

THINGS YOU DIDN'T KNOW ABOUT **NUTS!**

1. Peanuts are not nuts. They are actually **legumes!**
2. Pistachios aren't nuts either! They are the **seeds of a plum-like fruit!**
3. Americans consume an average of **12 pounds of peanuts** each year!
4. There are really two types of **almonds**. The ones we eat are the sweet type. The other type contain a form of **cyanide** and are inedible!
5. Cashew shells contain the same irritant found in **poison ivy**. Roasting them inactivates the poison, making them safe to eat!
6. Peanuts were once called "**goober peas**" and "**monkey nuts!**"
7. "Peanuts," the comic by Charles Schulz, is the longest story ever told by one human being with over **17,900 strips** published!



Nuts

Not only are they good sources of mono- or polyunsaturated fats (the good fats), they also

How to Find the "Good" Fats in Your Food

Fats have acquired a bad reputation over the years, but the truth of the matter is that we need fats to insulate our bodies against shock, to maintain proper body temperature, to promote healthy cell function, to keep our skin and hair healthy and glowing, and in some cases to prevent certain diseases. Sadly, the fats we do commonly get from our diet are the wrong types — highly saturated or hydrogenated and loaded with cholesterol. To help you choose the right kinds the next time you dine, here are some foods loaded with a healthy dose of "good" fats.

come packed with many different vitamins, minerals, and antioxidants. In fact, nuts are the richest sources of vitamin E, which is needed to make red blood cells and muscle tissue. A handful of these also provide you with lots of heart-healthy fiber. They make great snacks or additions to any salads.

Tofu and Soy

Another type of polyunsaturated fat, soybeans are a source of high-quality protein and iron. More importantly, soy has been shown to be effective in lowering the levels of bad cholesterol in your body, and is believed to protect against some

forms of cancer.

Fatty Fish

Salmon and mackerel are rich sources of omega-3 fatty acids, which are proven to help lower the risk of coronary artery disease. Experts recommend at least 2 servings of fish a week.

Plant oils

Most plant oils contain the same cholesterol-lowering properties as their green growing counterparts. Canola, corn, olive, peanut, sunflower, soybean, and safflower oils have the lowest levels of bad fats and are the most beneficial. Stay away from coconut, cottonseed, palm, and palm kernel oils which, although come from plant sources, contain high levels of bad fats.



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How Many Calories are You Burning?

Match the amount of calories you think you burn per hour with the different exercises listed below!

1. Football
2. Aerobics (moderate)
3. Bowling
4. Swimming
5. Cooking
6. Judo/Kickboxing
7. Golf
8. Strength Training (light)
9. Running (6 mph)
10. Walking
11. Cleaning House
12. Dancing
13. Cycling (stationary)
14. Mowing the Lawn
15. Circuit Training



- A. 176
- B. 211
- C. 246
- D. 250
- E. 281
- F. 317
- G. 320
- H. 387
- I. 422
- J. 480
- K. 526
- L. 563
- M. 600
- N. 704
- O. 710

January is **Cervical Health Awareness Month!**



Over 3,870 mothers, daughters, sisters, and wives will die from cervical cancer in 2009. Over 11,000 new cases of cervical cancer will be diagnosed by the year's end.

Do not let yourself or any of your loved ones become part of these statistics. **Cervical cancer is preventable when it is detected early.** Regular pap tests not only help to find changes in the cervix before cancer develops, but can also find cervical cancer in its most curable stage.

If you are over the age of 21 years and have not had a regular pap test in over a year, please schedule one with your doctor today.

To download more information about cervical cancer and annual screenings for women, please visit:
www.netcarelifeandhealth.com/wellness
and click on the "Wellness Fact Sheets" link



COMMON EXERCISE ERRORS: CARDIO



Chicken Mushroom Quesadillas

Slouching! - Leaning on the equipment when working out means your back and spine aren't getting the support they need and your lungs aren't taking in as much oxygen as they can. While you're on the treadmill, elliptical, or stair-climber, make it a habit to stand up straight.

