



# Wellness in the Workplace

## Healthy Skin: what's diet got to do with it?

*Healthy looking skin may be as easy as changing your diet.*

*Sure, factors such as genes and hygiene play a role, but your diet also plays a significant role.*

**Omega-3 fatty acids** found in flax seeds, walnuts, and fish hydrate your skin and help to reduce fine lines. They are also anti-inflammatory and help diminish redness and irritation. A simple way to add more omega-3's into your diet is by increasing your intake of flax seeds. Add 2 tbsp. of ground flaxseeds to your morning smoothie or oatmeal.

Chances are you won't notice the different taste but you'll reap the benefits!

**Leafy greens**, high in vitamin A, can help reduce oil production. If you're prone to oily skin, increase your intake of squash, carrots, sweet potatoes, mangoes, and greens which are all foods high in vitamin A.

**A high intake of antioxidants** is essential for healthy skin. Free radicals are molecules formed in our body from environmental exposure; sun, smoke, and pollution damage skin cells, possibly allowing damage to the DNA of the cells. These oxidative species cause aging. Antioxidants, found in high amounts in berries, help protect cells from damage. Other good sources include green tea, beans, and vegetables.

**Hydration** is essential to keep skin young and healthy looking. Water helps hydrate the skin and rejuvenate skin cells. 8 glasses a day is an old wives tale. How much water you need depends on your weight and activity level. The more active you are, the more water you need to stay hydrated.

## Does Diet contribute to acne?

**Two foods, dairy and sugar**, might contribute to acne. A diet high in sugar and refined carbohydrates has been shown to cause acne. Additionally, a diet of healthy, low-glycemic foods has been shown to reduce acne. A low sugar diet may also decrease the amount of sex hormones further reducing the risk of acne.

Milk contains anabolic hormones, like testosterone and insulin-like growth factor, which increase acne production.

There is no such thing as 'hormone-free' milk. The Nurses Health Study, examining the health habits of 47,000 nurses, found that those who drank more milk as teenagers had much higher rates of severe acne than those who had little or no milk as teenagers. In other studies, those who remove milk from the diet decreased severity of acne.

**NutriCat's Bottom Line:** You can reduce acne and/or improve skin appearance by eating a healthy diet and watching what you eat. According to Dr. Hyman, a MD who specializes in skin and diet, these steps should be followed: eat a low-sugar, low-glycemic diet, reduce cow's milk intake, eat more fruits and vegetables, get more healthy omega-3 fatty acids, and include foods that might correct acne (fish oil, turmeric, ginger, green tea, nuts, berries, leafy greens). Food sensitivities are also a common cause of acne. Foods like gluten, dairy, yeast and eggs are common allergens and can be a problem if you're sensitive to them.

## Carrot Curry Soup

### Ingredients

1 tablespoon extra virgin olive oil  
2 tablespoons butter  
1 medium onion, chopped  
1 1/2 pounds packaged carrots  
6 cups chicken stock  
1 tablespoon mild curry paste or 1 1/2 tabl  
1/4 to 1/2 teaspoon ground cayenne pepp  
Coarse salt  
1 cup sour cream  
6 blades fresh chives, diced



### Directions

Preheat medium pot over medium high heat. Add olive oil, butter, onions and carrots and saute 5 minutes. Add 4 cups chicken stock, curry and cayenne, and about 1 teaspoon salt to the pot. Bring to a boil, cover and cook until carrots are very tender, about 15 minutes. Process soup in food processor or blender in 2 or 3 small batches until soup is smooth and carrots are fully pureed. Transfer processed soup into a large bowl as you work to make room for more soup in the food processor.

Return completed soup to the soup pot and place back over low heat. If the soup is too thick, add remaining stock, up to 2 cups, to achieve desired consistency. Top with sour cream and chives.



**Baklava Salmon**

### Ingredients

1/4 cup butter  
3 tablespoons whole grain mustard  
1 1/2 tablespoons honey  
1/4 cup dry breadcrumbs  
1/4 cup walnuts or 1/4 cup pecans, finely chopped  
4 teaspoons fresh parsley, chopped  
4 (4 ounce) salmon fillets  
fresh ground pepper  
kosher salt  
1/4 limes (optional) or 1 lemons (optional)

### Directions

Preheat oven to 400°; Line shallow roasting pan with non-stick aluminum foil, or spray with non-stick pan spray.

In small bowl, blend butter, mustard, and honey, set aside; in another bowl, mix together bread crumbs, nuts, and parsley. Place salmon fillets on prepared pan, sprinkle with salt and pepper, and brush with honey-mustard mixture; sprinkle tops with crumb/nut mixture; if any remains, press into sides of salmon.

## **Need ideas for Healthy, Holiday Gift Giving? Here's a list of both active and foodie treats for everyone on your list!**

### **Treats:**

*Wholesome Chow Baking Mixes:* gluten-free, egg-free, dairy-free. [www.wholesomechow.com](http://www.wholesomechow.com)

*Mac-n-Mo's:* Delicious, healthy morsels. Try the cranberry pumpkin! [www.macnmos.com](http://www.macnmos.com)

*Tea Infuser Stick:* A clever wand steeps loose-leaf tea right into a mug. Great office gift! [www.crateandbarrel.com](http://www.crateandbarrel.com)

### **Active Gifts:**

*Heart Rate Monitor watch:* perfect for both novice and seasoned athletes. Some watches even have GPS to track pace and distance.

*Gift Card* for drop-in yoga or exercise classes or for a personal trainer.

*Sportsband Bluetooth Cordless Headphones:* No wires needed! Perfect for those wanting to get their music on the go.

### **Foodie Gifts:**

*Bento Boxes:* Cute, Japanese lunch boxes with individual compartments to fill with healthy lunch items.

*Give a healthy living magazine subscription.* NutriCat's favorite is Nutrition Action by the CSPI [www.cspi.net](http://www.cspi.net)