

The Beet



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WHOLE FOOD OF THE MONTH: EGGS

Eggs are a very good source of inexpensive, high quality protein. More than half the protein of an egg is found in the egg white along with vitamin B2 and lower amounts of fat than the yolk. The confusion over eggs stems from their cholesterol content. One large egg contains 213 mg of cholesterol, accounting for two-thirds of the recommended daily limit. Eggs are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper.



PER 1 EGG:

7g protein - about 15% of the daily recmd. intake
 5g fat 1.6g sat fat 75 calories

CURRENT EVENTS TO DO WITH FAMILY FRIENDS

- [Never Grow Up Family Festival](#)
- [Kids and family yoga at Desert Ridge](#)
- [Free Family Sunday at Phoenix Art Museum](#)
- [Summer Splash at Tempe Marketplace](#)
- [Free Friday at Phoenix Childrens Museum](#)
- [Lake Pleasant hike and splash](#)
- [Free Foam Frenzy](#)
- [Phoenix Sunrise Marathon](#)
- [Great Skate .50 cent Friday](#)

5 HEALTHY RECIPES USING EGG

- [Spinach and Goat Cheese Frittata](#)
- [Quinoa Breakfast Bowl](#)
- [Brown Rice Pasta, Asparagus, and Eggs](#)
- [Chef John's Shakshuka](#)
- [Egg White Bites](#)



PAPER OR PLASTIC...EGG CARTONS?

It's an excellent question. We've all come to see plastic as bad. It's derived from a non-renewable source (oil), it doesn't decompose for a very long time, and these days, a lot of it is winding up in the ocean. So it's understandable that it has a bad reputation. On the other hand, the molded pulp cartons and the polystyrene foam cartons are not environmental home runs either, for many of the same reasons. So what's a well-meaning person to do?

THE TYPES OF EGG CONTAINERS AND THEIR ENVIRONMENTAL IMPACT

Here they are: RPET (clear recycled PET), virgin PET, Recycled Molded Pulp (RMP) (cardboard) and Polystyrene (styrofoam). Ranked on several measures including Human Health, Ecosystem Quality, and Resource Depletion, the clear RPET egg packaging beat out the recycled molded pulp and of course the styro. We wouldn't have thought the clear plastic option was the better choice over the cardboard! Data source: *Comparative Environmental Life Cycle Assessment of Egg Cartons for use in 2012*, by research firm Quantis.

NOT ALL EGGS ARE CREATED EQUAL:

Although it is true that eggs are one of the most nutrient-dense foods containing 13 essential nutrients, it is important to note that not all eggs are created equal. Pasture-raised, organic eggs have a higher concentration of the beneficial anti-inflammatory omega-3 fatty acids and a lower concentration of the inflammatory omega-6 fatty acids. When shopping, avoid eggs labeled "cage-free" or "free-range" and buy organic, pasture-raised eggs instead. To find quality-sourced eggs, check out your local farmers market or visit www.goodfoodfinderaz.com.

AUGUST WORKOUT OF THE MONTH: CARDIO FULL BODY WORKOUT WITH A TWIST

If you don't have access to a ton of space or equipment, but you want to add some variety and a little extra challenge to your bodyweight workouts, a pair of sliders is a great tool to have on hand. They are easy to use at home and take with you when you travel so that you can advance basic bodyweight moves. (And if you have hardwood or tile floors, towels or fuzzy socks can even work instead!)



VISUALIZATION PRACTICES

Successful people all over the world use visualization to spawn dreams into reality realms. Visualization is just concentrated dreaming. It's mind over matter. It's constructing life from a space inside our brains. When digging a little deeper, visualization becomes less about winning and more about self-improvement than anything else. With visualization, you can create a world built from your own energies and desires. There are so many reasons why it will help you grow as a person. And there are so many ways you can do it.



