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# LIVE BETTER HEALTH GUIDE



BROUGHT TO YOU BY



# YOUR HEALTH **BETTER**

Welcome to your complete guide to healthy living! Here we offer you nutritious recipes, health solutions and wellness tips to keep your body, mind, and heart happy.

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# NUTRITION

Follow these easy and good-for you recipes to jumpstart better eating habits to keep you and your family happy and healthy.

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# BREAKFAST

## ZUCCHINI AND TOMATO FRITTATA

Celebrate fresh produce in this caramelized vegetable frittata recipe. Crunchy walnuts and melty Mozzarella join the zucchini and tomatoes to make this baked egg dish stand out among the brunch competition.

### INGREDIENTS

- 8 eggs
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper
- 1 tablespoon olive oil
- 1 small zucchini, thinly sliced lengthwise
- ½ cup yellow or red cherry tomatoes, halved
- 2 ounces bite-size fresh mozzarella balls (bocconcini)
- ⅓ cup coarsely chopped walnuts

### DIRECTIONS

Preheat broiler. In a medium bowl whisk together eggs, salt, and crushed red pepper. Heat olive oil in a 10-inch oven-going skillet over medium-high heat. Layer zucchini slices on bottom of skillet in an even layer. Cook for 3 minutes, turning once. Top with cherry tomatoes. Pour egg mixture over vegetables in skillet. Top with mozzarella balls and walnuts. Cook over medium heat for 4 to 5 minutes or until sides begin to set, lifting with a spatula to allow the uncooked portion to run underneath.

Broil 4 inches from the heat for 2 to 3 minutes more or until set. Cut into wedges to serve.

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**MAKES: 4 SERVINGS**  
**START TO-FINISH: 30 MINS**

Per serving: 281 calories, (6 g saturated fat), 7 g polyunsaturated fat, 7 g monounsaturated fat), 382 mg cholesterol, 334 mg sodium, 4 g carbohydrates, 1 g fiber, 2 g sugar, 17 g protein.



# LUNCH

## CAULIFLOWER-CRUSTED PIZZA

Cut calories and carbs by replacing traditional pizza crust with a blend of cauliflower and cheese

### INGREDIENTS

- 1 medium head cauliflower (1½ to 2 pounds), cored and cut into florets (4 cups)
- 1 egg, lightly beaten
- ¼ cup shredded Italian cheese blend (1 ounce)
- ¼ cup grated Parmesan cheese
- ¼ cup panko bread crumbs
- ½ teaspoon Italian seasoning, crushed
- ¼ teaspoon salt
- 2 cups sliced fresh mushrooms
- 1 cup yellow or green sweet pepper strips
- 1 small red onion, cut into thin wedges
- 1 teaspoon olive oil
- ¾ cup Fast Pizza Sauce or canned pizza sauce
- 1 cup shredded Italian cheese blend (4 ounces)
- Snipped fresh basil, oregano, and/or parsley

### DIRECTIONS

Place the cauliflower in a food processor. Cover and pulse four to six times or until crumbly and mixture resembles the texture of couscous.

Place a pizza stone or baking sheet in the oven. Preheat oven to 425°F. Place cauliflower in a microwave-safe casserole with 2 tablespoons water. Microwave, covered, on 100% power (high) for 3 to 4 minutes or until tender, stirring once or twice. Cool. Transfer cauliflower to a 100% cotton flour sack towel. Wrap towel around cauliflower and squeeze until there is no more liquid (this step is critical).

In a medium bowl stir together cooked and drained cauliflower, egg, the ¼ cup Italian cheese blend, the Parmesan cheese, panko, Italian seasoning, and salt. On a piece of parchment paper pat cauliflower mixture into a 12-inch circle. Transfer crust on paper to the preheated pizza stone. Bake for 12 to 15 minutes or until crisp and starting to brown.

Meanwhile, in a large skillet cook and stir mushrooms, sweet pepper, and onion in hot oil for 4 to 6 minutes or until crisp-tender. Remove from heat.

Spoon pizza sauce over baked crust, spreading evenly. Top with cooked vegetables. Sprinkle evenly with the 1 cup Italian cheese blend. Bake about 5 minutes more or until heated and cheese melts. If desired, sprinkle with snipped fresh herb. Cut into slices to serve.

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MAKES: 4 SERVINGS Microwave: 3-4 mins  
bake: 17-20 mins  
Yield: 8 slices

264 calories, (7 g saturated fat, 1 g polyunsaturated fat, 4 g monounsaturated fat), 76 mg cholesterol, 893 mg sodium, 18 g carbohydrates, 4 g fiber, 7 g sugar, 17 g protein.





