

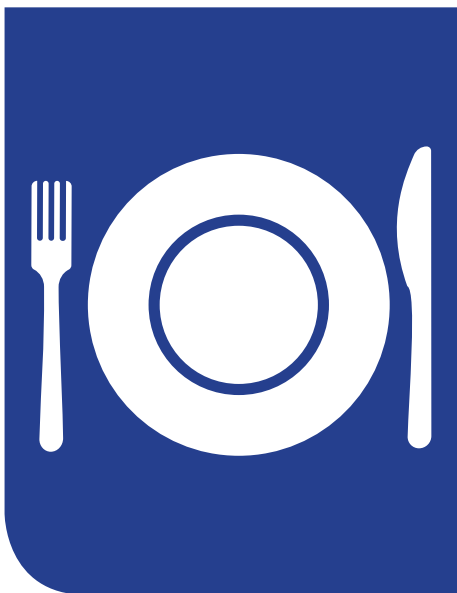


Honey Nut
Cheerios



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LIVE BETTER HEALTH GUIDE



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

GREENS AND BACON OMELETE WRAP

Fill a whole grain wrap with an antioxidant-loaded omelet and you have a healthy breakfast recipe that deserves to be bookmarked. Serve the wrap along side fresh fruit to round out your meal.



INGREDIENTS

- 2 slices turkey bacon
- Nonstick cooking spray
- 1/3 cup chopped red sweet pepper
- 1/4 cup sliced green onions (2)
- 2 cups coarsely chopped, stemmed fresh kale
- 4 eggs, lightly beaten
- 2 egg whites
- 1/2 cup low fat cottage cheese
- 1/2 teaspoon dried Italian seasoning, crushed
- 1/4 teaspoon freshly ground black pepper
- 4 10 inch low fat, high-fiber, whole grain flour tortillas. Such as Mission® Carb Balance®, warmed

DIRECTIONS

Coat a large skillet with cooking spray. Cook bacon in skillet according to package directions. Remove from skillet. Cool and chop; set aside. Coat the same skillet again with cooking spray; heat skillet over medium heat. Add sweet pepper and green onions; cook about 2 minutes or until tender, stirring occasionally. Add kale; cook and stir for 2 to 3 minutes more or until kale begins to wilt.

In a medium bowl combine eggs, egg whites, cottage cheese, Italian seasoning, black pepper, and chopped bacon. Pour egg mixture over vegetables in skillet. Cook over medium heat. As mixture sets, run a spatula around edges of skillet, lifting egg mixture so the uncooked portion flows underneath. Continue cooking and lifting edges just until egg mixture is set. Slide egg mixture from skillet onto a cutting board; cut into quarters.

For each wrap, place one egg portion in the center of each tortilla. Fold in opposite sides; roll up. If desired, secure with wooden skewers.

MAKES: 4 SERVINGS
START TO-FINISH: 25 MINS
YIELD: ONE WRAP EACH

Per serving: 216 calories; total fat 9g; saturated fat 2g; polyunsaturated fat 2g; monounsaturated fat 3g; cholesterol 192mg; sodium 597mg; potassium 354mg; carbohydrates 24g; fiber 13g; sugar 4g; protein 22g; trans fatty acid; vitamin a 5734IU; vitamin c 57mg; thiaminmg; riboflavinmg; niacin equivalents 1mg; vitamin b6mg; folate 48mcg; vitamin b12 1mcg; calcium 101mg; iron 2mg.

LUNCH

BLACK LENTIL SALAD WITH ORANGES AND BEETS

Fresh citrus, earthy beets, and goat cheese combine to make a filling salad. With 12g of protein per serving, this low-calorie vegetarian recipe makes a great meal option.

INGREDIENTS

- 1 8 ounce beet, tops removed
- $\frac{3}{4}$ cup black lentils, rinsed and drained
- $\frac{3}{4}$ teaspoon kosher salt
- 4 cups arugula or baby kale
- 2 tablespoons pine nuts or chopped walnuts
- 1 orange
- 3 tablespoons white balsamic vinegar
- 1 tablespoon finely chopped shallot
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 teaspoon chopped fresh rosemary
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 3 tablespoons crumbled goat cheese (chèvre)

DIRECTIONS

Preheat oven to 350°F. Wrap beet in foil and place on a small baking sheet. Bake 75 minutes or until tender. When cool enough to handle, remove foil and peel skin from beet; slice beet.