READ MORE BELOW ON HOW VISUALIZATION HELPS YOU:

- BUILD COURAGE**
- COMBAT NEGATIVITY**
- BOLSTER CREATIVITY**



WELLNESS CHAMPION OF THE MONTH:

KRISTI HURLBURT, DVUSD

I became a Champion because I love to work out and love what working out does for me physically and mentally. I want to share this with my fellow coworkers, many who make fitness the last thing on their to-do list.

My favorite thing about being a champion is helping coworkers put themselves back on their to-do list and making being healthy a priority in their lives. Exciting to see them be able to cash in \$200 for being healthy!

I have influenced by school site by scheduling weekly workouts on campus for anyone to attend and many people have joined WellStyles because I have pushed it! I was never a great athlete (still am not), so never was very active until college when I started working out. I found workouts that are fun and exciting to me and continue to push myself years later doing a variety of workouts. (Still not a great athlete!)

RELAXATION TECHNIQUES TO HELP YOU SLEEP BETTER

Learning the basics of these relaxation techniques isn't difficult, but it takes regular practice to truly harness their stress-relieving power. Stress experts recommend setting aside at least 10 to 20 minutes a day to mindfully relax, while alert and not sleepy. If possible, schedule a set time once or twice a day for your practice. If your schedule is already packed, remember that many relaxation techniques can be practiced while performing other tasks. Try relaxing music in headphones while journaling, taking a yoga break at lunchtime, or practicing mindful dog walking or book reading.



WHAT CAME FIRST: THE EGG OR THE CHOLESTEROL?

Are you still avoiding eggs at breakfast out of fear of their cholesterol content? Have carbohydrate-dense breakfast's items like cereal and English muffins replaced our nutrient-packed friends? After years of false claims made against them, who can blame you!

The truth is, you have nothing to fear! Eggs can absolutely be a part of a well-balanced, healthy diet and their cholesterol content is nothing to be concerned about. Despite the long-standing claims of cholesterol and dietary fat as a causative factor of heart disease, the highest quality up to date scientific research has proven that the hypothesis of cholesterol and fat as the cause of heart disease is flawed. The most recent US dietary guidelines reflect this evidence-based change.

In the 2015 Scientific Report from Dietary Guidelines Advisory Committee; dietary cholesterol was dropped as a nutrient of concern. Furthermore they concluded, "Reducing total fat (replacing total fat with overall carbohydrates) does not lower CVD risk. Dietary advice should put the emphasis on optimizing types of dietary fat and not reducing total fat." (1). Our intake of dietary cholesterol has little effect on our blood cholesterol levels, if any at all. The number of people who experience a rise in cholesterol after consuming dietary cholesterol is only 25% of the population. Not to mention, those that do experience a rise in blood cholesterol levels, experience a rise in both LDL and HDL cholesterol and there is no increased cardiovascular risk.

If you haven't already, it is time to reintroduce eggs back into your diet because there are few breakfast foods that can start your day off on a better foot. Eggs pack a nutrient punch with roughly 70 calories, 5 grams of fat, 7 grams of protein, and are a rich source of vitamins A, B1, B3, B9, B12, D, E, choline, phosphorus, selenium, calcium, iron, and zinc. If you're still a believer, try some of the tasty recipes found in this newsletter!

Yours truly,
Your Wellness Team

BEAT THE SUMMER HEAT:

BENEFITS OF VITAMIN D FROM THE SUN

- Children given 1,200 International Units of vitamin D per day for 4 months during the winter reduced their risk of influenza A infection by over 40 percent
- In adults, vitamin D deficiency becomes osteomalacia (bone softening) or osteoporosis. Osteomalacia results in poor bone density and muscular weakness. Osteoporosis is the most common bone disease among post-menopausal women and older men.
- In one particular study, infants who received 2,000 International Units per day of vitamin D had an 88 percent lower risk of developing type 1 diabetes by the age of 32.
- Low vitamin D status has also been associated with a higher risk and severity of atopic childhood diseases and allergic diseases, including asthma, atopic dermatitis, and eczema. Vitamin D may enhance the anti-inflammatory effects of glucocorticoids, making it potentially useful as a supportive therapy for people with steroid-resistant asthma.

All from the American Public Health Association