# LUNCH

## FAST PIZZA SAUCE

### INGREDIENTS

- ½ cup chopped onion (1 medium)
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 8-ounce can tomato sauce
- ½ teaspoon dried oregano, crushed
- ½ teaspoon dried basil, crushed
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper

### DIRECTIONS

In a small saucepan, cook onion and garlic in hot oil over medium heat about 5 minutes or until onion is tender, stirring occasionally. Stir in tomato sauce, oregano, basil, salt, and crushed red pepper. Bring to a boil; reduce heat. Simmer, uncovered, about 5 minutes or until sauce reaches desired consistency. Makes 1 cup.

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MAKES: 4 SERVINGS Microwave: 3-4 mins  
bake: 17-20 mins  
Yield: 8 slices

264 calories, (7 g saturated fat, 1 g polyunsaturated fat, 4 g monounsaturated fat), 76 mg cholesterol, 893 mg sodium, 18 g carbohydrates, 4 g fiber, 7 g sugar, 17 g protein.



# DINNER

## ARTICHOKE AND CHEESE CHICKEN BREASTS WITH ROSEMARY BABY CARROTS

When you roast these cheesy chicken breasts alongside baby carrots, you can have an entire meal ready thanks to just one pan (one of our favorite healthy chicken sheet pan-recipes ever.). Dinner is on the table in 45 minutes, and you don't have to worry about much clean-up afterwards!



### INGREDIENTS

- Nonstick cooking spray
- 6 5 ounces skinless, boneless chicken breast halves
- 1 14 ounce can artichoke hearts, drained and chopped
- 1 5.2 ounce pkg. semisoft cheese with garlic and fines herbes
- Salt and black pepper
- 1 16 ounce pkg. peeled fresh baby carrots, halved lengthwise
- 1 tablespoon olive oil
- 1 tablespoon snipped fresh rosemary
- 2 cloves garlic, minced
- fresh parsley or rosemary

### DIRECTIONS

Preheat oven to 400°F. Line a large shallow roasting pan or 15x10-inch baking pan with foil; coat with cooking spray. Arrange chicken on one side of prepared pan. In a medium bowl combine artichokes and cheese; spread over chicken. Sprinkle with salt and pepper.

Place carrots on other side of prepared pan. Drizzle carrots with oil and sprinkle with rosemary and garlic; toss to coat. Sprinkle with salt and pepper.

Roast 30 to 40 minutes or until chicken is done (165°F) and carrots are crisp-tender. Sprinkle with parsley.

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MAKES: 6 SERVINGS  
PREP: 15 MINS  
BAKE: 30 MINS 400°F

Per serving: 336 calories, (8 g saturated fat, 1 g polyunsaturated fat, 3 g monounsaturated fat), 129 mg cholesterol, 490 mg sodium, 11 g carbohydrates, 3 g fiber, 4 g sugar, 35 g protein.



# DESSERT

## CHOCOLATE-CASHEW TRUFFLES

Healthy desserts don't get much easier than this. These five-ingredient bites are made with dark chocolate, cream, and protein-packed cashews. You can enjoy two truffles for under 100 calories!



### INGREDIENTS

- 8 ounces bittersweet chocolate, chopped
- ½ cup half-and-half, light cream, or whole milk
- 1 tablespoon pure maple syrup
- ¾ cup whole unsalted cashews or almonds
- ¼ teaspoon coarse salt

### DIRECTIONS

Place chocolate in a medium bowl; set aside. In a small saucepan bring half-and-half just to boiling; pour over chocolate. Stir until chocolate is melted. Stir in maple syrup. Cover; freeze about 2 hours or until firm.

Meanwhile, preheat oven to 350°F. Place cashews in a shallow baking pan. Bake for 8 to 10 minutes or until golden brown, stirring once. Set aside 40 whole cashews. In a food processor combine the remaining cashews and the salt. Cover and process with several on/off pulses until nuts are finely chopped. Transfer finely chopped nuts to a small bowl; set aside. Divide chocolate mixture into 40 portions. Place a whole cashew in the center of one of the portions; shape chocolate mixture into a ball around cashew. Roll ball in the chopped cashew mixture.

Place on a baking sheet. Repeat to make 40 truffles total. Cover and chill for at least 2 hours or up to 24 hours. Let stand at room temperature for 30 minutes before serving. If desired, serve in small paper candy cups.