Meanwhile, cook lentils according to package directions, adding $\frac{1}{2}$ tsp. of the salt to cooking water. Drain and cool. In a large bowl toss together lentils and arugula. In a 6-inch dry skillet cook pine nuts over medium heat 3 to 4 minutes or until toasted and fragrant, stirring occasionally.

For dressing, remove zest from orange. In a small bowl whisk together orange zest, vinegar, shallot, oil, honey, rosemary, pepper, and remaining $\frac{1}{4}$ tsp. salt.

Remove remaining peel from orange; cut orange into $\frac{1}{4}$ -inch slices. Arrange lentil mixture on a platter. Top with beet and orange slices, cheese, and pine nuts. Drizzle with dressing.

4 SERVINGS PREP: 20MINS BAKE: 1HR 15 MINS

Per serving:

285 calories; total fat 8g; saturated fat 2g; polyunsaturated fat 2g; monounsaturated fat 4g; cholesterol 2mg; sodium 287mg; potassium 604mg; carbohydrates 44g; fiber 7g; sugar 18g; protein 12g; trans fatty acidg; vitamin a 644IU; vitamin c 25mg; thiaminmg; riboflavinmg; niacin equivalents 2mg; vitamin b6mg; folate 267mcg; vitamin b12mcg; calcium 78mg; iron 4mg.



DINNER

SEARED SALMON WITH PISTACHIO GREMOLATA

This salmon recipe is full of fresh herbs like parsley and mint. The pistachio gremolata makes a bright and fresh sauce for this salmon dinner recipe.



INGREDIENTS

- 1/3 cup roasted salted pistachio nuts, finely chopped
- 1/3 cup chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 1 tablespoon orange zest
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- 1 pound salmon fillet, skinned and cut into 4 pieces
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

For pistachio gremolata, in a small bowl combine the first seven ingredients (through 1/8 teaspoon salt).

In a very large skillet heat 1 Tbsp. olive oil over medium-high heat. Season salmon with 1/4 tsp. each salt and pepper.

Carefully place salmon in skillet. Cook 3 minutes. Turn and cook 3 minutes more or just until salmon flakes. Top with pistachio gremolata.

4 SERVINGS
TOTAL: 25 MINS

Per serving: 288 calories; total fat 19g; saturated fat 3g; polyunsaturated fat 5g; monounsaturated fat 10g; cholesterol 62mg; sodium 318mg; potassium 715mg; carbohydrates 4g; fiber 2g; sugar 1g; protein 25g; trans fatty acid; vitamin a 620IU; vitamin c 10mg; thiaminmg; riboflavinmg; niacin equivalent 9mg; vitamin b6 1mg; folate 44mcg; vitamin b12 3mcg; calcium 44mg; iron 2mg.

DESSERT



ROASTED STONE FRUIT

Roasting peaches in butter and lime juice brings out the natural flavors of the fruit. If you're not a peach fan, you can use just about any stone fruit—nectarines, plums, or apricots—to make this Paleo dessert.

INGREDIENTS

- 2 pounds stone fruit, such as peaches, nectarines, plums, and/or apricots, halved and pitted
- 2 tablespoons melted butter or vegetable oil
- 1 tablespoon lemon juice
- 2 tablespoons pure maple syrup (optional)

DIRECTIONS

Preheat oven to 375°F. Place fruit (except apricots), cut sides up, in a shallow baking pan. Drizzle with melted butter, lemon juice, and, if desired, maple syrup.

Roast 25 to 30 minutes or until tender, basting occasionally with pan juices. If using apricots, add for the last 12 to 15 minutes of roasting.

MAKES: 8 SERVINGS

PREP: 10 mins

ROAST: 25 MINS AT 375 °F

Per serving: 74 calories; total fat 3g; saturated fat 2g; polyunsaturated fatg; monounsaturated fat 1g; cholesterol 8mg; sodium 23mg; potassium 200mg; carbohydrates 12g; fiber 2g; sugar 10g; protein 1g; trans fatty acidg; vitamin a 469IU; vitamin c 10mg; thiaminmg; riboflavinmg; niacin equivalents 1mg; vitamin b6mg; folate 6mcg; vitamin b12mcg; calcium 8mg; ironmg.

