

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



Your solution for a healthier workforce.



## Curb Your Caffeine Consumption

Ninety percent of Americans consume some form of caffeine regularly. Caffeine has many effects on the body's metabolism, including stimulation of the central nervous system. For most people, the amount of caffeine in two to four cups of coffee a day (200 to 400 mg) is not harmful.

However, too much caffeine can make one feel restless, anxious and irritable. It may also cause headaches and abnormal heart rhythms. If any of these situations apply, you should cut back:

- You consume unhealthy amounts, more than 500 to 600 mg a day.
- You have caffeine sensitivity. People with smaller body masses, those who do not usually consume caffeine and those who are overly stressed will feel the effects of caffeine consumption sooner.
- You are not sleeping well. Caffeine interferes with the ability to get a good night's sleep

## A Beginner's Guide to Mindfulness

It's no secret that the holidays bring joy, but they can also bring stress. We all know that prolonged and chronic stress can wreak havoc on your overall health and wellness, so it's important to find healthy ways to manage it. One effective way to do so is to practice mindfulness.

### The Basics

Mindfulness is the process of bringing your full attention to experiences in the present moment. Being mindful means being aware of where you are and what you're doing, as well as not being reactive or overwhelmed with what's going on around you. Many people achieve mindfulness through meditation and yoga.

### Getting Started

Mastering meditation takes practice, but getting started can be easy and not time-consuming. Try the following two quick mindful meditation techniques next time you're feeling stressed.

1. **One-minute relaxation breathing**—Close your eyes and take a deep breath in for a count of four, and then exhale for a count of eight. Repeat five times.
2. **Five-minute body scan meditation**—Sit or lay down in a comfortable position and take a few moments to find a calm, steady breath. Bring your awareness to sensations in your body, where you will spend several slow breaths on each focal point beginning with the left toes and all the way through the left hip. Repeat on the right side. From there, follow the same process through your torso, arms and up through your head.



## Super Stuffed Squash

2 acorn squash  
2 ½ cups water  
1 cup brown rice  
1 pound ground pork  
1 medium onion (chopped)  
3 garlic cloves (minced)  
1 medium sweet apple (peeled, diced)  
1 tsp. smoked paprika  
4 tsp. olive oil  
Fresh parsley (chopped)

### PREPARATIONS

1. Heat oven to 350 F. On a large baking sheet, place the squash in the oven for 30 minutes. Remove from oven, cut in half, and remove/discard seeds. Cook for another 20 minutes or until soft.
2. In a large stockpot, bring water and rice to a boil. Cover, reduce heat to low, and simmer until the rice is tender and liquid has been absorbed.
3. In a large nonstick skillet, warm 3 tsp. olive oil over medium heat and add the pork. Once the meat is browned, add onions, garlic, apples, smoked paprika, cayenne, salt and pepper. Cook until onion is soft. Add the brown rice.
4. When squash is done, turn cut-side up in the baking dish. Add a teaspoon of olive oil to the center of each squash half. Divide the meat and rice mixture amongst the four squashes. Return to the oven for 10 minutes. Garnish with fresh parsley.

Makes: 4 servings

### Nutritional Information (per serving)

Total Calories	631
Total Fat	30 g
Protein	26 g
Carbohydrates	66 g
Dietary Fiber	8 g
Saturated Fat	10 g
Sodium	125 mg
Total Sugars	5 g

Source: USDA



## Makeover Your Holiday Recipes by Substituting Fats

Butter, oils and other fats can add flavor to your favorite recipes, but they can also add many calories. They act as a barrier so flour does not absorb as much water to give your dishes a moist, tender feel. There are many ways to reduce the fat without sacrificing taste; the trick is to replace fats with foods that add creaminess without cholesterol.

### Will substituting the fats change how my food tastes?

Substituting fat in your favorite recipes may not give them the same texture, but it will be close. In addition to lower fat content, many of the substitute ingredients will add more fiber, vitamins, minerals and protein to your recipes.

### How can I get started substituting?

To experiment, start by substituting one-third of the fat from the recipe and then increase or decrease to your desired likeness. For baking, use ⅓ cup applesauce or fruit juice and ⅓ cup butter instead of 1 full cup of butter. Instead of 1 cup of heavy cream, use 2 tsp. cornstarch whisked into 1 cup of fat-free milk.

Now that you have the basics, it's time for you to try it out. With the holidays right around the corner, now's the perfect time to makeover your beloved (and maybe not the healthiest) recipes.

## Healthy Baking Substitutes



**½ cup applesauce plus ½ cup fat** for 1 cup oil or butter



**1 cup pureed avocado** for 1 cup butter



**¾ cup prunes plus ¼ cup boiling water (blended)** for 1 cup butter



**3 Tbsp. flax meal plus 1 Tbsp. water** for 1 Tbsp. butter