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### MAKES: 20 SERVINGS

prep: 45 mins

FREEZE: 2 hours

CHILL: 2 hours stand: 30 mins

BAKE: 8-10 mins, 350 °F

Per serving: 93 calories, (3 g saturated fat, 1 g polyunsaturated fat, 3 g monounsaturated fat), 1 mg cholesterol, 62 mg sodium, 9 g carbohydrates, 1 g fiber, 5 g sugar, 2 g protein. 2 g sugar, 17 g protein.



# WELLNESS

Try these healthy habits and tips to improve your overall wellness

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# BLINK TO REDUCE EYE STRAIN

The next time you get tired staring at your computer screen, start batting your eyes at it.



## Try just what the doctor ordered... and created.

TheraTears® is not only recommended by doctors, it was also created by an ophthalmologist after 18 years of research.

Our clinically proven electrolyte formula restores your eyes' natural balance and provides immediate long lasting relief.

Learn more at [theratears.com](http://theratears.com)



TheraTears® electrolyte formula corrects the salt imbalance that can cause dry eye

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Most people, whether they are logged on at work or at home, forget to blink as often as they should, causing their eyes to dry up. That often translates into itching or burning eyes, double vision, or blurriness.

A study by the National Institute of Occupational Health and Safety shows that nearly 90 percent of employees who work with computers for more than three hours a day suffer some form of eyestrain.

"Few people stop to consider the downside of technology," says Stanley Teplick, M.D, an ophthalmologist and member of the Better Vision Institute advisory council in Rosslyn, Virginia. "Computers are very hard on the eyes."

Another way to protect your peepers, says Dr. Teplick, is to avoid that other major eye vexation, glare. Some tips:

**Get the light right.** Don't keep a bright light right behind your computer screen, and don't put your computer in front of a large window. You shouldn't work in the dark, either. The contrast between the light from your computer screen and the lack of background light can really strain your eyes.

**Look around.** Take a 10-minute eye break every hour. Find something else to do at your desk or get a drink of water.

**Get a checkup.** If your eyes still don't feel better, see your eye doctor.



# 5 EASY WAYS TO FIT SELF-CARE INTO YOUR DAY

Yes, staying atop of your wellbeing is a must. But, then, why is it hard to make time for? These tips will help you shoehorn self-care into your day, starting today.

## 1. ASK AND LEARN ABOUT YOUR HEALTH

The International Self-Care Foundation calls “health literacy” crucial—that is, the ability to understand what a health care professional has advised. For example, you know flossing is good for all of us, but understanding why may stick the habit for you. Furthermore, Googling a new physical symptom is a surefire way to send yourself down a mental rabbit hole: Actually make an appointment (or call the nurse line) when something is up so you can begin to get to the bottom of a suspected affliction.

## 2. KNOW YOUR HEALTH NUMBERS

Not everyone is comfy memorizing their BMI and cholesterol stats. (And you have to take off your FitBit sometime.) But being generally aware of your present level of health goes a long way toward wellness, self-awareness, and even self-esteem. Engaging in regular health screenings is key. And so is knowing how to access those results: Consider finally setting up that online patient portal account the receptionist keeps mentioning.

## 3. EXERCISE REGULARLY

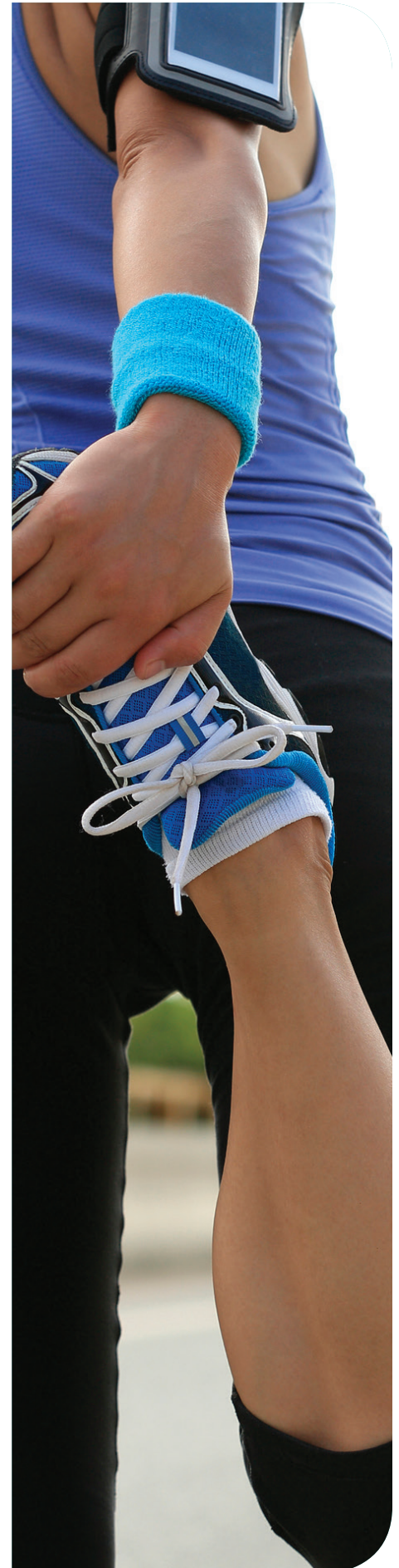
There’s basically nothing that moderate exercise doesn’t improve. (Those sore typing shoulders? Yep. Your foul, cooped-up mood? Definitely.) Maybe you set up a calendar reminder for a mid-day walk, purchase a pass to try out new local fitness classes, or really go after that garden you’ve been neglecting. Being active not only reduces your risk of illnesses like heart disease, diabetes, some cancers, even dementia; it also helps you manage existing conditions and, bonus, helps you get deeper, more regular sleep.

## 4. HAVE A FOOD PLAN

That could mean a three-square-meal weekly lineup, a go-to list of healthy takeout options, or something in between. But whether you’re the menu-planning type or someone who can survive on the same daily desk salad (featuring lean protein and healthy fat, of course), being mindful of your food intake—what, when, and how—is a smart self-care move.

## 5. WASH YOUR HANDS

Not to put too fine a point on it, but the World Health Organization says that hand washing is the single “most important recommended behavior in developed nations.” No amount of retail therapy (or actual therapy, for that matter) can come close to good hygiene when it comes to self-care.



# WINTER WELLNESS MYTHS REVEALED!

## **MYTH: THE AIR ON A PLANE WILL MAKE YOU SICK.**

**TRUTH:** Planes are better ventilated than many people realize. During a flight, fresh outdoor air is continually added to cabin air, then the mixture is cycled through high-efficiency filters to remove most bacteria and viruses, says Michael Zimring, M.D., coauthor of *Healthy Travel* (Basic Health Publications).

**THE MORE INFECTIOUS HAZARD?** Hard surfaces such as seat trays, which aren't always cleaned between flights, he says. To protect yourself, bring aboard a mini bottle of hand sanitizer and a few disinfecting surface wipes.

## **MYTH: ICY TEMPERATURES SAP YOUR IMMUNE SYSTEM.**

**TRUTH:** In various studies, researchers have exposed volunteers to cold temperatures and cold viruses while the subjects stood around in wet hair, minimal clothing, and damp socks. On the whole, they were no more likely to get sick than people who were exposed to cold viruses while wearing dry, warm layers. Still, you should bundle up to prevent frostbite, says Rachel C. Vreeman, M.D., coauthor of *Don't Swallow Your Gum* (St. Martin's Griffin).

## **MYTH: SNIFFLES ALWAYS SIGNAL A COLD.**

**TRUTH:** Viruses aren't the only cause of sneezing and wheezing. "Millions of people suffer with similar symptoms due to indoor allergens, particularly dust and mold," Vreeman says. If your nasal discomfort hits suddenly and isn't accompanied by aches or a fever, you might have an allergy.

Keep dust under control by using HEPA filters in your home's ventilation system and in your vacuum cleaner. Mold, common in damp areas such as basements, is more difficult to control; a certified mold inspector can advise you.

To ease allergic symptoms in the meantime, try taking an over-the-counter antihistamine.

## **MYTH: DRY SKIN IS JUST A BEAUTY CONCERN.**

**TRUTH:** After weeks of frequent hand washing and exposure to arid winter air, a flaky epidermis can develop tiny cracks—which are unsightly and unhealthy.

"These breaks in the surface of skin can provide an entryway for bacteria, viruses, and fungi," Vreeman cautions. Stay smooth by moisturizing skin immediately after bathing, ideally with a lotion that contains a soothing humectant (such as glycerin or aloe) and a barrier ingredient (such as shea butter) to seal in moisture.

If cracked skin becomes inflamed or painful—two signs of infection—see your doctor.





# FITNESS & EXERCISE

Whether you decide to run, walk, bike or hike, the health benefits  
will last much longer than the workout

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# 4 LOW-IMPACT EXERCISES THAT POWER UP YOUR BRAIN

Exercise boosts blood flow to the brain and reduces inflammation. Try these easy moves at home or at the gym to fire up your brain.

