

UHC Seasonal Health Update

FALL 2018

IS YOGURT HEALTHY?



Yogurt is a very popular food but often misunderstood. What used to be a healthy snack or part of a balanced breakfast has turned into quite a different thing. The average serving of yogurt now has at least 4 teaspoons of added sugar. However, If you know what to look for, yogurt can be a nutritious part of a balanced diet. It is a good source of calcium, vitamin D and potassium, three nutrients that many people do not consume enough of.

Here's what to look for in a yogurt:

- * 12 grams of sugar or less in a 5.3-ounce yogurt.
- One that contains the fewest ingredients with no added sugar.
- * Look for the phrase “contains active cultures” or “living cultures” on the container. These cultures may help boost your immune system and replenish your gut with healthy bacteria. Even individuals that have lactose intolerance can often tolerate yogurt with live active cultures because these healthy bacteria can help in the digestion of lactose.
- * For those looking for a higher protein variety, choose a plain Greek yogurt.
- * Your best bet is to buy a low-fat or whole-milk plain yogurt and sweeten it yourself with a drizzle of honey or some fresh or frozen fruit. Sprinkle with granola or some chopped nuts or seeds for a nice added crunch.



Cover Your Cough

- * Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.
- * Wash your hands with warm water and soap or alcohol-based hand sanitizers after eating, or touching your eyes, nose or mouth.
- * See your doctor as soon as you can if you have a cough and fever, and follow their instructions, including taking medicine as prescribed and getting lots of rest.
- * If asked to, use face masks provided in your doctor's office or clinic's waiting room; follow their instructions to help stop the spread of germs.
- * Wash your hands after touching anyone else who is sneezing, coughing, blowing their nose, or whose nose is running.
- * Don't share things like cigarettes, towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.

FLU VACCINE IS HERE!

Don't forget, flu season is upon us. Please remember to ask your provider or any staff member about getting the flu vaccine.

UHC Will Be Closed:

November

Thursday & Friday 11/22/18-11/23/18 in observance of Thanksgiving

December & January

Monday 12/25/18, Tuesday 12/26/2018 & Tuesday 1/1 / 2019

in

observance of
Christmas & New Years Eve

BOOST YOUR IMMUNITY

Cold and flu season is around the corner. However, you can significantly reduce your risk of being sick by taking a few simple measures to naturally boost your immune system.

Here are a few things you can do to protect yourself:

● **Go for a walk**

To boost your immune system, you should walk at least twice a week for at least half an hour.

● **Eat your fruits and vegetables**

During the wet and cold seasons of the year, you need more vitamins and energy to fight off bacteria and viruses. Therefore, you should eat a lot of vegetables and fruits (2-3 fruits a day and 1 or more cups of vegetables at lunch and dinner), especially seasonal items like apples and kale, which are great sources of energy for the human body.

● **Drink water**

Drink water and herbal tea to keep hydrated. Cold weather can dry out our skin and lead to dehydration. Even if you don't feel thirsty, it's important to keep hydrated. Stay away from juices, iced teas and soda. They are loaded with sugar and don't quench our thirst like water.

● **Get your flu shot!!**

It is strongly recommended that everyone get a flu shot. You do not need to worry about getting sick from the vaccine. The only people who should not be vaccinated are people who are allergic to eggs. Ask a staff member for more information.

In the Kitchen



Red Lentil Soup with Bulgur

Lentils, one of the smallest members of the legume family, are a great source of protein and iron and high in the type of fiber that helps to lower cholesterol! Aside from their delicious flavor, lentils don't require pre-soaking and cook in about 30 minutes - perfect for a quick fall meal.

Ingredients:

2 tbsp olive oil
1 medium onion, finely chopped
2 tbsp flour (whole wheat works well) (optional)
2 tbsp tomato paste
1 cup red lentils (French, brown or green are fine too)
1/2-cup bulgur wheat (optional)
6-7 cups of low sodium stock (vegetable or chicken)
2-3 tbsp dried mint or oregano
2 tsp thyme
2 tsp red pepper flakes
salt to taste
Lemon wedges

Directions:

1. Sauté onion with olive oil until soft
2. Add flour, stir constantly for 1-2 minutes
3. Add tomato paste, stir another 1-2 minutes
4. Add lentils, bulgur, stock, and salt
5. Cover and simmer until lentils are cooked for approximately 30 minutes
6. At this point, if you want a smooth soup use a blender
7. Add mint or oregano, thyme, and pepper flakes
Squeeze fresh lemon in each bowl and enjoy!

Serve along side a mixed green salad or add spinach or other leafy greens to the soup.