



get out and play.

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healthy changes
everything:



BlueShield
of Northeastern New York



Just Say “No!” to Sugary Drinks

Each year, the average American consumes over 44 gallons of carbonated soft drinks—including diet beverages—and another 17 gallons of non-carbonated, sugary drinks such as lemonade, iced tea, juice, and sports drinks.

From a nutritional standpoint, here are some facts:

- A single, 20-ounce bottle of regular soda contains an average of 250 calories and 17 teaspoons of sugar.
- A 32-ounce sports drink contains 200 calories and nearly 14 teaspoons of sugar.
- A 12-ounce glass of sweetened iced tea contains 130 calories and more than 8 teaspoons of sugar
- A 12-ounce glass of lemonade contains 150 calories and almost 10 teaspoons of sugar
- An 8-ounce serving of apple juice contains about 120 calories and more than 6 teaspoons of sugar.

This means the average American consumes roughly 70,400 calories and 4,787 teaspoons of sugar from carbonated beverages, and 19,584 calories and 1,306 teaspoons of sugar from non-carbonated beverages in one year. That’s a total of 89,984 calories and 6,093 teaspoons of sugar!

March is National Nutrition Month®, so it’s the perfect time to make an informed choice and switch to healthier beverages.

Did you know?

If you replace your high sugar, calorie-laden drinks with water—without making any other lifestyle changes—you could lose up to 26 pounds in a year.

Do one thing.

Replace one sugary drink a day with water, and slowly eliminate empty-calorie beverages from your diet.

For more
healthy tips:



Call our health coaches
at 1-877-878-8785,
press 2.

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Get Fit – Staying Motivated

It's March and spring is coming. It's a great time to evaluate the progress of your 2014 resolutions.

Are you finding it hard to stay motivated? If so, you aren't alone. Most people give up on their resolutions before the year is through. Be the exception this year. Stay focused and:

- Rediscover your motivation: What are your reasons for staying active?
- Be goal-oriented: What are your short-term and long-term goals?
- Find your barriers: What is keeping you from your success, and how can you get past it?

Did you know?

It only takes 21 days to form a new habit—make it a good one!

Do one thing.

Get back on track with the help of a health coach. Call 1-877-878-8785 (option 2).



Eat Fit – Fill Up With Fiber

Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease. Consuming adequate amounts of fiber may help improve cholesterol, lower blood pressure, and control blood sugar. Additionally, fiber-rich diets promote digestive health and may reduce the risk of colorectal cancer.

Did you know?

Fiber is found only in plants, but many foods are fortified with engineered fibers such as maltodextrin, polydextrose, and inulin.

Do one thing.

Meet the daily recommendations for fiber (25g for women ages 19-50 and 38g for men ages 19-50) by filling up on whole grains, legumes, fruits, veggies, nuts, and seeds!

Live Fit – Patient Safety

Receiving appropriate health care is more than just a trip to your primary care physician. For health care providers, complete care is complex, with multiple steps involved in each patient's office visit.

As a patient, there are things you can do to be sure you receive the care you deserve:

- Obtain information about your diagnosis
- Research options and treatment plans
- Ask questions
- Remember that you are entitled to a second opinion
- Seek specialist care, when appropriate

Did you know?

March 2-8 is Patient Safety Awareness Week.

Do one thing.

Visit npsf.org for more information about patient safety.



Whole-Wheat Irish Soda Bread Rolls

Ingredients (makes 6 rolls):

- 1 cup plus 1 tablespoon whole-wheat flour, plus more for dusting
- 1 cup plus 2 tablespoons all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup buttermilk
- 1/2 cup reduced-fat milk plus 1 tablespoon, divided
- 2 teaspoons honey
- 2 teaspoons chopped fresh thyme
- 2 tablespoons old-fashioned rolled oats

Directions:

1. Preheat oven to 375°F. Line a baking sheet with parchment paper or a non-stick baking mat.
2. Whisk whole-wheat flour, all-purpose flour, baking soda, and salt in a large bowl. Whisk buttermilk, 1/2 cup milk, honey, and thyme in a medium bowl. Add the wet ingredients to the dry ingredients and stir until the dough comes together.
3. Dust a clean work surface with whole-wheat flour. Turn the dough out and gently knead with barely damp hands just a few times until smooth. Divide the dough into 6 equal pieces and shape each into a 2- to 2 1/2-inch round about 1 inch thick. Place on the prepared baking sheet about 1/2-inch apart. Brush with the remaining 1 tablespoon milk and sprinkle with oats, pressing on them lightly to adhere.
4. Bake the rolls until they're golden brown on the bottom and a skewer inserted into the center comes out clean, 20 to 25 minutes. Serve warm.

Nutrition (per roll):

110 calories; 1g fat; 20g carbohydrates; 4g sugar; 5 g protein; 2 g fiber; 331 mg sodium

Source: EatingWell, January/February 2014