## LATERAL WEIGHT SHIFT

Stand with feet 2-3 feet apart, toes turned out slightly. Shift body weight to the left, bending the knee slightly, then reach hands to the side, ceiling, or feet. Shift weight to right and repeat. Alternate sides for one minute, reaching out at different speeds.

## FOREARM PLANK

Want to tone your arms and your core? Get on the floor on your knees and elbows, with elbows under shoulders and, if you can, hands clasped. Contracting your core, lift your knees off the floor so your body forms a straight line from shoulders to ankles. Hold 30 seconds. Slowly build to two minutes.

## SQUAT JUMPS

Stand with feet shoulder width apart, arms by sides. Bend knees until legs form 45-degree angles. Then jump up, raising arms above head. Go right into the next squat, doing as many as possible in 30-60 seconds. End standing tall with arms overhead in a V shape. For a lower-impact version of this exercise, focus on the squat and skip the jump.

## BIRD DOG CRAWL

Get on the floor on hands and knees, wrists under shoulders, knees below hips. Extend left arm forward until parallel with shoulders and right leg back and level with hips. Hold for three breaths. Now crawl sideways two to three times to right. Extend right arm and left leg; repeat crawl.

The best part about these moves is that they'll get the blood flowing to your brain and help you build strength without being too rough on your body. Plus, you can do them anywhere!





# 4 FITNESS APPS THAT ARE WAY CHEAPER THAN A GYM MEMBERSHIP

Home workouts have come a long way since all we could do was play, rewind, and repeat a Jane Fonda video.

## **GLO**

I've always dreaded crashing into a yogi—the one touching her toes without groaning—in a class. Doing yoga at home eliminates that fear, and I have unlimited access to 4,000 classes for \$18 a month.  
Buy It: \$18/month

## **DAILY BURN**

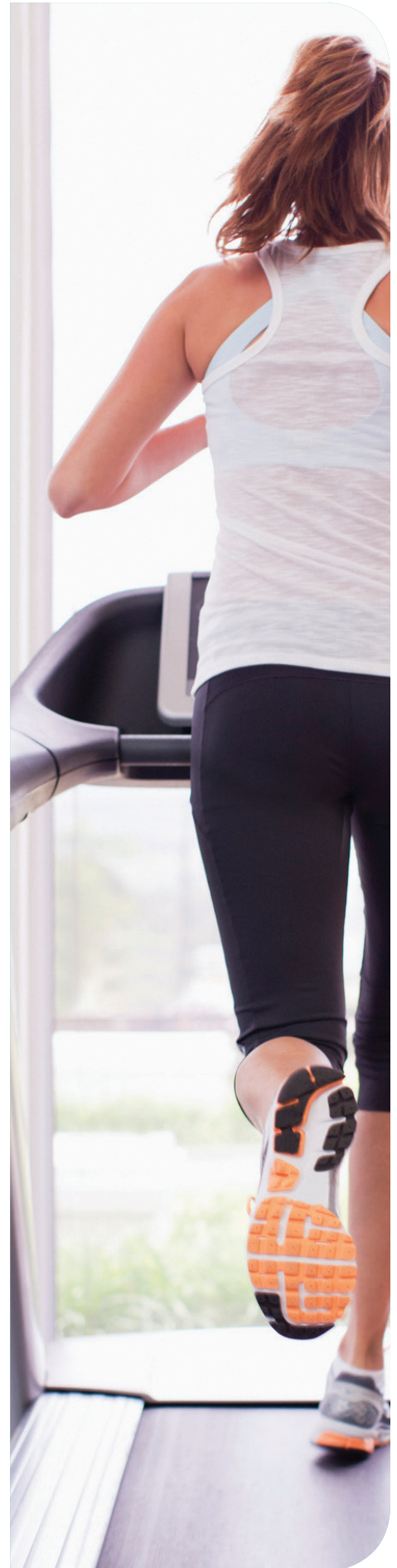
HIIT class, anyone? I love that the instructors and students in these 20 programs all have strong but normal bodies. (I never wish they'd just go ahead and eat a doughnut.) Plus, their attitudes motivate me to get those extra steps in.  
Buy It: \$20/month

## **BUDDHIFY**

Sometimes the stress of carving out time to meditate can undo all the good. Buddhify solves that with on-the-go guided meditations that address many common problems and feelings, including trouble falling asleep and wanting to yell at a customer service rep. (These sleep-inducing products can also help!)  
Buy It: \$5; iOS

## **BALLET BEAUTIFUL**

I am no ballerina but I love feeling like one with a barre workout. I can stream a session with professional ballerina, Mary Helen Bowers or do a live private session with an instructor.  
Buy It: \$40/month or from \$8 to stream a workout





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