

TIP OF THE WEEK:

Drink water!

The recommended daily amount of water is about 2 liters and can be remembered with the 8x8 rule. Drink eight 8 oz glasses of water per day.

Vegan Fried Rice

Rice & Vegetables:

- 1 cup extra firm tofu
- 1 cup brown rice
- 4 cloves garlic, minced
- 1 cup chopped green onion
- 1/2 cup peas
- 1/2 cup carrots

Sauce:

- 3 Tbsp tamari or soy sauce
- 1 Tbsp peanut butter
- 2-3 Tbsp brown sugar
- 1 clove garlic, minced
- 1-2 tsp chili garlic sauce
- Optional: 1 tsp toasted sesame oil

Directions:

1. Preheat oven to 400 degrees, line baking sheet with parchment; wrap clean absorbent towel & press liquid out. Boil 12 cups of water.
2. Dice tofu, place on baking sheet. Bake until 25-30 minutes—until golden
3. Cook rice in boiling water.
4. In medium bowl, mix sauce ingredients.
5. Place cooked tofu in the sauce and marinate for 5 minutes.
6. In skillet, over medium heat, place tofu (without all the sauce) and brown. Remove from pan. Use same hot pan to cook the garlic, green onion, peas and carrots. Saute for 3 minutes and season with 1 Tbsp tamari or soy sauce.
7. Put rice, tofu & cooked vegetables together & cook for 3-4 minutes.

Serve. Use leftovers for lunch all week.

Recipe Submitted by: June Park, M4



Fall Foliage in the Blue Ridge Mountains



Photo:

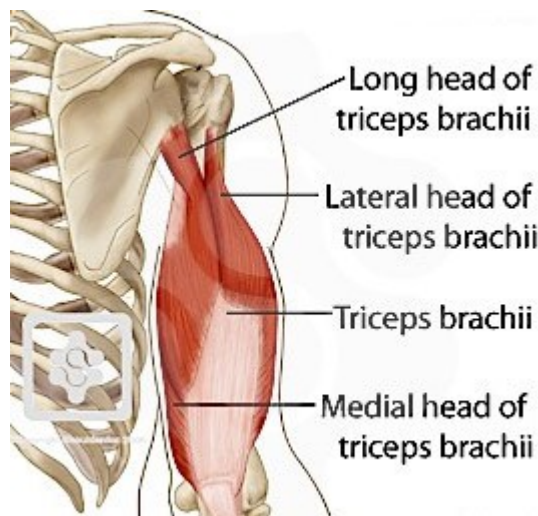
Matthew Paulson

<http://www.mabrymillrestaurant.com/>

Take a drive out to the Mabry Mill on a weekend this fall. In the early 1900s the mill was used to grind corn. It is located at mile post 176 off the Blue Ridge Parkway (about 1 hr 20 mins away). You'll enjoy the gorgeous scenery along the drive and then have the chance to enjoy breakfast at the mill. Mabry Mill is known for its buckwheat pancakes.

Exercise What You're Learning

"SWEAT,
SMILE
AND
REPEAT."



Images from: seannal.com, wikifitness.com, hellawella.com, menshealth.com

Get the Facts - Eating Fruit...

Myth:

You need to eat fruit to be healthy.

Fact:

This is one of my favorites only because people automatically assume I must eat tons of fruits and veggies. On the contrary, I personally have never eaten a fruit other than apples. This is just one of those childhood myths like Santa Claus, cereal as a balanced breakfast, milk making you grow faster, cursive as necessary for your future.

Let's break it down a little. When asking why fruits are good for you most people say vitamins and minerals.

Take a banana per say. Here is the breakdown of the nutrients in a banana:

The most significant of these values are Vit C, B6, potassium, and manganese.

This looks pretty good but look at at the second set of nutrition facts:

Vitamins			Minerals		
Amounts Per Selected Serving		%DV	Amounts Per Selected Serving		%DV
Vitamin A	144 IU	3%	Calcium	11.3 mg	1%
Vitamin C	19.6 mg	33%	Iron	0.6 mg	3%
Vitamin D	~	~	Magnesium	60.8 mg	15%
Vitamin E (Alpha Tocopherol)	0.2 mg	1%	Phosphorus	49.5 mg	5%
Vitamin K	1.1 mcg	1%	Potassium	806 mg	23%
Thiamin	0.1 mg	5%	Sodium	2.3 mg	0%
Riboflavin	0.2 mg	10%	Zinc	0.3 mg	2%
Niacin	1.5 mg	7%	Copper	0.2 mg	9%
Vitamin B6	0.8 mg	41%	Manganese	0.6 mg	30%
Folate	45.0 mcg	11%	Selenium	2.3 mcg	3%
Vitamin B12	0.0 mcg	0%	Fluoride	5.0 mcg	
Pantothenic Acid	0.8 mg	8%			
Choline	22.0 mg				
Betaine	0.2 mg				

The second is just a plain potato. Overall it beats bananas, the kings of potassium, in every mineral except selenium and fluoride and almost every vitamin. But what about calories and macronutrients you ask? Great question. Potatoes admittedly have more carbs and calories HOWEVER, there is significantly less sugar. Also, the carbs in a potato are starches energy for a longer span of time. the banana. This is just one example that does a nice job illustrating this concern.

