

Here's to Your Health!



Did You Know?

Scotland's national dish, called "Haggis," is made of the heart, liver, lungs, and small intestines of a calf! It is then boiled in the animal's stomach and seasoned with salt, pepper, and onions!



Choosing the BEST Carnival Foods

- 1. Funnel Cake** – This sweet snack is essentially deep-fried dough, and there is nothing worthwhile in that. It's a combo of processed flour, sugar, & fat, and although many restaurants have gone the "trans-fat free" route, there's no guarantee that carnival merchants have done the same. You're looking at 760 calories, 44 grams of fat, and 16 grams of sugar!
- 2. Nachos** – Everyone loves the cheesy, crunchy, spicy combo that comes in a plate of nachos. And that's all the more reason to pass that plate around and share it with your friends. There's no need to eat the entire 861 calories, 59g of fat, and a whopping 1,811mg of sodium all by yourself!
- 3. Chili Cheese Fries** – Like nachos, the real criminal here is sodium. A plate of chili cheese fries will fill you up with over 1,500mg of sodium (more than half your daily limit) as well as 745 calories and 45g of fat. Choose a small order of fries and dip them in good 'ol lycopene-loaded ketchup instead.
- 4. Cotton Candy** – Cotton candy is essentially just spun sugar spiked with a bit of food coloring. The only virtue here is that there aren't too many of those calories, so if you only make this a once-a-year treat, you'll only be taking in 171 calories and 0g of fat.
- 5. Pizza** – This typical carnival food is no doubt high in calories & fat, but compared to other choices, pizza has a lot more nutritional value. You're getting a little vitamin C & lycopene in the tomato sauce, and protein & calcium in the cheese. Make the 667 calories and 24g of fat a little lighter by asking for less cheese and substituting sausage & pepperoni for veggies.
- 6. Candy Apples** – It may be covered in pure sugar, but at least you're still getting a nutrient-rich apple underneath. It's also very low in fat and has 4g of heart-healthy fiber.
- 7. Kabobs** – If you can find skewers of meats & veggies, they are likely to be the healthiest meal option. Stick with leaner cuts and add vegetables to the mix.
- 8. Bring Your Own** – If it's possible to pack your own snacks, they're going to be the healthiest and cheapest solution. Bottled water, sandwiches, and fruits should help keep you satisfied. If you're not up to lugging that around, eat before you leave your house.



Source: MSN Health & Fitness

For more information regarding your NetCare medical or dental benefits, please contact your NetCare representative at 472-3610.

For more information on NetCare's Health and Wellness Programs and Cash-Back Rewards, contact our Health & Wellness Coordinator at 472-3610 ext. 248.

Youth Sports Week!

July 20th begins Youth Sports Week! Studies show that kids who exercise regularly:

- have stronger muscles & bones
- have leaner bodies and lower body fat
- are less likely to become overweight or obese later in life

- have a lower risk of developing diabetes
 - lower their blood pressure cholesterol levels
 - have higher self-esteem
 - have a better outlook on life
- Summer is the per-

fect time to get your children enrolled in a community sports team or a summer camp. If that doesn't interest them, encourage them to do something active that they like! You never know, you might discover that little Junior could be the next LeBron James!



Satay Chicken with Snow Peas



Yield: 4 servings (6 oz. chicken)

- 2 Tbs. low fat peanut butter
- 2 Tbs. low-sodium soy sauce
- Juice of 2 limes
- 1/3 cup low-sodium chicken broth
- 3 Tbs. light brown sugar
- 1/2 cup coconut milk
- 4 boneless, skinless chicken breasts
- 2 Tbs. vegetable oil
- 1 long red chili, thinly sliced
- 1 1-inch piece fresh ginger
- 1 clove garlic, crushed
- 2 cups snow peas
- 2 cups broccoli florets

In bowl, whisk together peanut butter, soy sauce, lime juice, broth, sugar, & coconut milk.

Cut chicken into 1-inch-wide strips. Heat oil in large skillet over medium-high heat. Add chicken, chili, ginger, & garlic. Cook until chicken is golden, about 5 minutes, stirring occasionally. Add snow peas & broccoli and cook until tender, about 1 minute. Add peanut sauce and cook until mixture thickens and chicken is cooked, about 3 minutes. Garnish with cilantro. Serve over cooked rice if desired.

Nutrition Facts	
Serving Size	6 ounces
Calories	370
Fat	16 g
Saturated Fat	7 g
Sodium	542 mg
Cholesterol	94 mg
Carbohydrate	16 g
Fiber	3 g
Protein	40 g

Did You Know?

Cilantro comes from the same plant as the coriander spice!

The coriander plant has long been used in folk medicine, and its juice is even believed to help cure acne when applied to the face like a toner!



Some "Useless" Human Body Parts!

- Coccyx** – More useful as a game-winning Scrabble word than part of the anatomy, the coccyx (tailbone) is several fused vertebrae (backbones) left over from when we had tails.
- Excessive Body Hair** – Up until about 3 million years ago, we were covered head to toe with hair. But by the time *Homo erectus* arrived, the ability to sweat meant we could shed our wooly covering.
- Erector Pili** – When we were hairier, these muscles under our skin made the hairs stand on end when we needed to appear bigger and scarier. Now, it just gives us goosebumps.
- Sinuses** – Doctors don't really know much about sinuses, only that we have a lot of them. Possibilities for their function range from insulating our eyes to changing the pitch and tone of our voice.
- Tonsils** – Tonsils are prone to swelling and infection, so if you still have them at age 30 it's almost an accomplishment.
- Wisdom Teeth** – Back in the day, when we ate mammoth meat off the bone and didn't floss afterward, our teeth tended to fall out. Therefore when these reserve molars came in they were welcomed. Nowadays, fluoride and dental plans have just made them a huge pain.
- Plica Semilunaris (3rd eyelid)** – You may not know it, but you have a third eyelid. Pull open the more noticeable eyelids and it's located right in the corner by the tear duct. The 3rd eyelid is left over from what's known as a nictitating membrane, which is still present in animals like chickens and sharks.
- Appendix** – Darwin claimed the appendix was useful for digestion during our early plant-eating years; it's dwindled down to little since we started eating more digestible foods.
- Male Nipples** – Because, why?



Source: Science Channel

Congratulations to our 2nd Quarter HRA Winners!

- Grand Prize: CHARLENE CONCEPCION!**
2nd Place: BARBARA SALAS!
3rd Place: FRANCISCO AQUINOGOC!

To learn how you can wish CASH prizes too, contact us at 472-3610 or rdecastro@netcarelifeandhealth.com



Reasons to Adopt a **SMOKE FREE** Workplace!

- Smoking related health issues cost employers \$26 billion per year in lost work rate and \$8 billion in tobacco-related medical expenditures!
- Employees who smoke are 50% more likely to be hospitalized, have 2 times more job-related accidents, and have absenteeism rates approximately 50% higher than non-smokers!
- People who smoked an average of 1 or more packs of cigarettes per day had 118% higher medical expenses than non-smokers!
- 76% of current smokers and 80% of former smokers feel that employers ought to restrict smoking in workplace areas!

For more information on adopting a Smoke-Free workplace, contact us at 472-3610 x 248 or at rdecastro@netcarelifeandhealth.com

