



Saline County Employee Newsletter

THE LUCK OF THE IRISH – 4 WAYS TO HAVE A HEALTHY ST. PATRICK’S DAY

by Metabolic Nutrition Magazine

March 17 has come around once again, and that means it’s time for the honored holiday of St. Patrick’s Day. The commemoration of the death of St. Patrick who was a patron saint of Ireland is an annual affair of donning green and decorating everything with shamrocks. It also means that as with many holidays, there is the traditional food and drinks that come along with it, albeit some aren’t as healthy as one would like. With that being said, let’s cover 4 ways to make your St. Patrick’s Day a healthy one!

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“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee

4 WAYS TO HAVE A HEALTHY ST. PATRICK'S DAY

CONTINUED FROM FRONT PAGE...

CORNED BEEF CONTROL

Hands down the most popular food item for the St. Patrick's Day tradition is corned beef. It's tasty, cost effective and has been a long-time St. Paddy's day staple. However, the problem is that while a 3 oz serving size can pack 15g of protein, it also has 16g of fat and 964mg sodium...not exactly the picture of health. You can certainly enjoy some corned beef as part of your St. Patrick's Day celebration, but do so in moderation and stick to one serving to keep your fat and sodium in check.

BE A CABBAGE PATCH KID

While the staple of St. Patrick's Day is corned beef, the accompanying side of cabbage is an underrated gem. It's obvious that vegetables are a nutritious way of helping your overall health, and cabbage is one that packs a nice amount of nutrients and fiber. A half cup serving of cooked cabbage contains 1g of fiber, 150mg potassium and additional calcium magnesium and vitamin A. Along with the added nutrient value, cabbage is also calorie efficient containing less than 20 calories, less than 1g of fat.

THINK WHEN YOU DRINK

Perhaps the biggest mainstay during the St. Patrick's Day celebration, is the alcohol. While you don't have to abstain completely from alcohol, do be conscious of the pitfalls that alcohol can have on your calorie count and metabolism. Moderate amounts of alcohol can have their benefits but too much can lead to health problems in addition to unwanted weight gain. One drink is equal to 12

oz for beer, 5 oz of wine or 1.5oz of hard alcohol.

GO GREEN WITH YOUR FOOD

Going green doesn't just mean benefiting the environment, but also benefiting your health! Just like the aforementioned cabbage, green foods tend to be nutrition powerhouses that pack a micronutrient punch. Things like broccoli, asparagus, spinach, kale, green beans, snap peas, brussels sprouts, etc. are all fantastic things to include in your diet. They pack vital nutrients such as Vitamin C, D, E, K along with calcium, magnesium and are a great way to get in your daily fiber for healthy digestion.

St. Patrick's Day is a great holiday for all, young and old. Use these tips to make it as healthy as possible and don't forget to wear your green! *-end*

STOP! Skipping Breakfast

You may have heard breakfast is the most important meal because the body needs energy and you won't perform your best if you skip it. That may be true, but a review of key studies focusing on skipping breakfast confirmed something more menacing — increased risk of diabetes.

Studies have also shown an increase in heart disease for no-breakfast clubbers. With type 2 diabetes on the rise, avoid skipping breakfast. Experiment and discover the healthy foods you look forward to eating to help avoid this chronic disease. *-end*

ARE POTATOES REALLY BAD FOR WEIGHT LOSS?


BY KRISTINA LARUE, RD SSD, LDN

Spuds are often maligned for derailing weight loss due to their starchy, carb-centric, calorie-dense nature. However, when prepared properly and eaten with other nutritious foods, both regular and sweet potatoes can be part of a healthy diet.

Here, a look at their nutrition profile and why you don't need to fear their carbohydrate content or ranking on the glycemic index.

THE NUTRITION LOWDOWN

While white and sweet potatoes are nutritionally similar, there are some variations in nutrients when you compare them side by side. Here's how they compare per 100 grams:

White POTATOES		VS	Sweet POTATOES	
				
69	CALORIES		86	
2g	PROTEIN		2g	
16g	CARBS		20g	
2g	FIBER		3g	
1g	SUGAR		4g	
9mg	CALCIUM		30mg	
16mg	SODIUM		55mg	
21mg	MAGNESIUM		25mg	
407mg	POTASSIUM		337mg	
337mg	VITAMIN C		2mg	
18ug	FOLATE		11ug	
11mg	CHOLINE		12.3mg	
8iu	VITAMIN A		14,187iu	
13ug	LUTEIN + ZEAXANTHIN		0ug	

Sweet potatoes contain more vitamin A, calcium and folate and are higher in sugar. White potatoes offer similar vitamins and minerals, but are slightly higher in potassium. Compared to sweet potatoes, they're also a great source of lutein and zeaxanthin, which helps maintain eye health.

