



These monosaturated fats lower total and bad cholesterol:

Olive oil, canola oil, sunflower oil, peanut oil, sesame oil, avocados, olives, nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews), and peanut butter.

These polyunsaturated fats lower triglycerides and fight inflammation:

Soybean oil, corn oil, safflower oil, walnuts, sunflower, sesame, and pumpkin seeds, flaxseed, fatty fish (salmon, tuna, mackerel, herring, trout, sardines), soymilk, and tofu.



The largest sources of saturated fat in the diet are:

Pizza, cheese, whole fat milk, butter, sausage, bacon, beef, cookies, desserts, and fast food.

National Nutrition Month

Food provides the energy and nutrients your body needs to be healthy. Healthy eating is not hard! The key is to eat a variety of foods including vegetables, fruits and whole-grain products. Eat lean meats, poultry, fish, beans and low-fat dairy. Always drink plenty of water and limit the amount of salt, sugar, saturated and trans fats. Just making small changes in your food choices can add up over time.

- Fats: *It's the type of fat that really matters in your diet.*** Unsaturated fats, which are liquid at room temperature, are considered beneficial fats. They can improve cholesterol levels which can lowering your risk of heart disease and stroke. Most people do not eat enough healthful unsaturated fats. Replace saturated fat with monounsaturated and polyunsaturated fats can be good for your health. Trans fats, partially hydrogenated oils, raise bad LDL cholesterol, and lower good HDL cholesterol, create inflammation in your body leading to heart disease, stroke, diabetes and other chronic conditions. The good news is in June of 2015 the FDA decided to ban artificial trans-fat in food. Food manufacturers have 3 years to remove partially hydrogenated oils.
- Protein: *It's used in every cell in your body.*** Protein is required for cell structure, function, and regulation of your body's tissues and organs. Protein is built from amino acids. Our body makes some but essential amino acids must come from food. Animal sources of protein tend to deliver all the amino acids we need. Other sources include fruits, vegetables, grains, nuts and seeds. Lack of protein can cause low energy levels, weakness, fatigue, poor concentration, moodiness, muscle wasting, weakening of the heart and respiratory system. Eating **healthy protein** like fish, chicken, beans, or nuts instead of red meat can lower the risk of cardiovascular disease, diabetes, and premature death. The recommended daily allowance of protein is 46 grams a day for women and 56 grams a day for men.
- Carbohydrates: *What's most important it the type of carbohydrate you choose.*** Carbohydrates provide your body with glucose that is converted to energy needed to support body functions and physical activity. The most common forms are sugars, fibers, and starches. The amount of carbohydrate in your diet is less important than the type. Quality carbohydrates are unprocessed or minimally processed whole grains, vegetables, fruits and beans. These foods promote good health by giving your body the vitamins, minerals, and fiber it needs. Unhealthy carbohydrates include white bread, pastries, sodas, and other highly processed or refined foods.



Over 60% of all colon cancer deaths could be prevented with preventive screening. It is one of the most treatable forms of cancer when found early.

If you're 50 or older or at high risk, getting a screening test could save your life. Colon cancer usually starts from a polyp, an abnormal growth. Over time some polyps turn into cancer. Screening tests can find polyps early and they can be removed before developing into cancer. 30,000 lives could be saved each year by screening tests.

3 basic screenings:

- *Colonoscopy, every 10 years**
- *Sigmoidoscopy, every 5 years**
- *Fecal occult blood test, every year**

If you have a family history of colon cancer or at high risk for colon cancer, screening is recommended at an earlier age.

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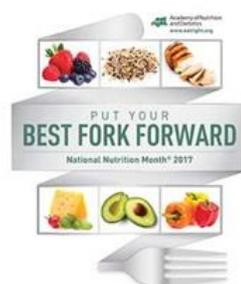
- **Fiber: *Essential for a healthy diet.*** Fiber is a type of carbohydrate that your body can't digest. Most carbohydrates are broken down into sugars but fiber passes through your body undigested. You need *20 to 30 grams of fiber a day* for good health. Fiber is divided into two varieties, soluble and insoluble.

Soluble Fiber: Soluble fiber dissolves in water and turns into a gel during the digestive process preventing cholesterol, fat, and sugars from being absorbed by the body. Foods with soluble fiber include oatmeal, nuts, dried beans, lentils, oranges, apples, and blueberries.

Insoluble Fiber: Insoluble fiber does not dissolve in water and speeds the passage of food through the stomach and intestines promoting regularity and helping prevent constipation. Foods with insoluble fiber include wheat bran, whole grains, dark green leafy vegetables, green beans, carrots, cucumbers, and tomatoes.

Fiber appears to reduce the risk of heart disease, diabetes, breast cancer, diverticular disease, and constipation.

To receive the greatest health benefit, eat a variety of high fiber foods daily.



Stuffed Quinoa Peppers

2 bell peppers cut in half 1 C uncooked quinoa 1 T olive oil 1 tsp salt
 1 C chopped zucchini 6 Roma tomatoes chopped ½ C chopped onion
 1 stalk celery chopped 2 T chopped walnuts 3 garlic cloves chopped
 2 tsp chopped fresh thyme ½ tsp pepper ½ tsp Parmesan cheese

Heat oven to 350. Cook quinoa according to package direction, set aside. Heat a large skillet to medium-high heat. Add oil, zucchini, tomatoes, onion, celery, walnuts, garlic, and thyme. Reduce heat to medium after 2 minutes. Once vegetables are tender, add cooked quinoa, salt, pepper and cheese. Place the pepper halves on a baking sheet. Place ½ cup of the quinoa mixture into each pepper. Cover with foil and bake for 15 to 20 minutes. Uncover and bake for an additional 5 minutes.

Nutritional Analysis per Serving		Servings size: 1 pepper half	
Calories	313	Cholesterol	9mg
Protein	13g	Sodium	674mg
Carbohydrates	38g	Fiber	7g
Total fat	13g	Sugar	10g
Saturated fat	3g		