



A grain of truth about fiber

Here's a quick quiz: If the wrapper on the bread you've just chosen contains the healthy-sounding phrase "12 grain," does that mean you've made the best choice in terms of dietary fiber? Not necessarily. Brown breads are not all alike.

Breads labeled "whole wheat" must be made only from whole-wheat flour. Such breads rank comparatively high in fiber content because their wheat bran and wheat germ have not been removed. Wheat germ is the small, inner part of the wheat kernel that is a concentrated source of nutrients. The distinction is important.

When wheat is ground into flour, the bran and germ can be removed, and that decreases the amount of fiber in wheat products, therefore; look for the term 'whole wheat' on the food label ingredient list, not just the word 'wheat,' if you're watching your fiber intake. Some breads labeled simply 12, 9, or 7 grain, for example, could have just one-third the fiber of similarly labeled whole-wheat breads. Also, "enriched wheat flour" means that certain nutrients were added back into the flour during or after processing, but that doesn't mean that fiber was added back in.

When reaching for fiber-filled products at the market, look at the Nutrition Facts panel on the package. Foods that have at least 2.5 grams of fiber per serving are considered to be good sources of fiber and can make this claim on the wrapper. Experts recommend three servings of whole grains a day.

To fit more fiber into your day:

- Top a whole-grain cereal with raisins, bananas, or berries.
- Replace white rice with brown rice.
- Add beans to soups, stews, and salads.
- Keep fresh and dried fruit on hand for snacks.
- Eat vegetables raw or cook them until they are al dente.
- Eat the skin and membranes of fruits and vegetables.

Remember that apple-a-day adage

An apple a day may indeed help keep the doctor away! Cornell University researchers have found that apples may be one of the most powerful cancer-fighting foods because they contain a combination of chemicals called phenolics and flavonoids.

Researchers fed rats a substance known to cause breast cancer and apple extracts. When rats were fed the equivalent of one apple per day, their cancer rates were reduced by 17%. When the rodents were fed the equivalent of three apples per day, their cancer rates were reduced by 39%. And then they were fed the equivalent of six apples per day, their cancer rates fell by 44%. And the number of tumors was cut by up to 61% in the Cornell study.

So maybe those "old wives" knew what they were talking about!

Editor

CCC Wellness Committee
For questions or suggestions
please send an email to
bmannell@cccglobal.com

Tornado safety: Let's get ready to rumble!

In an average year, about 1,000 tornadoes are reported across the United States, resulting in 80 deaths and over 1,500 injuries. The most violent tornadoes are capable of tremendous destruction with wind speeds of 250 mph or more. Damage paths can be in excess of one mile wide and 50 miles long.

Tornadoes come in all shapes and sizes and can occur anywhere in the U.S. at any time of the year, which means you need to know what to do during a tornado wherever you are.

If at home go at once to a windowless, interior room; storm cellar; basement; or lowest level of the building. If in a mobile home, get out and find shelter elsewhere. If there is no basement, go to an inner hallway or a smaller inner room without windows, such as a bathroom or closet. Get away from windows and under a piece of sturdy furniture such as a workbench or heavy table or desk and hold on to it. And use your arms to protect your head and neck.

If at work or school go to the area designated in the tornado plan. Avoid places with wide-span roofs such as auditoriums, cafeterias, or large hallways. Get under a piece of sturdy furniture such as a workbench or heavy table or desk and hold on to it and use your arms to protect your head and neck.

If outdoors get inside a building, if possible. If shelter is not available or there is no time to get indoors, lie in a ditch or low-lying area or crouch near a strong building. Use your arms to protect your head and neck.

If in a car don't try to out-drive a tornado. Get out of the car immediately and take shelter in a nearby building. If there is no time to get indoors, get out of the car and lie in a ditch or low-lying area away from the vehicle. Be aware of the potential for flooding.

Ten Good Reasons to Drink More Water

Water seems to taste best when you are extremely thirsty, but here are ten reasons why you should drink more water, even if you're not thirsty:

1. It prevents bad breath. Why? It washes away odor-causing particles and bacteria, and helps keep saliva flowing.
2. It prevents or reduces heartburn symptoms.
3. It prevents urinary tract infections by diluting urine and lowers the bacterial count. It may also reduce the risk of bladder cancer.
4. It prevents constipation. How? It flushes out toxins and decreases your risk of colon cancer.
5. It prevents headaches. Dehydration is the cause of many headaches.
6. It aids digestion.
7. It could reduce the chance of a heart attack, some studies show.
8. It boosts your immune system and helps fight off colds.
9. It wards off daytime fatigue.
10. It prevents back and joint pain.



Sports Trivia

What sport first gave rise to the phrase "hat trick"?

- a) Billiards
- b) Hockey
- c) Bandy
- d) Cricket

Answer: D. "Hat trick" was first used by cricket players in the late 1800s. A cricket bowler (like a baseball pitcher) who took three "wickets" or three consecutive bowlers was allegedly entitled to receive a hat from his club commemorating this impressive feat.