Reading! - If you're able to read while on the treadmill, it means you aren't focusing your attention on your work-

out. If you absolutely cannot put the book down, stop reading every 5 minutes and step up the intensity for another five.

The Death Grip! - Holding on too tightly to the equipment handles takes some of the work away, meaning you're cheating yourself out of the real deal. Instead of gripping tightly, balance yourself lightly with just your fingertips.

Extra Weight! - As a general

rule, keep your cardio separate from your strength training. So while carrying hand weights while running may seem like a bigger bang for your buck, it can actually put unnecessary strain on your body and cause injury.



Cardio Only! - Despite your urge to focus your workout on cardio exercises only, a proper workout incorporates strength training as well. This helps build and condition muscles, improving your metabolism and calorie-burning abilities.

- 1 Tbs. canola oil
- 1 large onion, chopped
- 8 ounces white button mushrooms
- 3 cloves garlic, minced
- 2 cups cooked chopped skinless, boneless chicken breast
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. dried oregano
- 2 cups baby spinach leaves, sliced into ribbons
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 4 (10-inch) whole-grain flour tortillas
- 1 cup shredded cheddar cheese
- 1/2 cup salsa
- 1/4 cup reduced-fat sour cream



Heat oil in large skillet over medium heat. Add onions & mushrooms; cook until mushroom water is evaporated and they begin to brown, 5 to 7 minutes. Add garlic and cook 1 minute more. Add chicken, cumin, chili powder & oregano; stir until all spices are incorporated. Add spinach, salt & pepper; cook until spinach is wilted, about 2 minutes.

Lay 1 tortilla on flat work surface & sprinkle with 1/4 cup shredded cheese. Spoon 1/2 chicken mixture on top of cheese, then top with additional 1/4 cup cheese. Top with another flour tortilla. Heat large nonstick skillet with cooking spray over medium heat. Place quesadilla in pan and cook 3 minutes. Using large spatula, gently flip quesadilla and cook

Nutrition Facts	
Servings per Recipe	4
Amount Per Serving	
Calories	440
Total Fat	16 g
Saturated Fat	7 g
Cholesterol	51 mg
Sodium	1050 mg
Protein	23 g
Carbohydrates	46 g
Fiber	8 g

additional 3 minutes until lightly browned and cheese is melted. Repeat with second quesadilla. Slice quesadillas into quarters; serve with sour cream and salsa.

MEMBERS' BULLETIN!

Reminder:

Spring Student Verifications

Verification of Enrollment for all overage dependents (over the age of 19 years) attending school full-time are due. **Student Verifications MUST be submitted to avoid termination of coverage.**

Understanding your CHOLESTEROL Numbers

When it comes to cholesterol, the lower the number the better. But what exactly is that magical "number" and how do we know if we're still in good shape? When your doctor orders your cholesterol to be checked, he or she is usually checking for three important numbers:

- LDL cholesterol** - LDL, or low-density lipoprotein, is the "bad" type of cholesterol. Higher levels of LDL are associated with higher risks of heart disease.
- HDL cholesterol** - HDL, or high-density lipoprotein, is the "good" type of cholesterol. Higher levels of HDL are associated with lower risks of heart disease.
- Total cholesterol**



So how do you know what these numbers mean? Follow these tables to find where you stand.

TOTAL Cholesterol Levels

Less than 100 mg/dL	Desirable
100 - 129 mg/dL	Near Optimal
130 - 159 mg/dL	Borderline High
160 mg/dL and Above	High

HDL Cholesterol Levels

Less than 40 mg/dL	Too Low
More than 40 mg/dL	Beneficial

LDL Cholesterol Levels

200 mg/dL or Less	Desirable
200 - 239 mg/dL	Borderline High
240 mg/dL and Above	High

1.M, 2.I, 3.B, 4.J, 5.A, 6.N, 7.E, 8.G, 9.O, 10.D, 11.C, 12.F, 13.K, 14.H, 15.L

Happy, Healthy New Year!