9 SMART FOODS FOR A HEALTHY HEART

Your best weapons in the fight against heart disease can be pretty tasty. Load up on these heart smart, nutrient-packed foods.

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Nice home. Nice garden.
You deserve a nice
heart-healthy breakfast.

*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.



GRAPE JUICE: Grape juice, like wine, has antioxidant compounds that reduce LDL (bad) cholesterol and the chance of blood clots. Flavonoids in grape juice also help increase HDL (good) cholesterol and lower blood pressure. If you opt for wine, keep to about one glass a day.

GRASS-FED BEEF: Limiting red meat is wise, but when you do eat it, aim for grass-fed beef. It has a higher concentration of conjugated linoleic acid (CLA) than grain-fed beef, which can reduce your risk of cardiovascular disease. A 3 ½ -ounce serving of grass-fed beef has more than double the amount of CLA found in grain-fed beef.

BERRIES: Antioxidants in berries – especially blueberries – show promise in many areas of heart health. A berry-rich diet may regulate blood pressure and boost good cholesterol.

SOYBEANS: One cup of soybeans, also called edamame, has a whopping 16 grams of protein and eight grams of fiber – one fourth of the daily fiber recommended by the American Heart Association.

CANOLA OIL: Use canola oil to reduce saturated fat in your diet and increase omega 3-fatty acids, which can lower cholesterol.

ALMONDS: Almonds, which are omega-3-rich nuts, are a heart smart snack because they lower cholesterol. Munch 23 almonds (1.5 oz) daily.

OATMEAL: The fiber in oatmeal helps pull bad cholesterol out of your system, keeping your heart healthy. Consume oatmeal with at least five grams of fiber per serving at least three times a week

SPINACH: A 1.5-cup serving of fresh spinach or other dark green, leafy veggies packs more heart protecting benefits than just about any other food.

WELLNESS

Try these healthy habits and tips to improve your overall wellness.

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EYE DOCTORS DEBUNK 5 COMMON MYTHS

Experts reveal what's normal (and what's not) when it comes to your peepers.

1. Myth: If You Start Wearing Reading Glasses, You'll Become Reliant on Them

Near vision diminishes for everyone at some point after age 40. Readers prevent eye strain, not changes in your eyes, so go ahead and wear them. You don't get more dependent on the glasses; you see better," Rebecca J. Taylor, M.D., clinical spokesperson for the American Academy of Ophthalmology says.

2 Myth: You Only Need to See an Eye Doctor If You're Having Vision Troubles

From age 18 to 40 you should get an eye exam about every five years; more often if you have vision issues, a family history of eye disease or diabetes, or high blood pressure. At age 40, you should get an exam that includes eye dilation. After that, have eye exams every two to four years then annually when you hit 55. Dilating your eyes enables the doctor to examine your eyes for signs of disease. The eye is like a house with two rooms, and everything you see in the mirror is the foyer," Taylor says.

3. Myth: Floaters Are Always Normal

Floaters (spots or shadows that appear to move across your field of vision) can be harmless. But they can sometimes be a sign of retinal detachment, so if you're suddenly seeing floaters, call your eye doctor ASAP, especially if you also see flashes of light.

4. Myth: It's Normal for Your Peripheral Vision to Shrink as You Age

Although it's common to have trouble seeing up close as you get older (because the eye lens becomes less able to change shape to shift focus from far to near), it's not normal for your peripheral vision to change. If your side vision has become more limited or things in the distance have gotten blurrier, see your eye doctor to find out what's going on; it could be a sign of glaucoma.

5. Myth: Eyes That Tear up Often Can't Be Dry

As you age (especially during menopause) basal tear production may decrease, causing a common condition called dry eye. Certain meds (including antihistamines, antidepressants, blood pressure drugs, and decongestants) can also dry basal tears. Eyes produce more reflex tears to make up for the loss of moisture, but they don't moisturize as well. To treat dry eye, use over-the-counter artificial tears several times a day. Also remind yourself to blink when you're staring at a screen for a while, and stay hydrated.

