



THE BEACON

Wellness Edition - August 2015

With Protein Foods, Variety is Key 10 Tips to Choosing Protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein - most Americans eat enough, but some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day. Below are some tips for helping you balance your protein intake.

1. Vary your protein choices

Eat a variety of foods from the protein food group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2. Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood - include some that are higher in oils and low in mercury, such as salmon, trout, and herring.

3. Make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4. Have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5. Eat plant protein foods more often

Try beans and peas (kidney, pinto, black or white beans, split peas, chickpeas, or hummus), soy products (tofu, tempeh, or veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.

6. Nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7. Keep it tasty and healthy

Try grilling, broiling, roasting, or baking - they don't add extra fat. Some lean meats need slow, moist cooking to be tender, so try a slow cooker for them.

8. Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium - make them occasional treats only.

9. Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10. Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods - including beans and meats. Many processed meats - such as ham, sausage, and hot dogs are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

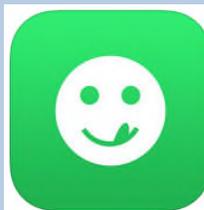
* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; 1/4 cup cooked beans or peas; 1/2 ounce nuts or seeds; or 1 tablespoon peanut butter.

Source: USDA (www.ChooseMyPlate.gov)

DID YOU KNOW... Allergies are the most common medical condition affecting children in the US. The most common triggers for an anaphylactic attack are medications, food, and insect stings. Medications are the leading cause of allergy related deaths.

Source: American College of Allergy, Asthma & Immunology (www.acaai.org)

App of the Month "HealthyOut"



Quickly find and order healthy restaurant dishes across the country. Available in over 500 cities, you are able to search by location, calories/points, and nutrition tags such as heart healthy, paleo, cuisines, and more.

You can also filter your search by cuisine, ingredients, and even the type of dish.

* This app is free for both iPhone and Android devices
<https://mobile.healthyout.com/>

Recipe of the Month

Baked Honey Mustard Chicken

Makes 6 servings

- 6 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1/2 cup honey
- 1/2 cup prepared mustard
- 1 teaspoon dried basil
- 1 teaspoon paprika
- 1/2 teaspoon dried parsley

Directions

1. Preheat oven to 350° F (175° C).
2. Sprinkle chicken breast with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of the mixture over the chicken, and brush to cover.
3. Bake in preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

Tip: Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Nutrition Facts (per serving)

		<u>RDA</u>
Calories	232 kcal	12%
Cholesterol	67 mg	22%
Fiber	1 g	4%
Sodium	296 mg	12%
Carbohydrates	24.8 g	8%
Fat	3.7 g	6%
Protein	25.6 g	51%



Do you have a question or concern?

If there is a topic you would like us to cover in an upcoming newsletter, please contact us at beacon@reschini.com with "Newsletter" in the subject line, along with a detailed description of a topic or question you would like to be addressed.

Be S.A.F.E

Managing Allergic Emergencies

More than 50 million Americans suffer from some type of allergy. While the condition often makes people miserable, it's rarely dangerous unless it results in an allergic emergency. Then, allergies can be deadly. If you are at risk of a severe allergic reaction, you should know the four steps to manage your condition and keep you **S.A.F.E.**

Seek immediate medical help

Call 911 and get to the nearest emergency facility at the first sign of anaphylaxis, even if you have already administered epinephrine. If you have had an anaphylactic reaction in the past, you are at risk of future reactions.

Identify the Allergen

Think about what you might have eaten or come in contact with (food, insect sting, medication, latex, etc.) to trigger an allergic reaction. It is particularly important to identify the cause, when possible, because the best way to prevent anaphylaxis is to avoid allergic triggers.

Follow-up with a specialist

Ask your doctor for a referral to an allergist/immunologist, a physician who specializes in treating asthma and allergies. It is important that you consult an allergist for testing, diagnosis, and ongoing management of your allergic disease.

Carry Epinephrine for emergencies

Kits containing fast-acting, self-administered epinephrine are commonly prescribed for people who are at risk of anaphylaxis. Make sure that you carry an epinephrine kit with you at all times, and that family and friends know of your condition, your triggers, and how to use epinephrine. Consider wearing an emergency medical bracelet or necklace identifying yourself as a person at risk of anaphylaxis. Teachers and other caregivers should be informed of children who are at risk for anaphylaxis and know what to do in an allergic emergency.

Source: American College of Allergy, Asthma & Immunology (www.acaai.org)

Additional Resources

- USDA
www.ChooseMyPlate.com
- Academy of Nutrition and Dietetics
www.eatright.org