

Information for Healthy Living

A newsletter to keep you healthy and informed.

February, 2017

Recipe Corner

Italian Wedding Soup

The term "wedding soup" comes from the Italian phrase "minestra maritata" ("married soup"), which is a reference to the flavor produced by the marriage of greens, meat and broth. Make it even healthier by using ground turkey instead of pork or beef.

Ingredients

- 1 C. chopped onion
- ½ C. chopped celery
- 1 C. diced carrots
- 1 Tbsp. minced garlic
- 8 C. fat-free chicken broth
- 1 ½ C. beef broth
- 1 tsp. dried oregano leaves
- 1 C. orzo pasta
- 6 C. fresh baby spinach
- 1 lb. ground turkey
- 1 egg
- 1 egg white
- 2 Tbsp. chopped parsley
- 1 tsp. minced garlic
- ¼ C. Italian bread crumbs
- 3 Tbsp. grated Parmesan cheese
- salt and pepper to taste

Instructions

- Combine the last 8 ingredients in a bowl and shape meat mixture into 1-inch diameter meatballs.
- In large nonstick pot coated with non-stick cooking spray, sauté onion, celery, carrots and garlic until tender, about 7 minutes.
- Add both broths and oregano. Add orzo. Bring to boil, reduce heat, and cook 5 minutes.
- Add mini meatballs, and continue cooking until meatballs are done. Add spinach, cooking a few more minutes until wilted. Season to taste.

Nutrition Facts Per 12 oz. Serving:

Calories: 177, Carbohydrates: 10 g, Protein: 14 g, Fat: 9 g, Saturated Fat: 3 g, Cholesterol: 32 mg, Sodium: 540 mg

Taking Control of Your Health
Manage Your Health, Lower Your Health Risk

Know Your Numbers

If you are like most people you visit your doctor for the occasional physical exam and when you are not feeling well. While that is a good start to monitoring your health, it is important to be **actively involved** in knowing your health status. Many of the most serious threats to your health - cardiovascular disease, prediabetes and type II diabetes – don't have symptoms that provide advance warning that something is wrong.

The good news is that there are **4** simple numbers that can help you track your health status. By tracking these numbers regularly you can manage your lifestyle to reduce your risk of serious illness. Ask your doctor if you should consider monitoring these factors at home. Most home monitoring kits are inexpensive and readily available at your pharmacy.

Blood Sugar – goal: under **100**

Blood sugar is stored in your blood as your body's main source of energy. If you have not been diagnosed with diabetes, your blood sugar level before eating or drinking should be below 100. If your blood sugar before eating ranges from 100-125 this could be considered pre-diabetic. Left untreated, diabetes can lead to heart disease, kidney disease and other complications. Consult your doctor if you have blood sugar levels over 100.

Total Cholesterol – goal: under **200**

Too much cholesterol in your blood can build up on the inside walls of your arteries and increase your risk of heart disease and stroke. "Good" (HDL) and "bad" (LDL) cholesterol are combined for a "total" reading. The optimal range for HDL is more than 60 and for LDL is less than 100.

Blood Pressure – goal: under **120/80**

High blood pressure (hypertension) increases your risk of heart attack, stroke, and kidney disease. It can also damage your brain, eyes and arteries. Anyone can have high blood pressure, and many people do not have symptoms, so it's important to check this number regularly.

Body Mass Index – goal: under **25**

Your body mass index (BMI) measures your weight in relation to your height. A BMI over 25 means that you are overweight, and a number over 30 indicates obesity. That extra weight can lead to high cholesterol, heart disease, diabetes and other serious illnesses. Use an internet BMI calculator to determine your BMI.

[Calculate your BMI.](#)

Know Your Numbers Success



We met "Paul" when he participated in a MedWatch "Steps2Health" screening sponsored by his employer. Steps2Health (S2H) brings

biometric testing directly to a worksite to determine key health indicators such as weight, blood pressure, blood sugar and cholesterol levels. Using the numbers obtained through this screening process, participants receive tangible information on their health status and an to receive personalized lifestyle education and counseling opportunity.

Due to some troubling numbers – particularly his high cholesterol and triglyceride counts – Paul was introduced to a Total Lifestyle Counselor (TLC) to help him develop a plan for a healthier lifestyle. Paul was overweight and had blood pressure, cholesterol, blood sugar and triglyceride levels that were dangerously high. His TLC instructed him on the dangers of Metabolic Syndrome, a condition that increases one's risk for heart disease, diabetes and stroke. Left unchecked, Paul's condition was life-threatening and it was important that he take action to improve his condition.

Together with his TLC Paul developed a plan to bring his numbers to a more healthy level. Because he did not want to take any medications, this plan relied on lifestyle changes to achieve his objectives. First, his diet was changed to include plenty of fruits, vegetables, lean meats and whole grains. He also cut out fast food, chips and beer. An exercise regimen

was developed to ramp up his activity level and help build muscle and reduce body fat. Paul was given verbal and written education concerning the importance of diet and exercise with particular emphasis on how to reduce cholesterol and triglycerides. He found that having a counselor in his corner was a great motivator for keeping on-track to achieve positive change. Within his first year Paul began to see distinct benefits of his hard work. He lost 16 pounds and reduced all of his numbers, with a significant reduction in his cholesterol and triglycerides levels. His road to improved health is still ongoing but Paul plans to stay the course and cites the ability to track his improving numbers as a tangible motivator.

Paul's Progress			
	Before	After	Target
Weight (lbs.)	248	232	195
BMI	31.84	29.78	under 25
Blood Pressure	144/90	120/80	120/80
A1C (Blood Sugar)	8.3	7.7	under 5.7
Total Cholesterol mg/dL	384	199	under 200
Triglycerides mg/dL	1664	287	40-160

Your Total Lifestyle Counselor (TLC) is your 'health advocate' – a GPS to help you navigate the complex healthcare map. Contact your TLC at (800) 386-5475 for personalized tools and resources to help you maintain your good health.