

health

EDUCATE ENGAGE EMPOWER

www.healthierWY.org

BRIGHTEN YOUR SMILE

OCTOBER 2008

RECIPE BOOK

matters

CREATING A CULTURE OF WELLNESS

TABLE OF CONTENTS

October 1

Fresh Mango Shake

October 2

California Caviar

October 3

Breakfast Fruit Wrap

October 6

Snow Peas with Cashews

October 7

Carrot and Apple Soup

October 8

Yogurt Salad Dressing

October 9

Grilled Tomatoes

October 10

Cottage Cheese, Fruit, and Sprout Salad

October 13

Spanish Pasta Salad

October 14

No Guilt Asparagus Guacamole

October 15

Microwave Breakfast Cobbler

October 16

Strawberry-Apricot Slush

October 17

Zucchini Lasagna

October 20

Strawberry Spa Turkey Salad

October 21

Chicken Stew

October 22

Stuffed Eggplant

October 23

Pumpkin Bisque

October 24

Vegetable Omelet Pie

October 27

Tortilla Pizzas

October 28

Swiss Muesli

October 29

Hawaiian Ambrosia

October 30

Citrus Salad with Avocado

October 31

Watermelon Bits



October 1, 2008

Smile!

Don't wait until it's too late! Visit your dentist regularly for preventative checkups and cleanings. Your dentist is trained to see the hidden problems you can't. How do I find a dentist? The American Dental Association (ADA) offers these suggestions:

- Ask family, friends, neighbors or co-workers for recommendations.
- Ask your family physician or local pharmacist.
- Call or write your local or state dental society. Your local and state dental societies also may be listed in the telephone directory under "dentists" or "associations."
- Use ADA.org's ADA Member Directory to search for dentists in your area.

You may want to call or visit more than one dentist before making your decision. Dental care is a very personalized service that requires a good relationship between the dentist and the patient.

Wellness Recipe - Fresh Mango Shake

Ingredients

- 1 small mango (8 oz.) quartered, pitted, and peeled
- 3/4 cup non fat plain yogurt
- 1/3 cup orange juice
- 2 ice cubes

Directions: In a blender combine all the ingredients until thick and smooth. Makes 1 serving. This is an official 5 A Day recipe. Nutritional Analysis Per Serving: Calories, 234; Fat, 1g; Cholesterol, 3 mg; Sodium, 113 mg; percent calories from fat, 3.8%.

October 2, 2008

Smile!

It takes a while to brush your smile! Did you know that it takes two to three minutes to adequately brush your teeth but that most people spend less than 30 seconds brushing? Brushing removes bacteria from our teeth so they can no longer make acid. It is important, however, to remove bacteria from all tooth surfaces. Contrary to what you might think, a gentle brushing with a soft-bristle toothbrush is just as effective and less damaging than a vigorous scrubbing with a stiff-bristle toothbrush. Consult your dentist on the right toothbrush hardness (soft or medium) and type for you according to your specific needs, mouth shape and dental problems.

Wellness Recipe - California Caviar

Ingredients

- 1 1/4 cups dry black-eyed peas (8 oz.)
- 1 cup green bell pepper (1 small)
- 1/2 cup green onion, finely chopped
- 1/4 cup red bell pepper, diced
- 1/4 cup jalapeno chilies, finely chopped and seeded
- 3/4 cup low-calorie Italian salad dressing.

Directions: Place the beans in a large pot with 3 cups water; bring to a boil, reduce heat and simmer 45-50 minutes or until beans are just barely tender. Drain and rinse with cold water. Mix beans with remaining ingredients. Chill. Serve over lettuce or as dip with baked tortilla chips. Makes 8-10 servings. Nutritional Analysis Per Serving: Calories, 108; Fat, 2g; Cholesterol, 1mg; Fiber, 5g; Sodium, 161mg; percent calories from fat, 19%.

October 3, 2008

Smile!

Dentists tell you to floss. But they make a lot more money when you don't.

No matter how hard the brush or how thorough the technique, toothbrushing, alone, will not clean between the teeth.

You miss nearly 40% of tooth surfaces when you brush without flossing.

Imagine washing only 60% of your body, while missing the other 40% day after day. Sooner or later, people will notice.

The same thing happens in your mouth as bacteria build up between your teeth, leading to gum disease. Flossing is

an essential part of the tooth-cleaning process because it removes plaque from between teeth and at the gumline, where periodontal disease often begins.

If you find using floss awkward or difficult, ask your dental hygienist about the variety of dental floss holders or interdental cleaning devices that are available.

