

Health and wellness tips for your work and life, presented by:



Your solution for a healthier workforce.



Oral Health and Overall Wellness

Did you know that poor oral health can lead to many seemingly unrelated medical conditions? In fact, oral bacteria and oral disease have been linked to a variety of serious illnesses, including heart disease, diabetes, stroke and pregnancy complications.

Given the potential link between periodontitis and systemic health problems, preventing periodontitis is an important step in maintaining your overall health. In most cases, periodontitis can be prevented by practicing good daily oral hygiene, including brushing, flossing and regularly seeing a dentist for cleanings. Tell your dentist about changes in your oral health, including any recent illnesses or chronic conditions.



5 Healthy Snacks to Satisfy Your Workday Hunger

Snacking can be an important part of a healthy diet. Healthy snacks can provide midday energy boosts and fuel for exercising, and can help decrease your hunger and the odds of overeating at mealtime. Try incorporating these five simple snacks into your meal plan.

1. **Almonds**—1.5 ounces of almonds (about 35 nuts) provides enough fiber, protein and good fats to keep you feeling full until your next meal.
2. **Greek yogurt parfait**—1 cup of Greek yogurt with berries is a great way to get protein, calcium, fiber and antioxidants.
3. **Blueberries and mini Babybel cheese**—1 cup of fresh blueberries has only 80 calories. When paired with two mini Babybel cheeses, you get a high dose of fiber, antioxidants, protein and calcium.
4. **Apple and ½ cup roasted chickpeas**—Apples are fat-, sodium- and cholesterol-free. What's more? One medium-sized apple has less than 100 calories. When paired with ½ cup roasted chickpeas, you get a snack that provides protein, and good fats and carbs.
5. **Veggies with hummus**—Snacking on raw, fiber-rich vegetables during the day can help keep you full between meals. For extra protein, eat your veggies with hummus. Be sure to check the serving size on your hummus container to keep your portion size in check.

Applesauce Cookies

1 cup sugar
½ cup butter
1 large egg
2 tsp. baking soda
2 ½ cups flour
½ tsp. salt
1 tsp. cinnamon
1 ½ cups unsweetened applesauce
1 cup raisins

PREPARATIONS

1. Heat oven to 350 F. Spray cookie sheet with nonstick cooking spray.
2. Cream together sugar, butter and egg.
3. In a separate bowl, combine baking soda, flour, salt and cinnamon. Mix well.
4. Stir dry mixture into wet mixture just until moist.
5. Add applesauce and raisins.
6. Drop dough by heaping teaspoon several inches apart on a prepared baking sheet. Bake for 10 to 12 minutes.

Nutritional Information (per serving)

Total Calories	282
Total Fat	8 g
Protein	4 g
Carbohydrates	50 g
Dietary Fiber	2 g
Saturated Fat	2 g
Sodium	377 mg
Total Sugars	16 g

Source: USDA



Save Lives: Don't Be a Distracted Driver

According to the Centers for Disease Control and Prevention, nine people are killed and over 1,000 others are injured every day in accidents that involve a distracted driver in the United States. The National Safety Council observes April as Distracted Driving Awareness Month to draw attention to this epidemic.

Distracted driving is driving while doing another activity that takes your attention away from the road, and can greatly increase the chance of a motor vehicle crash. While there is little you can do to control other people's driving, there is plenty you can do to reduce your own distractions.

There are three main types of distractions:

1. Visual: taking your eyes off the road
2. Manual: taking your hands off the wheel
3. Cognitive: taking your mind off of driving

By practicing safe driving techniques, you can significantly reduce your chances of being involved in an auto accident. In addition to avoiding distractions, it's important to be aware of other drivers around you and make adjustments to your driving accordingly.

Don't Be Distracted. Just Drive.

Get to your destination safely by not doing the following:

