experience.
7. Place artichokes on a sheet pan (to catch the breadcrumbs) and start stuffing the artichoke with your stuffing mix. Put some stuffing mix between each large leaf and the artichoke, as well as a generous amount in the center.
8. **Bake the artichokes:** Put about 1/2-inch of hot water in the bottom of a baking dish that will snugly hold the artichokes. Add 2 slices of lemon, a bay leaf, 2 cloves garlic to the water.
9. Place the artichokes sitting upright in the water. Drizzle with remaining 2 Tbsp olive oil.
10. Cover with aluminum foil. Pierce the foil a few times with the tip of a sharp knife (to vent steam).
11. Bake for 1 hour at 375°F (190°C), or until a knife easily penetrates the heart of the artichoke or you can easily remove one of the outer petals. (Depending on the size of the artichoke baking time can vary from 50 minutes to 1 hour 20 minutes.)
12. Remove artichokes to a serving dish to serve.



https://www.simplyrecipes.com/recipes/baked_stuffed_artichokes/

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The amount of luck coming your way depends on your willingness to act!

