



# MAPSD

# Wellness Infogram

July 2015

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## In Health News: Eliminating Trans Fats

FDA orders food manufacturers to stop using trans fat within three years! Artificial trans fat will have to disappear from the American diet, according to the U.S. Food and Drug Administration. The FDA ruled that trans fat is not "generally recognized as safe" for use in human food.

The department gave food manufacturers three years to remove the partially hydrogenated oils, or PHOs, from their products. The companies can petition the FDA for a special permit to use it, but no PHOs can be added to human food unless otherwise approved by the FDA.

Eating a diet rich in trans fat is linked to higher body weight, heart disease and memory loss. It has been shown to raise the "bad," or LDL, cholesterol in the blood, which can lead to cardiovascular disease -- the leading cause of death in the United States.

"The FDA's action on this major source of artificial trans fat demonstrates the agency's commitment to the heart health of all Americans," said Dr. Stephen Ostroff, the agency's acting commissioner, in a news release. "This action is expected to reduce coronary heart disease and prevent thousands of fatal heart attacks every year." In 2013, the FDA had made a tentative determination that trans fats were no longer safe. After years of public comment and scientific review, this is the final step in the process. Manufacturers have had to list trans fat content on their labels since 2006, and there has been a significant decrease in the amount of trans fat in American foods.

The FDA estimates trans fat consumption declined about 78% between 2003 and 2012 after the labeling went into effect. That's when many companies reduced trans fat content from their products, or at least some of it. The law still allowed companies to list products as "trans fat free" even if they had 0.5 grams of fat. That should change with the current ruling.

In 2007, New York City adopted a regulation that banned trans fat from restaurants, but some restaurants were already ahead of the legal changes. Companies like McDonald's had stopped cooking their french fries in trans fat more than a decade ago. Their online menus say all their fried food is free of trans fat. Chick-fil-A removed all artificial trans fat from its menu in 2008.

Before it became a popular ingredient in processed and fast foods, trans fat was introduced into the American diet as early as 1911 in the form of shortening or hydrogenated vegetable oil, used for cooking and making pies. Partially hydrogenated oil is formed when hydrogen is added to liquid oils to make solid fats, like shortening and margarine. It also increases the shelf life of food and enhances flavors.

American dietary guidelines recommended Americans keep their trans fat consumption "as low as possible." Dr. Steven Nissen, the chair of cardiovascular medicine at the Cleveland Clinic, praised the FDA for its "bold courage" and said it "deserves a lot of credit" for taking this "enormously important" move. "In many ways, trans fat is a real tragic story for the American diet," Nissen said. "In the 1950s and '60s, we mistakenly told Americans that butter and eggs were bad for them and pushed people to margarine, which is basically trans fat. What we've learned now is that saturated fat is relatively neutral -- it is the trans fat that is really harmful and we had made the dietary situation worse."

"I'm terribly proud of the FDA for stepping in and knowing what needed to be done for the American diet," Nissen said.

Source: CNN



## USDA's Food App

If you're like most people, you've bought groceries only to have to toss the spoiled remainder before you or your family had a chance to eat it. Throwing out spoiled or expired food is frustrating and wasteful, but tracking when each food goes bad can be difficult. Well, now there's an app for that!

Recently released for Apple and Android devices, the FoodKeeper app includes information on more than 400 items, and the app gives you the ability to access cooking and storage tips, receive food expiration notifications and submit questions to the "Ask Karen" feature, which provides information on a variety of issues including preventing foodborne illness and safely preparing meat and poultry products.

The FoodKeeper app was released in early April 2015 by the U.S. Department of Agriculture (USDA) as part of the larger U.S. Food Waste Challenge, which began in partnership with the U.S. Environmental Protection Agency.



## The Health Benefit of Sunlight Exposure

Most people are familiar with the risks of unprotected sun exposure, such as sunburn, wrinkles, freckles, eye damage and skin cancer.

However, although overexposure to the sun is bad for your health, getting **enough** exposure to sunlight is necessary and beneficial. Adequate time in the sun gives you several benefits:

- A boost in serotonin, a neurotransmitter that regulates your appetite, sleep, memory and mood
- Support of your circadian rhythm, which leads to better sleep—sunlight “turns off” melatonin production each morning, which is the hormone that makes you feel drowsy as it gets darker at night
- Production of Vitamin D, which is needed for important body functions such as strengthening your bones and contributing to your immune system
- Relief of stress and pain, and help for individuals suffering from seasonal affective disorder (SAD), a type of depression
- Lowered risk for nearsightedness—research indicates that children who spend more time exposed to sunshine outside may reduce their risk of becoming nearsighted

The key to reaping the health benefits of sunlight while avoiding the risks is balance and moderation. The U.S. National Institutes of Health recommend about 10 to 15 minutes in the sun without sunscreen. The time of day and your skin pigmentation will affect how much unprotected time in the sun is healthiest for you.

It's especially important to wear sunscreen or limit direct sun exposure between 10 a.m. and 4 p.m., when the sun's rays are the strongest. And while you're out enjoying the sunshine, don't forget UV-blocking sunglasses to protect your eyes.

