



Saturday, June 30, 2018

FIREWORKS FACTS

More than 3,000 children under the age of 15 are sent to the emergency room each year in the U.S. because of fireworks. Sparklers, which are typically viewed by parents as relatively harmless fireworks for children, account for one-third of the injuries to children under five. If you plan to use fireworks, here are a few tips from Safe Kids Worldwide:

- Closely supervise children around fireworks at all times.
- Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. Let your young children use glow sticks instead. They can be just as fun but they don't burn at a temperature hot enough to melt glass.
- Always have a bucket of water and/or a fire extinguisher nearby.
- Know how to operate the fire extinguisher properly.

HOLIDAY FUN FACT

On July 4th, Americans will enjoy 150 million hot dogs, enough to stretch from D.C. to L.A. five times. A regular hot dog has 250 calories and 15 g fat. Chili adds on another 40 calories and cheese adds on another 50 calories.

FITNESS FACT

Last week, a report from the Centers for Disease Control and Prevention found that only 23% of Americans are meeting the federal standards set in 2008 for time spent exercising. Nationally, 18.7% of women and 27.2% of men hit the target goal. By state, Mississippi held the lowest percentage at 13.5%, while the top state was Colorado at 32.5%. National guidelines advise adults aged 18 to 64 to participate in some type of muscle strengthening activity at least twice a week, paired with moderate aerobic exercise for 150 minutes per week or 75 minutes per week if vigorously working out.

HEALTHY PROTEIN PICKS

According to a 16-year study of more than a half-million adults, consuming beef, lamb, and pork substantially and importantly up your odds of dying from eight conditions: cancer, heart disease, respiratory diseases, diabetes, stroke, kidney disease, and liver disease. Both processed meats, such as bacon, and unprocessed meat, such as steak or ground meat, were associated with increased health risks in the study. White meat, such as chicken and turkey, was linked to health benefits. Consider varying your protein sources and be sure to include plenty of plant proteins like lentils, beans, and nuts as well as fish such as salmon, which also contain beneficial omega-3 fatty acids.

SWEET TOOTH

The average American consumes 103 pounds of sugar annually. The list below shows the breakdown by percentage:

- Soft drinks 33%
- Sugars and candy 16%
- Cakes, cookies, and pie 13%
- Fruit drinks with added sugar 10%
- Dairy products (e.g., ice cream, sweetened yogurt) 9%
- Sweet rolls and pastry 6%

HEALTHY RECIPE

Potato Salad (Makes 4 servings)

- 1 lb. red potatoes (about 4), cut into chunks
- 1/4 cup light zesty Italian dressing
- 1/3 cup Miracle Whip light dressing
- 1-1/2 tsp. Dijon mustard
- 1 hard cooked egg, chopped
- 4 green onions, sliced

Cook potatoes in saucepan of boiling water for 15 min. or just until tender; drain. Rinse potatoes with cold water until cooled; drain again. Mix dressings and mustard in large bowl. Add potatoes, eggs and onions; mix lightly. Refrigerate 30 min. *Per serving: 150 calories, 4.5 g fat and 2 g fiber.*

WOW Wellness is an employee publication of Community Health Club.

SACMC is owned in part by physicians.