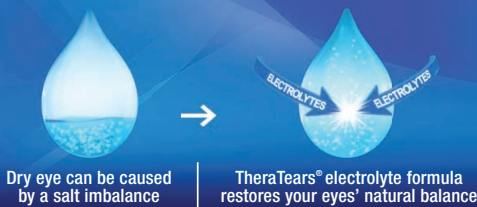
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5 SIMPLE THINGS YOU SHOULD DO EVERY MORNING FOR A BETTER DAY

Start each day with these simple wellness routines to have better days.

1. FUEL UP WITH A HEALTHY BREAKFAST

Breakfast really IS the most important meal of the day, but it shouldn't be the most stressful. That's why we're all about wholesome and easy breakfast hacks. Make quick, healthy, and delicious morning meals on the fly, so you can fly to new heights every day. Whether it's scrumptious overnight oats or healthy breakfast smoothies, we've got you covered and are about to make your mornings a wee bit calmer.

2. REVAMP & REINVIGORATE: A NEW SHOWER ROUTINE

It's time to really get the most out of your morning scrub! From shampooing to exfoliating to shaving, these are top essentials to help you fall in love with your morning shower routine. Give your skin and your hair the attention it needs and set a refreshed tone for your day.

3. BOOST YOUR DAY WITH A TWIST TO YOUR MORNING CAFFEINE ROUTINE

Kick up your morning coffee routine by adding some superfood and spice. Whether you choose to add coconut oil to your morning cup o' joe to help increase your metabolism or you decide to add a drop of spice into your coffee to invigorate the day, we suggest switching up your coffee routines for maximum health and productivity all day long.

4. STRETCH IT OUT AT HOME

Try an easy at-home yoga routine in the morning for a stress-free day ahead. Even if you only have 10 minutes, incorporating a morning stretching and breathing routine at the start of your day will get your oxygen flowing and heighten your productivity throughout the day. It only takes a few minutes, and the benefits are long-lasting! You can even host a yoga class at your house to share your results with friends.

5. ADD APPLE CIDER VINEGAR TO YOUR MORNING ROUTINES

Renew your body every morning by adding apple cider vinegar into the mix! Concoct an early bird potion by adding apple cider vinegar to hot lemon water for a cleansing morning drink. Apple cider vinegar is a natural probiotic and has natural detoxing properties that will reset your body for the day. You can also add it to your skin and hair routines—not to mention, it's great to cook with!



5 TIPS TO HELP YOU FALL ASLEEP FASTER

Sleepless nights turn into long, groggy days. Use these tips to help yourself relax and de-stress before bed so you can rise feeling happy and rested (at last!).

1. SLEEP IN A COMFORTABLE BED

While this may seem obvious, maybe you haven't considered replacing those old pillows or buying a new mattress to aid in a good night's rest since it can be a big financial commitment (most queen mattresses range from \$500 to \$6,000, according to Consumer Reports). But considering Americans spend about half of their lives in bed, investing in more comfortable essentials can go a long way. If the idea of visiting a store to shop for a new mattress stresses you out, give one of these mattress-in-a-box brands a try instead.

2. MAKE SURE YOUR BEDROOM IS CONDUCTIVE TO SLEEP

Most people sleep best in a cool, dark environment, so consider programming the thermostat to a more comfortable temperature during nighttime or keep a fan running. The National Sleep Foundation recommends keeping your bedroom between 60 and 67 degrees Fahrenheit. If too much light is getting through your blinds and keeping you up, room-darkening curtains can be a big help (and if you need inspiration, we love the velvet curtains trend).