DEBUNKING MYTHS SURROUNDING POTATOES

Potatoes are often demonized for being high in carbs. However, both sweet and white potatoes contain a type of naturally occurring carbohydrate called resistant starch, which cannot be processed by digestive enzymes, similar to dietary fiber. Resistant starch has been linked to health improvements within the gastrointestinal tract and digestive system. Moreover, these are healthy carbs the body needs to function at its best.

It's possible you're familiar with potatoes' reputation of causing blood sugar to spike. In fact, the glycemic index of potatoes depends on a variety of factors like processing and preparation, variety, origin, maturation and the other foods with which they're consumed. Adding lean proteins, healthy fats and fiber (by leaving the skin on) and watching portions are great ways to enjoy potatoes while keeping blood sugar stable.

(Continue on page #4...)

ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit 4continuum.com and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

MARCH QUESTION OF THE MONTH

Herein found, "...green veggies like broccoli, asparagus, spinach, kale and green beans contain vital nutrients such as...":

- A. Vitamin C, B & Iron
- B. Vitamin D, K & Calcium
- C. Vitamin B, E & Niacin
- D. Vitamin A, K & Magnesium
- E. All of the Above

BONUS: 25 WELLNESS
POINTS for correct answer

**Answer to the February
Question: "B: No"*

Email your name and correct answer to: salinewellness@gmail.com

**All answers submitted for
the Question of the Month
must be received prior to the
subsequent month's newsletter
distribution.*

ARE POTATOES REALLY BAD? *CONT. FROM PAGE #3...*

WHY PREPARATION MATTERS

Many people consume potatoes in less-than-healthy processed forms (i.e., fries, chips or tater tots). However, baking, broiling, roasting or steaming potatoes preserves more nutrients and is less likely to cause blood sugar to spike.

THE BOTTOM LINE

When eaten as part of a well-balanced diet, both white and sweet potatoes provide a variety of nutrients for a flavorful and satiating meal. What's more, research has shown they can help with weight loss by lowering blood pressure and acting as a healthy source of carbs. Plus, potatoes are a low-cost item that can save you money when meal planning. *-end*

FIVE WAYS TO MAKE YOUR COFFEE HEALTHIER

BY LISA FIELDS

There's plenty of evidence that drinking coffee is good for you — from improving cognition to helping to ward off diabetes and boosting athletic performance. However, with all the specialty lattes out there, it can quickly become a calorie bomb. If you'd like to make your cup of joe even healthier, try these five smart tips:

ADD MILK

As long as you're not lactose intolerant, try cow's milk, which, compared to other alternatives, is high in protein and contains a variety of healthy minerals beyond calcium. "While calcium-fortified beverages like almond, soy or other nut or grain milks contain more calcium than a cup of milk because of fortification, they lack the potassium, phosphorus and riboflavin of cow's milk," says Melissa Majumdar, RD, a Boston-based spokesperson for the Academy of Nutrition and Dietetics. "An 8-ounce cup of milk helps supply one of the three recommended dairy servings for the day and can be enjoyed as a latte."

ADD FLAVOR WITHOUT SUGAR

Instead of loading up on sugar or artificial sweeteners and syrups, try cinnamon or unsweetened cocoa. Cinnamon is rich in antioxidants and may positively affect blood-sugar levels, while cocoa can have heart-healthy effects.

"Cinnamon is a great way to add a natural sweetness to any food or drink and may help someone reduce the amount of sugar or sweetener in coffee," Majumdar says. "Adding unsweetened cocoa, just like cinnamon, adds tons of flavor without the actual sweetness."

TRY MUSHROOM COFFEE

A buzzy trend, mushroom coffee (made from coffee beans and dried exotic mushrooms) is said to help improve concentration levels, fight fatigue and boost the immune system. *(continue on page #8...)*

12 NUTRITION HACKS THAT CAN KICKSTART WEIGHT LOSS

- BY LORI NEDESCU

Nutrition Hacks

The Truth

“Wait, you do what? Does that really work?”

That’s exactly the response I get when I tell non-dietitian friends about some of the strange food tricks I occasionally adopt to kickstart weight loss. Let’s face it, athletes will try anything — from the wackiest recovery methods to new tech gadgets and food trends — all in hope of lean tissue gains, shedding extra weight and increasing speed, strength and overall performance.

There are plenty of food fads, trends and gimmicks that make seemingly absurd claims to boost health, lose weight, clear skin, etc. ... While many of those are claims are just plain silly (if not completely dangerous), there are a few tricks that may actually work.