Wellness Recipe - Breakfast Fruit Wrap

Ingredients:

- 1 tortilla, preferably whole wheat
- 2 tsp. "fruit only" strawberry preserves
- 2 Tbsp. reduced fat ricotta cheese
- 1/3 - 1/2 cup sliced fresh strawberries
- 2 Tbsp. sliced almonds, toasted

Instructions: On a hard surface, spread preserves on tortilla. Top with ricotta cheese. Carefully top with sliced fruit. Sprinkle with sliced almonds. Starting from one end, roll tightly. Wrap in foil for neater eating. Makes 1 fruit wrap. Variation: Spread tortilla with apricot preserves and use sliced fresh or canned, well-drained peaches.

Nutritional Information: Per serving: 231 calories, 9 g fat (2 g saturated fat), 34 g carbohydrate, 9 g protein, 4 g dietary fiber, 213 mg sodium.

October 6, 2008

Smile!

You're not healthy without good oral health.

- Dr. C. Everett Koop, former U.S. Surgeon General

Bacteria, acid, food debris, and saliva combine in the mouth to form a sticky substance called plaque that adheres to the teeth. Plaque tartar + acids in plaque = cavities or tooth decay. The dental plaque, the main enemy of your good oral health, is growing by feeding itself from the sugar of your food.

Did you know the structure of your foods can either increase or hinder the development of plaque?

- wet foods act for only a limited amount of time

- tough foods are the safest because they increase the saliva production and help to the self-cleaning of teeth

- soft and sticky foods are dangerous because they attach and get between the teeth providing a better environment for the bacteria.

Wellness Recipe - Snow Peas with Cashews

Ingredients:

- 1 tsp. canola oil
- 1 tsp. dried orange peel
- 3 cups snow peas, rinsed and drained
- Salt and freshly ground black pepper, to taste
- 1-2 Tbsp. toasted cashew nuts, finely chopped

Instructions:

1. In nonstick skillet, heat oil. Add orange peel and cook over low heat for 2 minutes. 2. Add snow peas and salt and pepper, to taste. Turn heat to medium. Stirring constantly, cook 3 to 4 minutes or until snow peas are bright green and crunchy. Sprinkle with cashews and serve. Nutritional Information: Makes 4 servings. Per serving: 66 Calories, 2 g Total Fat (<1 g Saturated Fat), 8 g Carbohydrate, 4 g Protein, 3 g Dietary Fiber, 5 mg Sodium.

October 7, 2008

Smile!

Be good to those gums! Periodontal (gum) Disease- is a serious infection (a result of progressive, untreated tooth decay) that, left untreated, can lead to tooth loss. According to the American Dental Association, some warning signs that should trigger concern include:

- persistent bad breath or bad taste;
- gums that bleed easily;
- red, swollen, tender gums;
- gums that have pulled away from the teeth;
- any change in the way your teeth fit together when you bite.

The prevention: Soft (toothbrush abrasion from aggressive toothbrushing commonly results in substantial erosion of the gum tissue and deep grooves in the teeth) toothbrushing at least twice a day, flossing at least once a day, and regular professional care.

Wellness Recipe - Carrot and Apple Soup

Ingredients:

- 1 Tbsp. canola oil
- 1 medium onion, chopped
- 1 medium leek, chopped
- 1 pound peeled carrots, cut in 1/2-inch slices
- 1 Granny Smith apple, peeled, cored and chopped
- 3 cups fat-free, reduced sodium chicken broth
- Milk or fat-free, reduced-sodium chicken broth, as desired (optional)
- Salt and freshly ground black pepper, to taste
- 3 Tbsp. minced mint, for garnish (optional)

Instructions: 1. Heat oil in medium Dutch oven or large saucepan over medium-high until hot. Sauté onion and leek until onion is translucent, 4 minutes. 2. Mix in carrots and apple. Tightly cover pot, reduce heat and cook gently until vegetables give up most of their juices, 8 to 10 minutes. Add broth. Cover and cook until carrots are very soft, about 30 minutes. 3. Let soup sit, uncovered, about 20 minutes, to cool slightly. Purée soup in a blender or food processor, if necessary in two batches. (Blender makes a smoother soup.) If soup is too thick, add milk or broth, as desired. Season to taste with salt and pepper. Serve garnished with mint. Nutritional Information: Makes 4 servings. Per serving: 132 calories, 4 g. total fat (0 g. saturated fat), 23 g. carbohydrate, 4 g. protein, 3 g. dietary fiber, 496 mg. sodium.

October 8, 2008

Smile!

