

Keeping your health and well-being in the know

MyHealthTALK

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Give your morning the *Royal treatment*

Eat Breakfast like a King, Lunch like a Prince and Dinner like a Pauper

- Adelle Davis

Blended Pleasures

Get out your blender and create a creamy concoction.

Berry Smoothie

1/2 cup skim milk
1/2 cup low-fat yogurt
1 cup fresh/frozen berries (strawberries, blueberries, raspberries, mixed berries)
1 Tbsp. flaxseed
1/2 tsp. honey
Blend and Serve

Chocolate Almond Delight

1 banana quartered and frozen
1 1/2 tsp. finely chopped almonds
4 tsp. unsweetened cocoa
1 1/4 cups soy milk
dash of cinnamon
Blend and Serve



Why is it important to start your day off with a healthy breakfast?

After sleeping for 6-8 hours, your body needs nourishment. Your blood sugar is low from not eating and you need hydration as well. You need to jump start your body for the day ahead. Eating a healthy breakfast helps with weight control. People that don't eat breakfast tend to snack more. Breakfast also enhances your metabolism. Eating a healthy breakfast provides you with more physical and mental energy throughout your day.

What are the best foods to eat for a healthy breakfast?

You need not stick with the same boring cereal, toast, juice, and coffee. Be creative. You can eat a wide variety of foods to start your day. Incorporate whole grains, fresh fruit, dairy, and protein into your meal. If you are typically short on time in the morning, think of items that are quick and easy.


Stock your cupboards with these items so that you can grab and go.





- A banana or apple and a handful of almonds or walnuts
- An apple and a piece of cheese
- A slice of whole grain bread with peanut butter and a piece of fruit
- A hard-boiled egg, a piece of low-fat string cheese, and a banana
- Cottage cheese and fruit

If you have a little more time in the morning and want to cook something, be creative.




- Oatmeal (preferably not instant), a handful of dried cherries, and a dash of cinnamon
- Make a parfait with low-fat yogurt, berries, and a sprinkling of granola
- Fruit smoothie with flaxseed
- Egg scramble with fresh vegetables with a piece of whole grain toast

TRY THIS! Eye-opening fresh ideas for breakfast:

 Low Fat Yogurt +  Strawberries +  Low Fat Granola

 Whole Grain Toast +  Fresh Tomato Slices +  Turkey Bacon +  Lettuce

 Whole Grain Cereal +  Blueberries +  Skim Milk

 Eggs or Egg Whites +  Diced Red Peppers +  1 Tbsp. low-fat cream cheese

TAKING CARE OF YOUR VISION

Vision health is an important part of your overall health and quality of life. If minor eye problems are not taken seriously, more severe vision loss may soon follow. Here are some ways you can take responsibility for your eye health:

Quit Smoking. You can reduce your risk of developing many eye diseases by not smoking.

Eat a Healthy Diet. Eating a healthy, balanced diet can help lower the risk of eye disease.

Stay Active. Physical activity can help prevent diseases that may increase the risk of a variety of eye problems. Always consult your doctor before starting an exercise program.

Control Blood Pressure. Controlling your blood pressure can prevent diseases that can lead to eye problems.

Protect Your Eyes from the Sun. Whenever you're going to be in the sun, wear sunglasses to protect your eyes from UV rays which can cause long-term damage to your eyes.

Computer Use

Using a computer on a regular basis does not damage the eyes. However, it can lead to eyestrain. Here are some steps you can take to prevent eyestrain while using a computer:

Sit so that your eyes are 20 to 26 inches from your computer screen.

Keep a document holder next to your computer so that if you have to work off a piece of paper, you're not constantly turning your head and having to change your focus.

Change your lighting or install glare filters on your screen to prevent glare on your screen.

Get a chair you can adjust.

Use a computer screen that can tilt and swivel.

Take regular breaks to look up from your screen to rest your eyes.

How Often Should I Receive an Eye Exam?

If you don't have a high risk of developing eye problems and aren't experiencing symptoms, you should plan to get your eyes checked every few years. If you are under 40, you can get your eyes examined every 3 to 5 years. If you are over 40, then you should visit your doctor every 2 to 4 years. However, if you have a disease that increases your risk of eye disease such as diabetes, have a family history of eye problems, or have a history of eye injuries, you should get your eyes checked more frequently.

Please see your ophthalmologist to determine the examination schedule that's best for you.



Mark your calendar...March 14th is Daylight Savings Time! As we spring forward, it is important to make sure you are getting the necessary sleep you need. Over 40 million Americans experience sleep problems each year.

Sleep deprivation can seriously compromise your safety, productivity at work and enjoyment of activities you love. If you're going through your life exhausted, your health, job advancement and relationships may be hindered.

Just as a healthy diet and exercise are part of living a healthy lifestyle and preventing disease, it is important to prioritize getting a good night's sleep. See below for recommended tips to help you sleep well.

Check Your Sleep Environment

Sleep on a firm, comfortable mattress.

If you have a partner, get a bed that is big enough for both of you.

Turn off the ringer on your phone.

Keep your room cool and dark.

Practice Good Sleep Habits

Go to bed only if you are sleepy. If you are wide awake, do something relaxing until you feel drowsy.

Avoid stimulants, such as nicotine or caffeine at least three hours before going to bed.

Don't drink alcohol for at least three hours before going to bed.

Use your bed for sleep only (not for reading, watching TV, or lounging).

Tell your body it's time for sleep by going through the same routine every night before bed.

Start winding down 30 minutes before going to bed. Do a relaxing activity, meditate or pray, take a lukewarm bath or listen to calming music.

Keep a "worry book" by your bed to write down any worries or tasks that need to be done that are keeping you awake.

Wake up at the same time every day.