Here, we’ll sort through a few of these rare nutrition tricks that can be backed up by science:

DRINK WATER BEFORE MEALS

Simply drinking two cups of cold water before your main meals can help exacerbate weight-loss efforts due to two factors. First, 16 ounces of water can potentially ramp up metabolism which helps process the upcoming meal more efficiently. Second, the amount helps to create a full sensation which limits the amount of food you’re apt to consume. When it comes to drinking warm or cold water, try a mix of both. Cold water rehydrates the body better and, for athletes who sweat often, this is key for boosting recovery. Warm water can improve blood flow and help promote a good digestive environment.

DRINK PROTEIN SHAKES AS SNACKS

While it isn’t the most appetizing of snacks, downing protein powder and water is actually a good way to stave off cravings and build lean tissue. Protein helps keep the body satisfied longer and muscles are able to better utilize protein when it comes in smaller

doses throughout the day. These two factors make a scoop of powder and water a good option for a midday snack.

DRINK BONE BROTH

Or any broth really. Research indicates consuming a portion of soup before a meal can help reduce the number of calories consumed at that meal. Bone broth is a great option for athletes because the collagen in the broth can potentially help with joint and tendon strength as well.

EAT EGGS FIRST THING

That’s right, eggs (the yolk and all) are back on the list of healthiest foods, and the best time to consume them may be first thing in the morning. People who nosh on morning meals higher in protein go on to consume fewer calories all day long. An added bonus for eggs is the choline-rich yolks help stimulate acetylcholine production which helps activate muscle tissue.

KNOW WHEN TO EAT SUGARY FRUIT

Green bananas? Yellow? Brown? The ripeness of your fruit can change the benefit. For example, eating bananas that are green (less ripe) means you’ll consume less sugar. As the fruit ripens, it becomes sweeter because the sugars develop more. If you need a boost before or during a workout, choose a ripe yellow or, if you’re OK with it, brown version. If you are having a midday snack, a less ripe option has a better health impact because it delivers more fiber and less fast-acting sugar.

(Continue on page #6...)

12 NUTRITION HACKS THAT CAN KICKSTART WEIGHT LOSS

- CONTINUED FROM PAGE #3



MEAL PREP YOUR PASTA

Another reason to meal prep in advance: Cooking, cooling and then reheating pasta makes the dish less likely to affect blood sugar levels. This is good news for athletes looking to eat more carbohydrates without worrying about increased cravings or energy crashes. This multistep process creates resistant starch — enough to potentially reduce the insulin spike by 50%.

TRY FASTING

Going 12–16 hours without food may actually be good for your body as it helps regulate hunger hormones, blood glucose and natural circadian rhythms. Start by limiting your food intake to 12 hours a day. Depend-

ing on your schedule of physical activity, that might be enough for benefits. Less demanding training routines can work to further limit intake to 8 hours a day. Keep in mind this type of fasting is about time restriction, and you should aim to consume a full, balanced diet within your ‘eating window’.

CHEW GUM

If you tend to crave a dessert or second serving when you know you’re truly full, simply pop a piece of gum in your mouth, brush your teeth or even floss. Simply paying attention to your oral hygiene and creating a clean mouth sensation after a meal helps reduce the urge to eat more.

TAKE A PHOTO

Documenting your meal may seem silly, but the act can really improve your food habits. By pausing to snap a photo, you take a second to appreciate the food you’re about to consume instead of just devouring it. The best food photos tend to be loaded with colors, be smaller in portion and include more plant-based foods (the proof is on Instagram) and these things are all better for the quality of your diet.

USE YOUR NOSE

Yep, that’s right, whether you’re about to eat an apple or chocolate, before you take a bite, take a big whiff of your food. Sniffing food can trick the brain into feeling satisfied before you’ve even indulged. You might look weird doing this, but you also look weird wearing compression socks everywhere, so just do you.

GO BLUE

The color blue can actually take your focus away from food. Scientifically, eating in blue lighting may decrease appetite by making food appear less appealing. Of course, the current craze of stunningly pretty blue algae-hued lattes might be working against this trick’s viability — not to mention, who doesn’t love blueberries.

LEAVE EVIDENCE

Studies have shown that having a visual reminder of how much you’ve consumed leads to stopping sooner. To reap this benefit, choose foods that leave visual evidence like shell-on shrimp, shell-on pistachios, hard candy in wrappers or bone-in chicken wings, then instead of tossing the inedible parts, place them on a plate next to you so you can have visual cues of how much you’ve consumed. An added benefit of having to remove shells and wrappers is it takes longer, so you’re forced to eat slower and may register satiation sooner.