No one should suffer from oral diseases or conditions that can be effectively treated or prevented. - Dr. Richard H. Carmona, Former Surgeon General

24.4% of the national population (65+) have lost all natural permanent teeth. Loss of all natural permanent teeth (complete tooth loss) may substantially reduce:

- quality of life
- self-image
- nutrition
- daily functioning

Tooth loss is the ultimate outcome resulting from poor oral hygiene, bacteria/plaque build-up, tooth decay, gum/periodontal disease. Think prevention! Maintain all your teeth throughout adulthood, brush twice, floss once and see your dentist regularly (every 6 months).

Wellness Recipe - Yogurt Salad Dressing

Skip all those fat-laden dressings and make your own!

Ingredients:

- 8 oz. plain yogurt, nonfat
- 1/4 cup mayonnaise, nonfat
- 2 Tbsp. chives, dried
- 2 Tbsp. dill, dried
- 2 Tbsp. lemon juice

Directions: Mix all ingredients in bowl and refrigerate. Yield: 8 servings--Serving Size: 2 Tbsp Each serving provides: Calories: Total fat: 0 g Saturated fat: less than 0 g Cholesterol: 1 mg Sodium: 84 mg

October 9, 2008

Smile!

One puff of tobacco smoke has 100,000,000,000,000,000 (1 million billion) free radicals per puff - the same free radicals that destroy DNA and cause cancer. This explains why smokers have such high rates of cardiovascular disease and cancer.

Tobacco Use and Oral Health

- Oral Cancer (75% of all oral cavity and pharyngeal cancers are contributed to the habit of smoking and smokeless tobacco)
- Bad breath or halitosis
- Gum recession - especially with chewing tobacco, the gums recede away from where you place the tobacco, exposing the roots
- Delayed healing of the gums
- Increased severity of periodontal disease
- Nicotinic stomatitis (smoker's palate) - inflammation of salivary gland openings on the roof of the mouth
- Staining
- Tar deposits remaining on the teeth

Recent studies on 12,000 adults show that smoking increases the risk of periodontal disease by four times and is responsible for more than one-half of all cases of severe gum disease. Quitting smoking can bring a smoker's risk for gum disease down to that of someone who has never smoked.

October 10, 2008

Smile!

Know what you're eating. All sugarless and sugar-free foods and beverages are not safe for your teeth. It simply means that no sugar was added during processing and does not take into account natural sweeteners (which are just as harmful to teeth as sugar).

So what about sugar alcohols? These are a type of sugar substitute used to sweeten gum and other foods. They have been approved by the FDA to not promote tooth decay. The sugar alcohol xylitol has shown to actually protect teeth against cavities.

Wellness Recipe - Grilled Tomatoes

Ingredients:

- 2 tomatoes, ripe
- Oregano, fresh or dried to taste
- Lemon pepper, to taste

Directions: Slice tomatoes in half, lengthwise. Prepare coals. Cover grill grid with foil. Place tomatoes on foil and sprinkle with oregano and lemon pepper. Grill tomatoes with cut side down, over hot coals for about 4-5 minutes. Makes 4 servings. Nutritional analysis per serving: Calories 20, Total Fat 0.4g, Saturated Fat 0g, Carbohydrates 4g, Protein 0.8g, Cholesterol 0mg, Fiber 1g, Sodium 26mg. Each serving equals one half 5 A Day servings.

Wellness Recipe - Cottage Cheese, Fruit, and Sprout Salad

Ingredients:

- 1/2 cup lowfat cottage cheese
- 1/2 cup cress or clover sprouts, chopped
- 4 Tbsp. fresh pineapple (or canned crushed pineapple, drained)
- 4 Tbsp. pear, diced, or substitute nectarine, mango or guava
- 2 lettuce leaves

Directions: Mix cottage cheese and sprouts. Stir in pineapple and pear. Served chilled on top of a lettuce leaf. Makes 2 serving. Nutritional Analysis Per Serving: Calories, 66; Fat, 1g; Fiber, 1g; Cholesterol, 2mg; Sodium, 231mg; percent calories from fat, 11%.

October 13, 2008

Smile!

Left untreated, toothaches and headaches can interfere with vital functions such as eating, talking and swallowing. Fluoride-in toothpaste, drinking water, or dental treatments helps to protect teeth by binding with enamel to make it stronger.

Wellness Recipe - Spanish Pasta Salad

Ingredients:

4 cups cooked colorful macaroni
1-1/2 cups salsa, separated
1 cup red onion, chopped
2 cups tomato
1 cup red bell pepper, chopped
1 cup green bell pepper, chopped
1 cup cooked black or red beans
1 cup cooked corn
1 Tbsp. cilantro

Directions: In a bowl, mix macaroni and 1/2 cup salsa. Cool in refrigerator for 30 minutes, then add rest of ingredients. Refrigerate at least 1 hour prior to serving. Makes 14 servings. Nutritional Analysis Per Serving: Calories, 104; Fat, 1g; Cholesterol, 0 mg; Fiber, 3g; Sodium, 76 mg; percent calories from fat, 5%.