3. TAKE A BATH

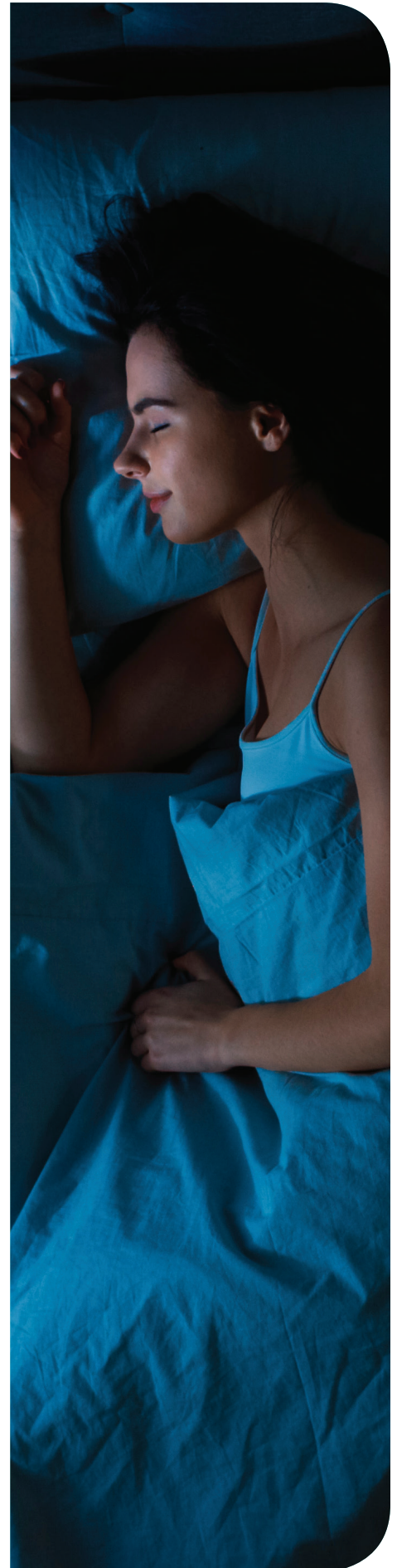
Taking this time for a little pampering could be the self-care practice you need to clear your head and calm your body down before bed. Wind down from a long day with luxurious bath salts (try Sleep Lavender Bath Salts, \$12.82 on Amazon), candlelight, and some relaxing music.

4. DRINK A GLASS OF WARM MILK OR A CUP OF HERB TEA

Milk is rich in calcium and L-tryptophan, which help your body prepare for sleep. Tea has many health benefits, too, so incorporate it into your nightly routine to help with sleep and boost your immune system. Just make sure you're sipping on a caffeine-free blend.

5. DO SOME LIGHT READING

If you like to scroll through Instagram or unwind with a favorite TV show before bed, consider this: blue light from screens can disrupt your sleep cycle. When you sit down to read, choose a book you can easily pick up and put down. You don't want to read your page-turning thriller before bed, because as many of us know, you'll stay up even later to finish it.



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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10 MINUTE WORKOUT TO TONED ABS, LEGS AND ARMS

These multitasking moves will tone your abs, legs, and upper arms. Jonathan Ross, owner of Aion Fitness in Bowie, Maryland, shows you five quick exercises perfect for busy schedules. Grab a pair of 5- to 10-pound dumbbells and a mat, and get ready to trim, tighten and tone.

TRICEPS PRESS AND KNEE TUCK

This move targets triceps, abs, and hips. Lie faceup with knees bent 90 degrees, a dumbbell in each hand, arms over shoulders, palms in. Bend elbows, bringing dumbbells behind head, as you lift and extend legs in front of you. Return to start. Do 15 reps.

WIDE-STANCE DEADLIFT

This move targets lower back, butt and legs. Stand with feet more than shoulder width apart, toes pointed out 45 degrees, a dumbbell in each hand, arms in front of thighs, palms in. Hinge forward from hips, keeping back and legs straight, as you lower dumbbells to shin level. Return to start. Do 12 reps.

PLIE-CURL COMBO

This move targets biceps, abs, hips, butt, and legs. Stand with feet more than shoulder width apart, toes pointed out 45 degrees, a dumbbell in each hand, arms by sides, palms in. Squat, keeping knees behind toes. Maintain squat and do 2 hammer curls: Palms in, elbows by sides, bring weights to shoulders, then lower. Stand up to return to start position. Turn palms to face forward and do 2 biceps curls. Repeat series 5 times.

ROCKET JUMP

This move targets shoulders, abs, butt, and legs. Stand with feet shoulder width apart, a dumbbell in each hand, elbows bent by sides, hands in front of shoulders, palms in. Squat, keeping knees behind toes and abs engaged. Stand up while simultaneously turning palms forward, pressing arms straight overhead and lifting heels off floor. Lower to start. Do 15 reps.