THE BOTTOM LINE

While the above tricks can potentially help provide small gains, the best thing you can do is consume a whole-food, balanced diet and work with a professional to determine a personalized diet approach to fit your individual needs. *-end*

Saline County Aging Services is hosting:
Shamrock Shuffle

5K (3.1m) or 1 Mile Fun Run/Walk

Saturday, March 16th, 2019



Registration from 9:00 AM – 9:45 AM

Start time: 10:00AM SHARP

Location: Legion Park, Wilber, NE

Pre-Registration NOW at:

*Saline County Aging Services, First State Bank or
Wilber Physical Therapy*

Or: Mail registration with check to SCAS, P.O. Box 812, Wilber, NE 68465

Pre-registration DUE by Friday, March 8, 2019

****Proceeds will benefit Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program****

**Gratefully Sponsored by: First State Bank Nebraska, WM&E Spa×Boutique, Downtown Family Vision,
Foxhole Tavern, Madison+Barrett, 202 Hairdo, Food Mesto & Wilber Physical Therapy**

Entry Fees: 5K \$20 Pre-registered; \$25 after & day of race

1 mile \$15 Pre-registered; \$20 after and day of race

Students 12 & under \$10 Pre-registered, \$15 after & day of race

(Entry Fee Includes: T-Shirt, Water, After Race Snack, and One Free Drink Card at the Foxhole)

****ONLY PRE-REGISTRANTS ARE GUARENTEED A T-SHIRT.**

Early Packet Pick-Up: Thursday, March 14th or Friday, March 15th or Race Day

Prizes will be awarded to 1st & 2nd places in the age categories of:

4-11, 12-18, 19-30, 31-50, 51 & up

2019 Registration Form

Name _____ **Phone #** _____

Address _____ **City/State** _____ **Zip** _____

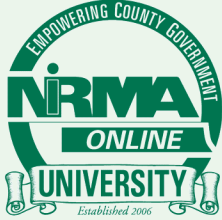
Age _____ **Male or Female** **Circle one: 5K or 1 Mile**

YOUTH T-Shirt Size: S M L Female/Male ADULT T-Shirt Size: S M L XL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (if under 18-parent/guardian)

Date



**JANUARY—MARCH, 2019
— NIRMA ONLINE
UNIVERSITY CLASS**

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ **Sleep and Your Health**

***Next Wellness Committee**

Meeting: TBD, 2019 in the Courthouse Conference Room, 8:30 a.m.

***Next Safety Committee**

Meeting: Wednesday, May 8, 2019 in the Courthouse Conference Room, 8:30 a.m.

WELLNESS COMMITTEE

204 S High, Wilber, NE 68465
Phone: 402-821-2588

Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

co.saline.ne.us/webpages/
committees/wellness.html

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



IMPACTsurvey COMING SOON!

The Wellness Committee is now working with the WorkWell of the Nebraska Safety Council to schedule the annual Impact Survey. The opening for the Survey will likely take place in mid-March and run through April in order to provide ample opportunity in which to participate.

Please keep an eye opened for a future email communication regarding this valued exercise. *-end*

2019 Know Your Numbers

Wellness Committee representatives have scheduled Wednesday, March 6, 2019 as the date for the “Know Your Numbers” presentation with a distribution of health screening results. This presentation will be held from 10:00 to 11:00 a.m. in the Courthouse Assembly Room. All personnel are invited to participate and ask questions if work schedules allow. Those that cannot attend will have their screening packets delivered to their respective departments that afternoon for their convenience.

The Wellness Committee will be instructed to remain afterwards for discussion and a presentation of the aggregate report. *-end*

MAKE COFFEE HEALTHIER—CONTINUED FROM PAGE #4

In particular, the mushroom variety lion’s mane, “contains components that stimulate nerve growth factors which are required by the brain for developing and maintaining important sensory neurons,” says mycologist Tina Ellor, technical director of Phillips Mushroom Farms in Pennsylvania. “There have been human trials with this mushroom that demonstrate functional improvement in memory and accomplishing daily tasks in people with various cognitive decline conditions.”

DRINK IT WARM

While many people love cold-brew, some research has shown hot-brewed coffee contains higher levels of antioxidants. “Hot-brewed coffee has measurable health benefits, including lower risk of some cancers, diabetes and depression,” says study author Niny Rao, PhD, assistant professor of chemistry at Thomas Jefferson University in Philadelphia.

CONSIDER ADDING MCT OIL

Some research has found consuming medium-chain triglyceride (MCT) oil — a product that’s derived from coconut oil — can make you feel fuller, prompting you to eat less. Other research shows people who consume MCT are able to exercise for longer before reaching exhaustion. If you add MCT oil to your coffee, start with a small amount to see what your body can tolerate, since some people experience GI problems. *-end*

NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.