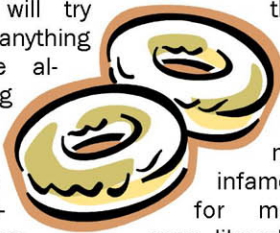


# Here's to Your Health!

Employee Health & Wellness News

## 5 Common Weight Loss Myths

1 People will try almost anything and believe almost everything when it comes to quick weight loss strategies. The truth is, no short-term weight loss quick fix will ever lead to long-term results. So here are some of the most common weight loss myths and the truths behind them!



the simple & processed carbs high in sugar, flour, & calories, & low in nutrition (donuts, muffins, those infamous cookies). Go for more wholesome ones, like whole grain breads, granola, pastas, & rice. Don't forget your beans, fruits, & veggies. Just remember, your brain can ONLY run on Carbs, so stock up!

sauce or dressing on the side, or scrape of as much of it as you can. And a good rule is to always start with a salad. That way, you're less likely to fill up on junk.

### 4 Some Foods can BURN Calories!

Let's get it straight — there is NO food that will ever increase your metabolic rate enough to help you burn calories. The only way to do it is through exercise.

### Snacks are Bad!

Actually, having snacks can keep you from overeating or binge eating at the next meal. The only reason snacks are getting a bad rap is because of the kinds we tend to choose. We usually reach for cookies, candy bars, chips, or other equally sugary & fatty foods loaded with calories. A good alternative is to think nutritious — fruits, nuts, yogurt, low-fat cheese & whole wheat crackers.

### 3 Say NO to Fast Food!

As much as dietitians would like to regret it, fast food is a part of everyone's diet, so it seems completely ridiculous to have to shut it out completely. It's true that drive-thru burgers are higher in fat, sodium, & calories than home-cooked meals, so be wise about the choices you make. Stay away from anything deep fried — fries, breaded chicken, apple pies — and stick to grilled or baked choices. Always get the



### 5 Diet & Exercise = You WON'T Gain Weight!

Sadly, your metabolism slows down as you age. So while your body is able to stay slim on the diet and exercise pattern you follow now, it won't be the same 10, 20, 30 years down the road. You WILL have to make adjustments to your eating habits and workout to keep up with these inevitable changes, so stay flexible with your life-style.

### 2 Carbs are Bad!

As the saying goes, not all Carbs are made equal. The ones to stay away from are

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## FREEDOM FROM TOBACCO!

Veggie of the Month:



See Page 2 for a GREEK STUFFED BELL PEPPER Recipe!

# GOUT: Foods You Should Avoid!

Most people think of gout as a consequence of over-indulgence, but it's really a form of arthritis caused by the build-up of needle-like crystals made up of uric acid in the joints. This acid is made when the body breaks down substances called purines found in a lot of the foods we eat. Usually, our kidneys help eliminate the uric acid, but when there is too much of it, it becomes deposited in the joints of the big toe, foot, knees, ankles, wrists, fingers, and elbows. That's when the characteristic pain sets in, where even the slightest touch may prove to be unbearable. The solution? If you have a history of gout, it is recommended that you consume a diet low in purines. Here is a list of some high purine foods to avoid:



Pork, lamb, processed meats (like hotdogs and canned meat), and "organ meats," such as liver, heart, kidneys, and brain



Certain seafood (specifically anchovies, sardines, fish eggs, herring, mussels, scallops, and trout)



Dried beans, peas, lentils, and other legumes



Asparagus, cauliflower, mushrooms, spinach, and other leafy greens



Alcohol — specifically, beer and wine



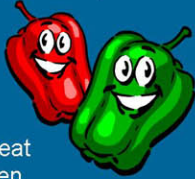
Oatmeal, and foods made with baking powder



# GREEK

## Stuffed Peppers

- 1 pound lean ground beef
- 1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
- 1 medium zucchini, coarsely grated (about 2 cups)
- 1 small onion, minced (about 1 cup)
- 1/2 cup bulgur wheat
- 1 egg, lightly beaten
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt



- Freshly ground black pepper
- 3 red bell peppers, halved lengthwise, cores and ribs removed
- 2 (14 1/2-ounce) cans low-sodium stewed tomatoes, finely chopped
- 1/3 cup crumbled feta cheese

Preheat the oven to 350 F. In a large bowl combine the beef, spinach, zucchini, onion, bulgur, egg, oregano, salt and a few grinds of pepper. Mix until thoroughly combined.

Arrange the pepper halves cut side up in a 9 by 13-inch baking dish and fill each pepper half with the meat mixture. Pour the tomatoes over the peppers and sprinkle with the feta cheese. Cover with foil and bake for 30 minutes. Uncover and bake until the meat mixture is completely cooked and the peppers are tender, about 25 minutes longer.

### Nutrition Facts

Serving Size 1/2 pepper  
Servings Per Recipe 6

#### Amount Per Serving

Calories 210

Total Fat 6 g

Saturated Fat 2.5 g

Sodium 400 mg

Protein 21 g

Carbohydrates 19 g

Fiber 6 g



## Questions? Comments?

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# MEMBERS' BULLETIN!

## FREE EXECUTIVE CHECK-UP at ST. LUKE'S MEDICAL CENTER in MANILA!

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## WALKING: The BEST Exercise!

**No money and no time — the two most common reasons people give for not getting enough exercise. Well, no more excuses! Here are the top 7 reasons why walking is one of the BEST exercises you can do, including being easy on your budget!**



1. **It's Cheap** - Walking doesn't require any special equipment (besides a good pair of shoes), and there are no monthly membership fees to pay!
2. **It's Easy** - No training or special skills needed...you already know how!
3. **It's Safe** - Walking is easier on your bones and joints than running or jogging, but allows you to burn just as much calories!
4. **It Keeps your Weight in Check** - Walking helps control your appetite and increases the amount of calories your body burns!
5. **It Boosts your Bones** - Walking is a weight-bearing exercise which helps build bone mass and prevent osteoporosis.
6. **It Helps your Heart** - Walking helps to lower your blood pressure and reduce the risks of heart attacks and stroke. It also makes your heart work harder, building its strength and endurance!
7. **It Does your Body Good** - Walking also helps to build muscle, burn fat, keep you energized, and make you sleep better at night!

## Test your Calorie IQ!

1. Carbs contain \_\_\_ calories per gram:  
a. 0    b. 4  
c. 7    d. 9
2. Fat contains \_\_\_ calories per gram:  
a. 0    b. 4  
c. 7    d. 9
3. Water contains \_\_\_ calories per gram:  
a. 0    b. 4  
c. 7    d. 9
4. Protein contains \_\_\_ calories per gram:  
a. 0    b. 4  
c. 7    d. 9
5. Alcohol contains \_\_\_ calories per gram:  
a. 0    b. 4  
c. 7    d. 9
6. Vitamins contain \_\_\_ calories per gram:  
a. 0    b. 4  
c. 7    d. 9
7. Vegetable oils contain \_\_\_ calories per gram:  
a. 0    b. 4  
c. 7    d. 9
8. Minerals contain \_\_\_ calories per gram:  
a. 0    b. 4  
c. 7    d. 9
9. Fibers and Starches contain \_\_\_ calories per gram:  
a. 0    b. 4  
c. 7    d. 9
10. A food with 40 grams of carbohydrates, 12 grams of fat, and 15 grams of protein contains how many calories:  
a. About 270 calories  
b. About 310 calories  
c. About 330 calories  
d. About 370 calories



Answers: 1.B, 2.D, 3.A, 4.B, 5.C, 6.A, 7.D, 8.A, 9.B, 10.C