October 14, 2008

Smile!

A survey, courtesy of the Academy of General Dentistry, found that one of the least attractive traits of co-workers is bad breath. Keeping an extra toothbrush at the office increases your likelihood of brushing at work by 65 percent. Here are some other tips to help make brushing at work a regular habit:

Post a sticky note on your desk or computer as a reminder to brush your teeth after lunch.

- Brush your teeth right after lunch, before you become absorbed in work or meetings for the remainder of the afternoon.

- Always store your toothbrush in some type of travel container, making sure to dry the toothbrush after each use.

- Replace your workplace toothbrush more often than your toothbrush at home to avoid bacteria buildup.

Wellness Recipe - No Guilt Asparagus Guacamole

Ingredients:

10½ oz fresh, trimmed or frozen, cut asparagus
¼ tsp garlic powder
2 tsp lime juice (lemon juice may be substituted)
2 Tbsp canned green chili peppers, drained, chopped
1 Tbsp onion, chopped
2 tsp tomato paste
1/8 tsp salt
¼ tsp ground cumin
1/8 tsp white pepper

Directions: Cook asparagus. Drain well; pat dry with paper towels and place in blender. Add remaining ingredients. Blend until smooth. Dip will become less thick upon standing and will need to be stirred. Makes 4 servings. Nutritional analysis per serving: Calories 25, Fat 0g, Calories from Fat 0%, Cholesterol 0mg, Fiber 2g, Sodium 142mg. Each serving equals one 5 A Day serving.

October 17, 2008

Smile!

Start caring for a child's gums and teeth at birth. Gently wipe a baby's gums with a soft, wet cloth after each feeding. When baby teeth appear, start cleaning them with a soft, child-sized toothbrush twice a day. In children up to 4 years of age, use a small, pea-sized dab of children's fluoride toothpaste.

Take a child for a first dental visit within six months of the first baby tooth and by no later than the first birthday. This gives the dentist a chance to look for early tooth problems and to talk about how to care for the baby's teeth. It also helps a child feel okay in the dentist's office. Remember to replace a toothbrush every three to four months. Researchers have established that thousands of microbes grow on toothbrush bristles and handles. Children's toothbrushes require special attention and monitoring because:

- Bristle wear occurs quickly because children often brush with uneven strokes
- Children sometimes chew or bite on their toothbrush bristles

October 20, 2008

Smile!

Pure sugar candies, sodas, and "juice" provide zero nutrition and wreak havoc on teeth. Start young - do not give a child sugar-rich foods that stay in the mouth for a long time like gum with sugar in it, suckers (or lollipops) and other hard candy. Stay away from soft, sticky sweets that get stuck in the mouth such as toffee, raisins and rolled-up fruit snacks or fruit leather. A few more tips for saving a child's teeth:

- Cut down on the number of times a day a child eats snacks with starches and sugar.
- If a child eats snacks often throughout the day, acid stays in the mouth and she is more likely to get cavities. Instead of snacking often, it's better if she has a bigger snack at one sitting.
- It is best to eat sweets with a meal rather than as a snack. Eating a meal will make more saliva in a child's mouth. The saliva helps prevent cavities.
- Be sure to brush a child's teeth after giving him or her medicine. Some medicines contain sugar that bacteria in the mouth use to make acids.

Wellness Recipe - Zucchini Lasagna

Ingredients:

1/2 pound cooked lasagna noodles, (in unsalted water)
3/4 cup mozzarella cheese, part-skim, grated
1 1/2 cup cottage cheese, fat free
1/4 cup Parmesan cheese, grated
1 1/2 cup zucchini, raw, sliced
2 1/2 cup tomato sauce, no salt added
2 tsp. basil, dried
2 tsp oregano, dried
1/4 cup onion, chopped
1 clove garlic
1/8 tsp. black pepper

Directions: Preheat oven to 350° F. Lightly spray a 9 x 13 inch baking dish with vegetable oil spray. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp parmesan cheese. Set aside. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions. Makes 6 servings--Serving size: 1 piece. Calories: 276 Total Fat: 5 g Saturated fat: 2 g Cholesterol: 11 mg Sodium: 380 mg

Wellness Recipe - Strawberry Spa Turkey Salad

Ingredients:

6 Tbsp chopped prepared mango chutney
1/4 cup nonfat plain yogurt
1/4 cup nonfat mayonnaise dressing
2 Tbsp lime juice
Salt and pepper to taste
Lettuce leaves
8 slices (1 oz each) cooked, skinless turkey breast
2 pint basket strawberries, stemmed and halved
1 cup red seedless grapes
3/4 cup celery, sliced
1/2 cup red onion, chopped
Mint sprigs, for garnish

Directions: In small bowl whisk chutney, yogurt, mayonnaise and lime juice; season with salt and pepper. Line platter or 4 individual serving plates with lettuce; top with turkey, strawberries, grapes, celery and onion. Drizzle with chutney dressing; garnish with mint sprigs. Serves 4. Nutritional analysis per serving: Calories 261, Fat 4g, Calories from Fat 12%, Cholesterol 44mg, Fiber 5g, Sodium 282mg.

October 21, 2008

Smile!

Children under six should only use a pea-size amount of paste. Toothpaste with fluoride is considered an over-the-counter drug. Parents should supervise their children under six when using it. The messages are confusing when we see a generous amount on toothbrushes in commercials - however, that is simply too much fluoride for children to handle in their system.

The Food and Drug Administration required toothpaste companies to put an additional warning on toothpaste labels telling parents to seek professional advice or contact a poison control center if a child swallowed too much toothpaste. It is important to use a small amount of toothpaste so your child does not swallow too much of it. Swallowing too much fluoride toothpaste can cause spots on your child's teeth and dangerous fluoride toxicity.

Wellness Recipe - Chicken Stew

Save leftovers for lunch the next day. Ingredients:

8 chicken pieces (breasts or legs)
1 cup water
2 small garlic cloves, minced
1 small onion, chopped
1 1/2 teaspoons salt
1/2 teaspoon pepper
3 medium tomatoes, chopped
1 teaspoon parsley, chopped
1/4 cup celery, finely chopped
2 medium potatoes, peeled and chopped
2 small carrots, chopped
2 bay leaves

Directions: Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving. Yield: 8 servings--
Serving size: 1 piece of chicken. Each serving provides: Calories: 206 Total fat: 6 g Saturated fat: 2 g Cholesterol: 75 mg Sodium: 489 mg Calcium: 32 mg Iron: 2 mg

October 22, 2008

Smile!

Floss the teeth you want to keep! Good nutrition is essential for good physical health. Nutrition also plays a key role in the development and maintenance of a healthy mouth, especially the teeth and gums. The food we eat affects our teeth. At the same time, the health or lack of health of our teeth and gums affects what we can eat. Poor nutrition along with poor dental hygiene can cause tooth loss leading to an even worse diet down the road. Puree diets often do not provide adequate fiber and the overall food choices will perpetuate poor dental health. Good dental health begins early in life and must be practiced throughout life. Healthy teeth and gums require a variety of vitamins and minerals, along with plenty of calories for their development and maintenance. The most important nutrients that play a role in protecting your teeth and gums include: Calcium, Vitamin D, Phosphorus, B Vitamins, Vitamin C, Iron/Protein, Magnesium, and Zinc.

Wellness Recipe - Stuffed Eggplant

Ingredients:

1 1/2 cups bread crumbs
2 eggplants
2 tomatoes, diced
1/2 cup green bell pepper, diced
1/2 cup onion, diced
1/3 cup celery, diced
1/8 Tbsp. salt
1/4 Tbsp. black pepper
2 Tbsp. fresh parsley, minced
2 Tbsp. Parmesan cheese
vegetable cooking spray

Directions: Preheat oven to 350°F. Cut eggplants in half lengthwise. Scoop out and save the flesh, leaving the shells 3/8-inch-thick. If necessary, trim a small piece off the bottom of each shell so it won't tip over. Set aside. Coat large skillet with vegetable cooking spray. Chop up reserved eggplant and add to skillet. Add tomato, bell pepper, onion, celery, salt and black pepper. Place skillet over medium heat; cover and cook about 5 minutes, until vegetables are tender. Remove skillet from heat. Stir in bread crumbs and parsley. Spoon mixture into the hollow eggplant shells. Arrange stuffed shells in a shallow baking dish coated with vegetable spray. Sprinkle 1 1/2 tps Parmesan on top of each shell. Bake for 25 minutes, until filling heats through and top is golden brown. 4 servings. Nutritional analysis per serving: Calories 269, Fat 3g, Calories from Fat 10%, Carbohydrates 52g, Protein 9g, Fiber 9g, Cholesterol 1mg, Sodium 419mg. Each serving equals four 5 A Day servings.

October 23, 2008

Smile!