SINGLE-LEG ROW

This move targets back, abs, and legs. Stand with feet hip-width apart, knees slightly bent, a dumbbell in each hand, palms facing thighs. Lift right foot a few inches behind you. Keeping back flat and abs tight, hinge forward from waist. Pull elbows up and out to sides at shoulder level; lower. Do 12 reps, keeping right leg lifted throughout. Switch legs; repeat.



4 WAYS STRETCHING EVERY DAY CAN BENEFIT YOUR MIND AND BODY

It's not just about your muscles.

1. IT REDUCES ACHES AND PAINS

If your back and shoulders ache from sitting at a desk all day, take note: Research indicates a regular stretching routine may actually lessen the pain you feel. When you move in and out of a stretch, your blood flow increases and lubricates your muscles and joints, which allows you to bend, extend, lift, and twist more fluidly. Stretching also realigns your joints into the proper position, acting as a giant body reset. This means reducing pain due to pulled muscles, tendons and ligaments from being out of line.

2. IT BOOSTS MOOD

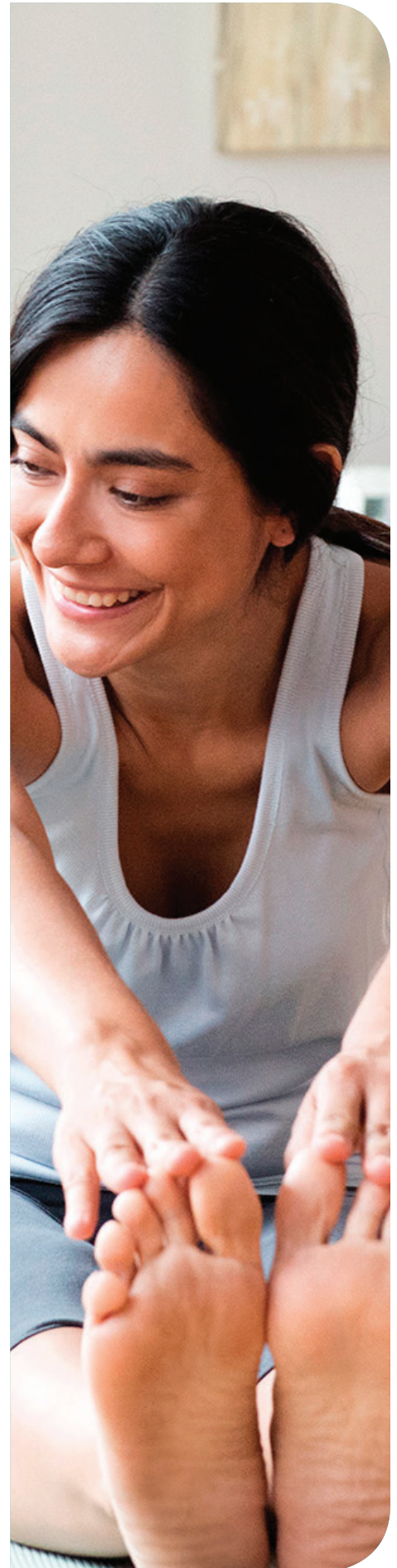
Feeling overwhelmed or a bit blue? Moving your body, even in a gentle way like stretching, can signal your brain to release happiness-inducing chemicals. Try combining breathing and stretching (via a few yoga moves) to help you release worry and bring your attention to the present moment.

3. IT DECREASES FATIGUE

It can be tempting to reach for your favorite caffeinated beverage when you're feeling sluggish. But instead of going for that refill, do a few dynamic stretches to increase your body's temperature and quickly energize your mind and body. Dynamic stretches (like a lunge with a torso rotation) involve moving your joints through their range of motion in a continuous flow rather than holding a stretch.

4. IT ZAPS STRESS

Let's be real: Life can be physically, emotionally, and mentally stressful. Stretch the muscles where you're holding stress like your back, neck, and shoulders. As you stretch, picture yourself breathing out your stress with each exhalation. These deep breathing exercises can help alleviate stress and calm your racing mind.





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