## ● Recipe

# Mexican Corn Salad



## ● Ingredients

- 6 ears of corn, husks left on
- 2 tablespoons salt
- 1 tablespoon vegetable oil
- ½ small zucchini, cut into a few thick slices for grilling
- 1 large or 2 small fresh jalapeno's left whole
- ½ cup canned black beans, washed and drained
- 4-6 scallions (1/2 cup), sliced both tops and bottoms
- ½ cup chopped sweet red bell pepper
- 2 tablespoons chopped fresh cilantro
- Juice from one lime
- ½ teaspoon chili powder
- ¼ teaspoon cumin
- ¼ teaspoon garlic powder
- ½ teaspoon smoked paprika
- 1 teaspoon sriracha
- ½ cup mayonnaise
- 8 ounces Farmer's cheese (Queso Blanco), broken up and crumbled by hand
- Salt and pepper to taste

## ● Directions

1. Peel back corn husks but do not remove and take off all silk from the ears. Fold the husks back up around the ears. Fill a large pot or your kitchen sink with corn, salt and enough water to cover the corn. Place something on top of the corn to keep it submerged and soak for 15 minutes.
2. While corn is soaking, heat grill to medium.
3. Remove corn from water and drain off excess water. Place corn with husks on grill and cook for about 15 minutes turning every five minutes or so. If the husks burn, don't worry, they will be discarded. Set aside to cool.
4. Turn grill up to high.
5. Brush vegetable oil on the zucchini slices and grill on both sides for just a minute or until there is a nice char but the squash still has some bite to it. Do not over cook. Set aside to cool.
6. Put the jalapeno on the hot grill and turn until all sides are black and blistered. Remove from grill and put in a paper bag or plastic bag for a few minutes to loosen up skin. Remove skin and discard and then cut down the center and remove and discard stem and seeds. Dice into small pieces and set aside.
7. Remove corn husks and discard. Using a bunt pan, place corn point end down into the center of the Bundt pan and with a sharp knife, cut kernels off and let fall into Bundt pan. Place cut corn in a large mixing bowl.
8. Cut the zucchini into small pieces and add to corn.
9. Add the cooked cut jalapeno pieces.
10. Add all other ingredients, taste and add salt and pepper only if it needs it.
11. Allow the salad to sit for an hour in your refrigerator so the flavors blend, then serve

## Wellness Reminders

### **Quarter 4 Point Logs—Due July 15th!!!**

You can access a printable copy of the log via the MAPS District website under "Wellness Information". An online form is also available via the following web link: [https://docs.google.com/forms/d/1OM6XoHMWFgW4ESrrS8mBHUK05Fn4RWZAqrOD7pwSHfk/viewform?usp=send\\_form](https://docs.google.com/forms/d/1OM6XoHMWFgW4ESrrS8mBHUK05Fn4RWZAqrOD7pwSHfk/viewform?usp=send_form)

### **Wellness Program Changes Take Effect!**

The proposed wellness program changes have been approved by the board and take effect July 1st, 2015. If you have questions about the new requirements, please ask!

# Upcoming Wellness Events

## July Challenge: Eat Plenty of Plant Based Foods Summer Challenge: Bike Wisconsin

### July 1 --- Blood Drive

1:30 PM - 5:30 PM Medford Fire Hall Call 715-748-8762 to register.

### July 4 --- Spirit of America Fun Run/Walk (See Attachment)

8:30 AM Phillips VFW Hall

AMHC is a corporate sponsor of the Fun Run/Walk. Through this sponsorship and with the help of the Wellness Committee, all employee registrations will be covered by Aspirus. BY JUNE 20, complete and mail the registration form to: Spirit of America Fun Run/Walk, c/o Health Alliance of Price County, PO Box 76, Phillips, WI 54555. Worth 10 Wellness Points. Bring a family member and earn double the points!

### July 7 --- Canning or Freezing Fruits Safely (See Attachment)

6:00—7:30PM at the UW-Extension Office, Meeting Room #1.

Please pre-register by email at [peggy.nordgren@ces.uwex.edu](mailto:peggy.nordgren@ces.uwex.edu) or by phone at 715-748-3327.

### July 16 --- MAPS / AMHC Wellness 5K Walk/Run (See Attachment)

9:30AM, 12:00 PM, and 5:00 PM Meet outside Aspirus Therapy & Fitness - Medford  
Worth 10 Wellness Points. Bring a family member and earn double the points!

*If you want to participate but are unable to start at 5 PM, contact Abra Richter in HR.*

### July 16 --- Don't Make Me Laugh!

5:30 PM - 6:30 PM Community Room at Aspirus

Incontinence is no laughing matter. Join us for a health forum devoted to preventing incontinence and fixing current problems. Call 715.748.8886 to register.

### July 17 --- The Silent Glide Canoe—Kayak—Stand Up Paddleboard Fun Races

7:00 PM at Mondeaux Recreation Area Beach. Come early to register. Pizza party after.

### July 20 --- Basic CPR

6:00 PM - 10:00 PM Classrooms A & B Call 715-748-8762 to register by July 13.

### July 21 --- Stroke Support Group

1:00 PM Classrooms C & D Call 715-748-8875 for details.

### July 23 --- Taylor County Fair 5K Poker Run/Walk (See Attachment)

6:00PM at Taylor County Fair Grounds

### July 27 --- Alzheimer's Support Group

1:30 PM Aspirus Country Gardens Call 715-748-8875 for details.

### July 31 --- Centennial Hall Community Days 5K Run/Walk (See Attachment)

Race starts at 6:00 PM at the Stetsonville Fire Hall

### August 1 --- Lake Esadore 5K (See Attachment)

4:00 PM Registration / 6:00 PM Race High View Inn (W7766 Perkinstown Ave., Medford)

### August 13 --- Weather Shield's 60 Years Strong 5K Run/Walk (See Attachment)

5:30 PM at Medford City Park

### Ongoing: Weight Watchers at Work

Weekly Meetings: Tuesdays—6:45 am

Aspirus Medford Hospital; Paid Enrollment Required

Call Kathy Stamos at 715-748-0802 for details and registration information.



