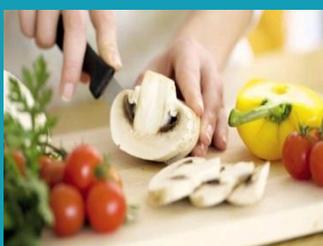




Make Time for You

TeamCare News – August 2015

Mushrooms - An Unsung Superfood!



Eating five servings of fruits and vegetables daily is recommended for better health, but let's not forget about our mushrooms! While mushrooms are typically classified as a vegetable, they actually belong to

the fungi kingdom. While mushrooms are low in calories, fat, cholesterol, and sodium, they are packed with nutrients and several minerals that are hard to find in fruits and vegetables. Mushrooms are the only vegan non-fortified dietary source of vitamin D, an essential ingredient to good health. This fungi is also rich with B vitamins like riboflavin, folate, thiamine, pantothenic acid, and niacin.

One cup of mushrooms contains:

- 15 calories
- 0 grams of fat
- 2.2 grams of protein
- 2.3 grams of carbs (.7g fiber, 1.4g sugar)

All varieties of mushrooms consist of about the same nutrients per serving regardless of their size, shape, or color. Here are some great benefits to keep in mind:

Weight Management: Experts have linked mushroom consumption with lower obesity rates and overall mortality. Dietary fiber in mushrooms assists weight management by acting as a "bulking agent," aiding the digestive system. These fibers make individuals feel full longer, therefore lowering overall calorie intake.

Diabetes: People with type 1 diabetes who eat high-fiber diets tend to have lower blood glucose levels. Studies show that people with type 2 diabetes who consume high-fiber diets may have improved blood sugar, lipids, and insulin levels.

Find Your Inner Road Warrior



August brings a particular aura of nostalgia: the end of summer is near and fall is right around the corner. It was a magical time during childhood filled with those last summer nights and no responsibility (remember that??) before school started up again. If you haven't had a chance to get away this summer, what better way to satisfy your wanderlust than a good old-fashioned road trip? With a little preparation and an ice chest, you can pack just about anything from home. When you find yourself in a jam with nothing nutritious to munch on, here are some healthy options you can find at even the most remote convenience stores:

Fresh Fruit: Apples, Oranges, Bananas and other fresh fruit

Yogurt: Look for low-fat, low sugar, or Greek yogurt options for a protein and calcium-rich snack

Cheese: Individually wrapped, low-fat options

Trail Mix: Check the label and avoid sugar laden ingredients; stick to mixed nuts w/ dried fruit

Hummus: Bring whole-grain crackers or cut veggies for dipping

Hard-boiled Eggs: Healthy and full of protein. If you're concerned with cholesterol, you may want to skip on the yolk

Peanut or Almond Butter: Individually packed or not, this is a heart healthy food to have on hand for sandwiches, crackers, celery, carrots; you name it!

Cereal and Milk: Often available in small boxes for portion control, stick to whole grain, fiber-rich, low-sugar options like Cheerios or Bran Flakes and skim milk

Lara Bars: Packaged Bars made from dates and nuts with no added fillers or preservatives

Whole-grain Granola Bars: Check label for low sugar. Kashi GoLean Bars are a healthy option

Beef or Turkey Jerky: Look for low-sodium options and

Heart Health: Contents in mushrooms such as fiber, potassium, and vitamin C contribute to cardiovascular health. Sodium and potassium work together in the body to regulate blood pressure and other cardiovascular diseases. Beta-glucans, a type of fiber found in the cell walls of mushrooms have recently been the subject of extensive studies that have examined their roles in improving cholesterol levels. Consuming just three grams of beta-glucans per day can lower blood cholesterol levels by 5%.

Cancer: Mushrooms contain a high antioxidant capacity that assists in liver function, helping to detoxify some cancer-causing compounds in the body.

Try Meditation!



This month we are celebrating YOU and you should do the same! One of the best ways to do that is to sit with yourself, acknowledge your hard work, and thank your body for everything it does. If you are feeling ambitious and particularly spiritual, try meditation! Benefits of meditation have been claimed for thousands of years. Recently, scientists have found evidence that supports many of meditation practitioner's claims. According to neuroscientists, continuous meditation practice physically changes the brain. The practitioner may not be aware of it, but the brain is reshaping itself.

