



Lifestyle Letter

Wellness News

The Benefits of Fiber

From lowering cholesterol levels to keeping you feeling fuller, find out which high fiber foods to add to your meals

If you're trying to lose or maintain your healthy weight and find yourself hungry all the time, fiber might be what you're lacking.

Fiber is a carbohydrate, but unlike other carbohydrates, it doesn't get broken down by your body.

Simple carbohydrates don't offer the same filling benefits. With fiber added in, you'll feel more satisfied. Fiber won't rapidly increase your blood sugar but allows the sugar to release slowly into your system.

The many possible health benefits of fiber include:

- Lowering cholesterol levels
- Improving digestion
- Reducing diabetic risk
- Improving heart health
- Maintaining steady blood sugars

Fiber is always found in edible plant materials and in foods such as whole grains, fruits and vegetables. There are two types of fiber: soluble and insoluble. They act differently in your body when they are being processed. Soluble fiber can be somewhat dissolved by water; insoluble fiber cannot.

People should get between 20 and 35 grams of fiber each day. Some good fiber-rich food choice are:

Whole-grain breads and cereals, pastas, fruits

and vegetables, brown rice, dried beans and oatmeal.

Start adding fiber to your diet slowly to avoid any adverse digestion issues you might experience from adding too much fiber all at once.

Try these food combinations in order to get your daily requirement of fiber:

Eat oatmeal or whole grain cereal; topped with fresh fruit.

Eat fruit and veggies raw, with their skins, for more fiber (if appropriate).

Snack on fruit - dried or fresh

Have bulgur, barley, or couscous as a side dish.

Switch to brown rice

Replace white pasta with whole-wheat pasta or quinoa in your favorite dishes. Try adding vegetables instead of

meat to boost your daily intake of fiber.

Look for whole foods rather than processed choices, even those with added fiber. Natural foods with intact fiber have more vitamins, minerals and phytonutrients than processed foods to which isolated or synthetic fibers have been added.

Fiber is filling, delicious and one of the healthiest things you can eat. There are a lot of easy and tasty ways to make fiber a big part of every day, and you'll quickly reap the health benefits. It's a simple way to feel full, be fit and get you body into a healthy state.



Be Fit.

How to stick with a workout routine once the New Years resolution starts to fade

We are all motivated and excited with starting a new health and exercise routine as part of our New Years resolution, but many of us are quick to revert back to the old bad habits towards the end of January. The best way to continue to stay motivated well into New Year is by following these simple tips:

- sit down and really ask yourself why it's important for you to exercise. Write down your goals and motivations on paper and review it each day.
- choose fitness routines you really enjoy, not ones you think you should do. Chances are you'll stick with the ones you like to do. Be sure to slowly increase the challenge and intensity in order to achieve the maximum health benefits from your routine.
- start each exercise workout with the proper nutrition, so that you have the energy to make it through the entire workout. The best foods to eat are digestible proteins or moderate carbohydrates like fruit.
- if you join a gym or enter into an exercise program, ask a professional to give you tips on the proper methods to workout. Many offer this service free as part of your membership.

Remember once you've committed yourself to getting fit, and start seeing results, your motivation will increase and help you stay the course. Fitness can be rewarding both physically and mentally, just give it a try!

Think Well.

How Does Mood Affect Immunity

Researchers have found a wealth of evidence that positive emotions can enhance the immune system, while negative emotions can suppress it.

In groups of people who experience loneliness, anger, trauma and relationship problems, infections last longer and wounds take longer to heal. However, having fun with friends and family seem to have the opposite effect on our immune system. Social contact and laughter have a measurable effect for several hours. Relaxation through massage or listening to music also reduces stress hormones.

Stress also can overactive the immune system, resulting in increased risk of autoimmune diseases such as arthritis and multiple sclerosis. Skin conditions such as psoriasis, eczema, hives and acne also may worsen and stress can trigger asthma attacks.

While no one knows for sure how our feelings affect the immune system, most doctors agree that reducing stress is a good idea.

Try delegating work or deleting less important items from your to-do-lists, to help reduce stress. You can also look for ways to improve your coping ability, such as learning a new, useful skill, or spending more time unwinding each day. Consider meditation, yoga or tai chi classes.

Reducing stress from your everyday life is more than worth the happiness and health benefits that can be obtained.

Eat Right.

Fennel-Crusted Salmon on White Beans Recipe

Ingredients

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- 5 teaspoon oil, olive, extra virgin, divided
- 1 whole fennel bulb(s), halved, cored, and thinly sliced; plus 1 tablespoon chopped fennel fronds
- 2 can(s) beans, white, 15-ounce cans, rinsed
- 2 medium tomato(es), diced
- 1/3 cup(s) vegetable broth
- 1 tablespoon mustard, Dijon
- 1/2 teaspoon pepper, black ground, divided
- 1 tablespoon fennel seed
- 1 pounds fish, salmon fillet, skin removed, cut into 2 portions

Preparation

1. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add sliced fennel; cook, stirring occasionally, until lightly browned, about 6 minutes. Stir in beans, tomatoes and broth.
2. Cook, stirring occasionally, until the tomatoes begin to break down, about 3 minutes. Transfer to a bowl; stir in chopped fennel fronds, mustard and 1/4 teaspoon pepper. Cover to keep warm.
3. Meanwhile, combine fennel seeds and the remaining 1/4 teaspoon pepper in a small bowl; sprinkle evenly on both sides of salmon.
4. Wipe out the pan. Add the remaining 3 teaspoons of oil to the pan and heat over high heat until shimmering but not smoking. Add the salmon, skinned-side up, and cook until golden brown, 3 to 5 minutes.
5. Turn the salmon over, cover and remove from the heat. Let stand until the salmon finishes cooking off the heat, 3 to 5 minutes more. Transfer the salmon to a cutting board and flake with a fork. Serve salmon on top of the warm bean mixture.

Makes 6 servings.

Per Serving: Cal. 306., Sat Fat. 2g, Fiber 9g, Carbs. 29g, Protein. 25g., Total Fat 13g.

Be sure to visit "My CreatingWellnessSpace" for more recipe ideas!