Vitamins			Minerals		
Amounts Per Selected Serving		%DV	Amounts Per Selected Serving		%DV
Vitamin A	29.9 IU	1%	Calcium	44.8 mg	4%
Vitamin C	28.7 mg	48%	Iron	3.2 mg	18%
Vitamin D	~	~	Magnesium	83.7 mg	21%
Vitamin E (Alpha Tocopherol)	0.1 mg	1%	Phosphorus	209 mg	21%
Vitamin K	6.0 mcg	7%	Potassium	1600 mg	46%
Thiamin	0.2 mg	13%	Sodium	29.9 mg	1%
Riboflavin	0.1 mg	8%	Zinc	1.1 mg	7%
Niacin	4.2 mg	21%	Copper	0.4 mg	18%
Vitamin B6	0.9 mg	46%	Manganese	0.7 mg	33%
Folate	83.7 mcg	21%	Selenium	1.2 mcg	2%
Vitamin B12	0.0 mcg	0%	Fluoride	~	
Pantothenic Acid	1.1 mg	11%			
Choline	44.2 mg				
Betaine	0.6 mg				

which, as discussed last issue, will provide more ALSO, there is more protein and less fat than

One final note, most fruit get anywhere from 80-100% of its calories from fructose, a simple sugar with little nutritional significance other than fast energy.

Conclusion:

Regardless of what mom told you, fruits are not a part of a balanced breakfast and quite possibly have more sugar than the cereal you would eat with it. Unless, you really need more selenium or fluoride, put down the banana, apple, or pear and pick up a protein bar, peanut butter sandwich, or even a nice juicy potato.

Words of Wisdom!

Great minds discuss ideas;
Average minds discuss events;
Small minds discuss people.

- Eleanor Roosevelt



boardofwisdom.com

*“Doing
wellness is a
way of life.”*

*- Lindsay
Maguire, M2*

Date Night Dinner - Moroccan Chicken

Slow Cooker Recipe

Ingredients:

- 2 (15 oz) cans of chickpeas rinsed
- 1 (28 oz) can whole tomatoes cubed
- 2 lg bell peppers, 1 inch pieces
- 1 med red onion, chopped
- 1/3 cup golden raisens
- 2 Tbsp tomato paste
- 2 Tbsp water
- 1 Tbsp ground cumin
- 2 tsps ground cinnamon
- 2 tsps paprika
- 1/2 tsp kosher salt
- 1 1/4 lbs chicken cubed
- 3 Tbsp peanut butter (or other nut butter)
- Prepared rice, quinoa or couscous

Directions:

1. In bottom of a slow cooker, add chickpeas, tomatoes, bell peppers, onion, golden raisins, tomato paste, water, cumin, cinnamon, paprika, and salt. Scatter the chicken pieces over the top. Cover and cook until the chicken is tender and cooked through, about 6-8 hours on low or 2-3 hours on high.
2. Stir in the nut butter.
3. Serve over rice, quinoa or couscous.



<http://www.wellplated.com/slow-cooker-moroccan-chicken/>

Better Sleep Series - Part II, Irregular Work Schedule

Sleeping is as essential to health as breathing. During sleep we carry out a number of vital activities including regulation of blood pressure and blood sugar, memory consolidation, and the release of growth hormone. Chronic sleep deprivation has been linked to increased risk for heart disease, diabetes, cancer, obesity, depression, motor vehicle accidents, and medical mistakes. Yet, many of us struggle to obtain sufficient quality sleep. The first thing you should know is that you cannot train your body to need less sleep. The average adult needs between seven to nine hours of sleep per twenty-four hour period (this may vary slightly between individuals). Our sleep is influenced by numerous factors including light exposure, stress levels, circadian rhythms, how many cups of coffee we drink, and simply how much time we devote to sleeping. So what can be done to improve and maximize sleep potential? Last week's edition featured the first part of the four-part sleep series. Here is Part II:

PART II:

♦ **Irregular/Interrupted or Shiftwork Sleep Schedules:**

- ♦ Take 30-45min naps when able. Longer naps may make you feel groggier.
- ♦ Keep a consistent sleep schedule as much as possible. Stick to school and workday wake times even on off days. This helps your body to maintain a good sleep pattern.
- ♦ If you are on call you should sleep during any opportunities. Even a brief nap can help.
- ♦ Safety first: Driving under the influence of sleep deprivation is a serious health hazard to yourself and others. Research has shown that someone who is sleep deprived will perform just as poorly if not more so than someone legally intoxicated. Do not drive when sleepy! If you begin to feel sleepy while driving pull over and nap. Nap before driving if you have been awake for an extended period of time.

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