Oral Hygiene Boosting Nutrients:

- Calcium - works to improve the strength of your teeth as well as your bones and overall health.
- Vitamin D - Works to improve the absorption of calcium. And it found that teeth may soften when there is a shortage of vitamin D, becoming more susceptible to decay and periodontal disease.
- B Vitamins - aids in healthy gum tissue with proper growth and turnover by maintaining sufficient blood supply.
- Vitamin C - Aids in wound healing and produces healthy gums. Deficiency in Vitamin C will cause inflammation of the gums. Lastly, Vitamin C is an essential step required in collagen formation (the major protein in gum tissue).

Wellness Recipe - Pumpkin Bisque

Ingredients:

- 1 Tbsp. canola oil
- 1 Granny Smith apple, peeled, cored, seeded and coarsely chopped
- 1 leek, white part only, finely chopped
- 4 cups non-fat, reduced-sodium chicken or vegetable broth
- 1 yam or sweet potato, peeled, halved lengthwise and cut in 1/2-inch slices
- 1 can (16 oz.) puréed pumpkin
- 1/4 tsp. dried thyme leaves
- Salt and freshly ground pepper, to taste
- 4 tsp. finely minced chives, for garnish

Instructions: In a large, heavy saucepan, heat oil over medium-high heat. Sauté the leek and apple until the leek softens, about 4 minutes. Add the broth, yam, pumpkin and thyme. Bring the soup to a boil over high heat, then reduce the heat and simmer until the yam and apple are soft when pierced with a knife, about 20 to 25 minutes. Transfer soup to a blender or food processor and purée. Divide among 6 bowls. Garnish, if desired, with the chives and serve. Nutritional Information: Makes 6 cups or 6 servings. Per serving: 82 calories, 3 g. total fat (<1 g. saturated fat), 14 g. carbohydrate, 2 g. protein, 4 g. dietary fiber, 392 mg. sodium

October 24, 2008

Smile!

More Oral Hygiene Boosting Nutrients:

- Iron - provides the gums with healthy blood by ensuring plenty of oxygen. Works with Vitamin C; together the absorption of iron increases.
- Protein - important for wound healing and overall health. Collagen is the major protein in periodontal tissues. Sufficient protein ensures strength of the gums.
- Magnesium/Zinc - works slightly in the same way as calcium to improve strength and density of teeth and bones.
- Phosphorus - the metabolism of calcium, Vitamin D, and phosphorus is interrelated. A deficiency in any of these nutrients will result in decreased absorption of the others. Ultimately leading towards poor teeth/bone strength and density.

Wellness Recipe - Vegetable Omelet Pie

(makes 6 servings)

- 1 small eggplant, 6 ounces (180 g) stem removed and cut into 1/2-inch (1.25 cm) dice
- olive oil cooking spray
- 1/4 teaspoon (1.25 ml) salt (optional)
- 2 teaspoons (10 ml) olive oil
- 1 small onion, thinly sliced
- 1 clove garlic, minced
- 1 large plum tomato, 6 ounces (180 g) seeded and chopped
- 2 to 3 fresh shiitake mushrooms, thinly sliced
- 2 small red potatoes, 4 ounces (120 g) cooked in their jackets and cut into 1/2-inch (1.25 cm) dice
- 5 large eggs or 1 1/4 cups (300 ml) liquid egg substitute
- 5 large egg whites
- 1/4 to 1/2 teaspoon (1.25 to 2.5 ml) freshly ground pepper
- 2 tablespoons (30 ml) finely minced fresh herbs such as basil, flat-leaf parsley, chives, chervil, or thyme
- 1/4 cup (30 g) shredded reduced-fat Swiss cheese
- 2 scallions, white part and 1 inch (2.5 cm) green, thinly sliced