Learn how to meditate: There are many meditation techniques practiced worldwide. There may even be dozens accessible, no further than your own backyard! Different practices vary from repeating mantras to staring into candles to breathing exercises. Meditation can be as simple as sitting in silence with your eyes closed. Try different techniques until you find one right for you. For guided meditation classes, check your local community center, local colleges, or yoga studios. Many places offer affordable classes. Another convenient option is to search guided meditation videos on YouTube. You might like to try a [breathing technique](#) or perhaps something to [deepen your attention](#). Whatever your preference, there are endless options, so take time to search through different styles to find what method resonates with you. ~Namaste~

stick to the serving size to get 13+ grams of high quality protein

Baby Carrots: Add some hummus for a perfect, vitamin-rich snack that is excellent for immunity

Fig Newtons: Higher in sugar but also rich in fiber and a healthier "treat" than chips or candy

Sunflower Seeds: Lower sodium options are available and full of vitamins and tryptophan which is important for stress relief and happiness

Water: Don't forget the most important thing: staying hydrated! Bonus: Water has also been shown to increase alertness and mental function.

Do you have tips for a healthy road trip? We want to hear about them! Send an email to teamcare@delapro.com and let us know!

Ask the Health Educator

Each month we feature a reader's question. To submit your question to a health educator, please email teamcare@delapro.com and enter "Ask the Health Educator" in the subject line. All questions will be answered and any shared in this column will be done so anonymously.

Question: I love spending time outdoors during the summer months but I have heard that the medications I take can actually increase my skin's sensitivity to the sun, is this true?

Answer: Yes, certain kinds of medications can in fact increase your sensitivity to the sun and your risk to burn. It is important to protect your skin from the sun's harmful rays to prevent skin exposure and cancer. If you are on medication, take note of all the side effects and if necessary, take extra precaution outdoors. It may be beneficial to consult your doctor on whether you should alter your dose or frequency if you plan to engage in outdoor activities for long periods of time or if you go on vacation.



Drug Class	Drug	Brand
NSAIDS	Aspirin	Bayer
	Ibuprofen	Advil, Midol, Motrin
	Naproxen	Aleve, Anaprox
	Piroxicam	Feldene
Antihistamines	Diphenhydramine	Benadryl
	Fexofenadine	Allegra
	Loratadine	Claritin
Autoimmune	Gold Sodium Thiomalate	Myochrysin
	Auranofin	Ridaura
	Methotrexate	Rheumatrex, Trexall
	Sulfasalazine	Azulfidine
	Hydroxychloroquine	Plaquenil
Antihypertensives	Nifedipine	Adalat, Procardia, Nifediac
	Diltiazem	Cardizem, Dilacor, Diltiazem
	Captopril	Capoten
	Amlodipine	Norvasc

Stay Hydrated with FOOD!

Dehydration is a constant problem with many people of all ages. Some struggle to drink the recommended 8-10 glasses each day. If you are one of these people, try incorporating foods with a high percentage of water per volume. For example, two Roma tomatoes at 95% water is equal to 2/3 a cup of water. Take a look at these foods with high water content, it just may surprise you!

Food	% of Water
Zucchini, Celery	96
Watermelon, Strawberries, Spinach	92
Broccoli, Grapefruit	91
Carrots, Raspberries, Oranges	87
Blueberries, Yogurt	85
Apples, Pears	84

For more tips and information please visit [WebMD](#).

Personal Health Coaching



Are you ready to make a change?

A Personal Health Coach can help you reach your goals and make this year your healthiest yet!

A Delta TeamCare Health Coach is someone who can help you start making changes to improve and maintain your health. Making any kind of change to your normal routine can be difficult. Working in collaboration with a Health Coach, you will create a personalized plan to help you achieve your health goals. You will identify goals with activities and brainstorm solutions to obstacles that you may face on your journey to a healthier life.

Our philosophy is simple: "Everything one step and one day at a time." We firmly believe in baby steps when it comes to making lasting changes. Permanent change takes time, patience, practice and persistence.

If you are ready to make a change, our coaches can work with you to help you manage your weight, improve your nutrition, increase your physical activity, quit tobacco use, have a healthy pregnancy, improve your sleep, reduce your stress, and manage your blood pressure or glucose.

To learn more please contact us at **866-724-0032** or teamcare@delapro.com

Personal Health Coaching is provided at no cost to you and is completely confidential - your information will not be shared with your employer.

Diuretics	Chlorothiazide Furosemide Hydrochlorothiazide	Diuril Lasix, Diaqua-2, Lo-Aqua Aquazide, Microzide
Antidepressants (tricyclic)	Amitriptyline Nortriptyline Desipramine Imipramine Trazodone	Elavil, Endep, Tryptanol Aventyl, Pamelor Norpramin Tofranil Desyrel
Antibiotics	Tetracycline Sulfa Drugs Quinolones Ofloxacin Minocycline Sulfonamides Doxycycline	Sumycin, Tetracyn Bactrim, Septra Cipro, Levaquin Floxin Dynacin, Minocin Sulfatrim, Septra Vibramycin
Hypoglycemics	Glipizide Tolbutamide	Glipizide XL, Glucotrol Orinase
Topical Retinoid	Isotretinoin Acitretin Tazarotene Tretinoin	Accutane, Claravis, Myorisan Soriatane Tazorac, Avage, Fabior Retin-A, Atralin, Refissa, Avita

A personal health coach can be your partner and guide for a healthy lifestyle. If you are interested in working with a health coach please contact us at 866-724-0032 or teamcare@delapro.com.