Preheat broiler. Place the eggplant in a single layer in a small baking pan. Lightly coat eggplant with cooking spray and sprinkle with salt. Broil, stirring once or twice, until just tender, about 5 minutes. Reset oven to 425°F (220 °C), Gas Mark 7. Heat olive oil in a large, ovenproof nonstick skillet over medium heat. Add onion, garlic, half of the tomato, and the mushrooms. Cook, stirring, until onions are cooked, about 5 minutes and liquid has evaporated. Add potatoes and continue to cook for 1 minute. Transfer vegetables to a bowl and stir in eggplant. Using a paper towel, wipe out skillet. Lightly coat the skillet with cooking spray. In a large bowl, whisk together the egg, egg whites, and pepper. Whisk in herbs and cheese. Add the reserved vegetables to the egg mixture, stirring to evenly mix. Return the skillet to the stove over low heat. Pour in the egg-vegetable mixture, stirring gently to evenly distribute the vegetables. Cook 6 to 8 minutes, until the underside is light golden and the top is starting to firm. Transfer skillet to the oven and bake until the top is puffed and golden brown, about 10 minutes. Remove from the oven and invert onto a large serving platter. If desired, cover and chill for 30 minutes to 1 hour before serving at room temperature or cold. Garnish with remaining chopped tomatoes and scallions. To serve, cut into 6 wedges. Per serving: 136 calories (40% calories from fat), 11 g protein, 6 g total fat (1.7 g saturated fat), 10 g carbohydrate, 2 g dietary fiber, 179 mg cholesterol, 118 mg sodium Diabetic exchanges: 1 medium fat protein (meat), 2 vegetable Garnish, if desired, with the chives and serve. Nutritional Information: Makes 6 cups or 6 servings. Per serving: 82 calories, 3 g. total fat (<1 g. saturated fat), 14 g. carbohydrate, 2 g. protein, 4 g. dietary fiber, 392 mg. sodium

October 27, 2008

Smile!

When you bite down, you feel a sharp pain. It quickly disappears, and perhaps you ignore it. You avoid certain foods or chew only on one side of your mouth. Does this sound familiar? If so, you may have a cracked tooth.

What causes a tooth to crack?

- chewing on hard objects or foods such as ice, nuts or hard candy
- an accident, such as a blow to the mouth
- grinding and clenching your teeth
- uneven chewing pressure
- stress on tooth
- loss of significant portion of tooth structure through wear, large fillings or other restorations
- exposure of tooth enamel to temperature extremes, such as eating hot food and then drinking ice water
- brittleness of teeth that have undergone endodontic (root canal) treatment.

Wellness Recipe - Tortilla Pizzas

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.0

Ingredients:

12 small corn or flour tortillas

Vegetable Oil or Margarine

1 (16oz) can refried beans

1/4 cup chopped onion

2 ounces fresh or canned green chili peppers, diced

6 Tbsp red taco sauce

3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and bell peppers

1/2 cup (2oz) shredded part-skim mozzarella cheese

1/2 cup chopped cilantro (optional)

Directions: Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside. Heat refried beans, chopped onion, and half of the diced chili peppers together in a medium saucepan, stirring occasionally. Remove from heat. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon of taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon of diced chili peppers, and 1 tablespoon of shredded cheese for each pizza. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately. Nutrition Facts Tortilla Pizzas Serving Size 1 pizza Amount Per Serving Calories 270 Calories from Fat 60 % Daily Value (DV)* Total Fat 7g 11% Saturated Fat 2g 8% Cholesterol 5mg 2% Sodium 370mg 15% Total Carbohydrate 42g 14% Dietary Fiber 7g 28% Sugars 2g Protein 9g Vitamin A 30% Vitamin C 30% Calcium 15% Iron 15% * Percent Daily Values are based on a 2,000 calorie diet.

October 28, 2008

Smile!

Accidents do happen, and knowing what to do when one occurs can mean the difference between saving and losing a tooth. Most dentists reserve time in their daily schedules for emergency patients. Call your dentist and provide as much detail as possible about your condition. Remember, pain is a signal that something is wrong—a problem that will not disappear even if the pain subsides.

Bitten Lip or Tongue

Clean the area gently with a cloth and apply cold compresses to reduce any swelling. If the bleeding doesn't stop, go to a hospital emergency room immediately.

Broken Tooth

Rinse your mouth with warm water to clean the area. Use cold compresses on the area to keep any swelling down. Call your dentist immediately.

Wellness Recipe - Swiss Muesli

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.0

Ingredients: 1-1/2 cups rolled oats

1-1/2 cups water

2 cups shredded, unpeeled apples

1-1/2 cups (approx 9 oz) pitted prunes, whole or halved

2 Tbsp honey

2 Tbsp lemon juice

1/2 tsp cinnamon

3 bananas, sliced

3 oranges, segmented

1 cup chopped almonds

Directions: Combine oats, water, shredded apples, prunes, honey, lemon juice and cinnamon. Cover and refrigerate overnight. In the morning, spoon some of the muesli into a cereal bowl. Top with your choice of fresh fruits and nuts. Serve with a dollop of plain yogurt or milk, if desired. Muesli can be stored in covered container in refrigerator for several days. Nutrition Facts Swiss Muesli Serving Size 1/6 recipe Amount Per Serving Calories 410 Calories from Fat 90 % Daily Value (DV)* Total Fat 10g 15% Saturated Fat 1g 3% Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 78g 26% Dietary Fiber 11g 44% Sugars 40g Protein 9g Vitamin A 10% Vitamin C 90% Calcium 10% Iron 15% * Percent Daily Values are based on a 2,000 calorie diet.

October 29, 2008

Smile!

More tips for dealing with dental emergencies.

Jaw-Possibly Broken

Apply cold compresses to control swelling. Go to your dentist or a hospital emergency department immediately.

Knocked Out Tooth

Hold the tooth by the crown and rinse off the root of the tooth in water if it's dirty. Do not scrub it or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket. If that isn't possible, put the tooth in a cup of milk and get to the dentist as quickly as possible. Remember to take the tooth with you!

Wellness Recipe - Hawaiian Ambrosia

Recipe Summary:

Preparation Time: 1 hour, 10 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 0.5

Ingredients:

1 can (20 oz) pineapple chunks

1 can (17 oz) fruit cocktail

1 can (11 oz) mandarin oranges

1 cup plain nonfat yogurt or sour cream

1 cup miniature marshmallows

1/2 cup shredded coconut

1/2 cup raisins

1/4 cup pecans

Directions: Drain canned fruit well. Add coconut, yogurt or sour cream, marshmallows, raisins, and nuts. Mix well and refrigerate for one hour. Nutrition Facts Hawaiian Ambrosia Serving Size 1/8 recipe Amount Per Serving Calories 200 Calories from Fat 40 % Daily Value (DV)* Total Fat 5g 7% Saturated Fat 2g 10% Cholesterol 0mg 0% Sodium 45mg 2% Total Carbohydrate 40g 13% Dietary Fiber 3g 12% Sugars 33g Protein 3g Vitamin A 15% Vitamin C 40% Calcium 6% Iron 4% * Percent Daily Values are based on a 2,000 calorie diet.

October 30, 2008

Smile!

More tips for dealing with dental emergencies.

Objects Caught Between Teeth

Try to gently remove the object with dental floss; avoid cutting the gums. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object using dental floss, contact your dentist.

Toothache

Rinse your mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to ensure that there is no food or other debris caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth because it may burn the gum tissue. If the pain persists, contact your dentist.

Wellness Recipe - Citrus Salad with Avocado

Ingredients:

3 medium corn tortillas

4 medium oranges

4 medium grapefruits

2 Tbsp honey

2 Tbsp raspberry vinegar

1 avocado, peeled and sliced

6 springs fresh mint for garnish (optional)

Directions: Slice corn tortillas into thin strips. Dry the strips by placing on a cookie sheet and baking in preheated 225°F oven for approximately 15 minutes. Set aside. Grate the oranges to obtain approximately 2 teaspoons of orange rind for each serving. Set aside. Peel oranges and grapefruit, section, and seed. Set sections aside. Mix honey, raspberry vinegar, orange, and grapefruit sections. Add orange rinds and tortilla strips. Toss all ingredients gently. Top with avocado slices and a sprig of fresh mint for garnish. Nutrition Facts Citrus Salad with Avocado Serving Size 1/6 recipe Amount Per Serving Calories 200 Calories from Fat 50 % Daily Value (DV)* Total Fat 6g 9% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 10mg 0% Total Carbohydrate 38g 13% Dietary Fiber 7g 28% Sugars 26g Protein 3g Vitamin A 35% Vitamin C 180% Calcium 8% Iron 4% * Percent Daily Values are based on a 2,000 calorie diet.

October 31, 2008

Smile!

The Healthier WY Team encourages you to remain committed to the improvements you have made during this month for the rest of your life. A clean tooth will not decay.

Wellness Recipe - Watermelon Bits

Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.0

Ingredients:

1 cup fresh lime juice

1/2 tsp salt

1/4 tsp hot-pepper sauce

6 cups watermelon, seeded

Directions: In a small bowl suitable for dipping, stir together lime juice, salt, and hot pepper sauce; adjust seasoning to taste. Place bowl in center of large platter, arrange watermelon around bowl, and serve with wooden picks. Nutrition Facts Watermelon Bits Serving Size 1/6 of recipe Amount Per Serving Calories 60 Calories from Fat 0 % Daily Value (DV)* Total Fat 0g 0% Saturated Fat 0g 0% Cholesterol 0mg 0% Sodium 200mg 8% Total Carbohydrate 15g 5% Dietary Fiber 1g 4% Sugars 10g Protein 1g Vitamin A 20% Vitamin C 40% Calcium 2% Iron 2% * Percent Daily Values are based on a 2,000 calorie diet. Diabetic Exchange** Fruit: 1 Vegetables: 0 Meat: 0 Milk: 0 Fat: 0 Carbs: 0 Other: 0 ** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.