The information presented in "Ask the Health Educator" is for informational purposes only and should not substitute medical advice, diagnosis and/or treatment.

Indian-Spiced Chicken Pitas

Try a new flavor profile with this delicious spice-rubbed grilled chicken breast tucked inside a whole-wheat pita filled with fresh vegetables and a tangy yogurt sauce. Serve with fresh fruit or grilled veggies for a satisfying summer meal.



Ingredients - 4 servings

- 1 pound boneless, skinless chicken breasts, trimmed
- 1 1/2 teaspoons garam masala , (see Tip), divided
- 3/4 teaspoon kosher salt, divided
- 1 cup thinly sliced seeded cucumber
- 3/4 cup nonfat plain yogurt
- 1 tablespoon chopped fresh cilantro , or mint
- 2 teaspoons lemon juice
- Freshly ground pepper , to taste
- 4 6-inch whole-wheat pitas, warmed
- 1 cup shredded romaine lettuce
- 2 small or 1 large tomato, sliced
- 1/4 cup thinly sliced red onion

Preparation - Active/Total Time: 30 minutes

1. Preheat grill to medium-high or position rack in upper third of oven and preheat broiler. If grilling, oil the grill rack. If broiling, coat a broiler pan with cooking spray.

TeamCare Fit From Head to Toe - Legs Up the Wall Pose (Viparita Karani)

Yoga inversions don't always mean doing hand stands and difficult poses. This restorative pose is a gentle and relaxing inversion. It has many mental benefits such as stress relief, anxiety reduction, and calming of the mind. It is therapeutic for arthritis, headaches, high blood pressure, low blood pressure, and insomnia. It can ease symptoms of premenstrual syndrome, tired or cramped feet and legs, and lower back pain. These poses gently stretch the hamstrings, legs, and lower back.

Directions: Before performing the pose, determine two things about your support: its height and its distance from the wall. If you are stiffer, the support should be lower and placed farther from the wall; if you're more flexible, use a support that is closer to the wall. Supports can be anything from a bolster, folded blankets, or a firm pillow. Experiment until you find what works best for you.



Start with your support about 5 to 6 inches away from the wall. Sit sideways on right end of the support, with your right side against the wall. Exhale and, with one smooth movement swing your legs up onto the wall and your shoulders and head lightly down onto the floor. Check that the front of your torso gently arches from the pubis to the top of the shoulders. Keep your neck long, not allowing your chin to press into your chest. Open your shoulder blades away from the spine and release your hands and arms out to your sides, palms up. Hold this pose anywhere from 5 to 15 minutes.

Before beginning a new exercise program, please check with your physician for medical clearance.

2. Sprinkle chicken with 1 teaspoon garam masala and 1/2 teaspoon salt. Place the chicken on the grill rack or prepared pan and cook until no longer pink in the center and an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side, depending on the size of the breast. Transfer the chicken to a clean cutting board and let rest for 5 minutes.
3. Meanwhile, combine cucumber, yogurt, cilantro (or mint), lemon juice, the remaining 1/2 teaspoon garam masala and 1/4 teaspoon salt and pepper in a small bowl. Thinly slice the chicken. Split open the warm pitas and fill with the chicken, yogurt sauce, lettuce, tomato and onion.

Nutrition per serving : 333 Calories; 5g Fat (1g Sat; 1g Mono;) 64mg Cholesterol; 44g Carbohydrates; 32g Protein; 6g Fiber; 637mg Sodium; 485mg Potassium

Tips & Notes

Garam masala is a blend of spices used in Indian cooking. It is available in the spice section of most supermarkets.

- To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

For more healthy tips and recipes please visit [EatingWell](http://EatingWell.com).

You Heard What? Health Myths Decoded!



With so much health information on the internet, in the media and family and friends advice, it's difficult to decipher what is fact and what is a myth. Get the facts on common myths about nutrition, exercise, health recommendations and risks! Please join us on **Wednesday, August 19, 2015 at 12:00 PDT** for the webinar "**You Heard What? Health Myths Decoded!**" and decide for yourself what is true and how it will impact your health behaviors. Click [HERE](#) to register today!

The information contained in this newsletter is for informational purposes only and should not substitute medical advice, diagnosis or treatment. Please contact us for questions or if you need additional information.

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