

HealthSmart®

Wellness Advocate



JUNE IS NATIONAL SAFETY MONTH



Life is full of spills and falls: learn what you can prevent

Safety is no accident. It's a choice we need to make throughout our entire lives. Whether it's driving without passengers as a newly licensed teen, finding alternatives to prescription painkillers in middle-age, or fall-proofing the bathroom as an older adult, we're all empowered to make safe decisions for ourselves and those we care about.

Even in familiar surroundings, we need to constantly be looking for dangers around us throughout our day. Keeping an eye out for hazards can help you identify and avoid them before an injury occurs. Looking at the world through this safety lens can help you protect yourself and those around you.

Watch Where You're Going.

Distracted walking is on the rise for people of all ages. With so many things competing for our attention, safety needs to be a priority:

- ▶ Check your emails and send your texts before you start walking.
- ▶ Duck into a doorway or move off to the side to make a call, send a text or answer emails.
- ▶ Never cross the street while using an electronic device and make sure you can hear traffic and sounds around you.
- ▶ Scan ahead for cracks on the ground, spills or changes in elevation.

Protect the Children in Your Life.

More than a third of child injuries and deaths happen at home. Parents or guardians should be on the lookout for potential sources of injury. According to the CDC, most incidents occur where there is:

- ▶ Water: in the bathroom, kitchen, swimming pools or hot tubs
- ▶ Heat or flame: in the kitchen, fireplace, or at a barbecue grill
- ▶ Toxic substances: under the kitchen sink, in the medicine cabinet, in the garage or garden shed, in a purse, or other place where medications are stored
- ▶ Potential for a fall: on stairs, slippery floors, from high windows, or from tipping furniture

Be Safe Around Water. Whether you live in a climate that's warm year-round or you enjoy outdoor activities during the summer, swimming and water are likely to be a big part of family fun. But the importance of safety around water cannot be overstated. Water safety is a part of daily life no matter where you live. Drowning is the second leading cause of unintentional death in children ages 1 to 14.

While many are aware of the importance of safety around pools and at the beach, parents also need to supervise their children near bathtubs. Nearly 30 percent of home drowning incidents occur when a child falls into a pool or is left alone in the bathtub (Injury Facts, 2016).

Take Safety With You.

- ▶ Going to a ballgame? Watch for foul balls!
- ▶ Heading to a concert? Consider ear plugs, and check for cables that may run along floors.
- ▶ Visiting somewhere new? Designate a meeting place in case you get separated.

(Source: National Safety Council)

Why You Need Healthy Fats

Fat is not something to avoid. For starters, it's essential for normal growth and development. Dietary fat also provides energy, protects our organs, maintains cell membranes, and helps the body absorb and process nutrients. Even better, it helps the body burn fat, says dietitian and nutritionist Keri Glassman, who recommends that about a third of any weight-loss plan's calories come from dietary fat. Here's how to make sure you're getting enough of the right kind.

Polyunsaturated fats. Goal: Get more! You can find polyunsaturated fats in nuts, seeds, vegetable oils such as corn and safflower oil, and fatty fish. This category encompasses omega-3 and omega-6 fatty acids, which are known as essential fatty acids because our bodies don't make them—we have to get them from food.

Saturated fat. Goal: Limit. Saturated fat increases total cholesterol and LDL, and may boost your type 2 diabetes risk. Meat and dairy products are sources of saturated fat.

Unsaturated fat. Goal: Get more! Unsaturated fats are mostly good guys—although trans fat is technically an unsaturated fat. However, healthy unsaturated fats are liquid at room temperature, while trans and saturated fats are solid. To increase your unsaturated fat, replace solids, like butter, with olive and vegetable oils, and swap red meat for seafood or unsalted nuts. (Seafood and nuts also contain saturated fat, but usually less than red meat.)

Omega-3s. Goal: Get more! In the world of good fats, omega-3s are superstars. They fight inflammation, help control blood clotting, and lower blood pressure and triglycerides. Fatty fish like albacore tuna, salmon, mackerel, and sardines are good sources. You don't have to break the bank to get them; canned Alaskan salmon and canned sardines are okay too.

Notes Tara Gidus, RD : "Instead of making any one thing in the diet a villain, we need to look at total caloric content, as well as quality of food."

(Sources: livestrong.com, menshealth.com)

Recipe: Roasted Salmon with Walnut Sherry Vinaigrette

Salmon and walnuts, both excellent sources of unsaturated fats, come together in this heart-healthy, wow-worthy dish.

Ingredients

- 1 1/4 pounds boneless, skin-on salmon fillet
- Salt and black pepper to taste
- 1 tablespoon olive oil
- 1/3 cup finely chopped shallots
- 1 teaspoon sugar
- 3 1/2 tablespoons Sherry vinegar
- 1/3 or extra-virgin olive oil
- 1/2 cup walnut halves, toasted

Preparation

1. Preheat oven to 375 degrees and put in a 13- by 9-inch shallow roasting pan (not glass) in oven until hot.
2. Place salmon skin-side down on a cutting board and cut into four equally-sized pieces. Sprinkle with salt and pepper. Remove hot pan from oven and place salmon, skin-side down, in roasting pan and roast until salmon is just cooked through and flakes easily when pressed with the back of a fork. Do not overcook or the salmon will be dry.
3. Meanwhile, heat olive oil in a small skillet over medium heat and cook shallots, stirring often, until soft and golden, about 2 minutes. Add sugar and cook, stirring, until sugar is dissolved. Add vinegar and more salt and pepper and cook, stirring, for 1 minute. Transfer to a bowl, then whisk in olive oil until combined. Stir in walnuts.
4. Transfer salmon to serving plates and drizzle with vinaigrette. Serve with sugar snap peas or asparagus.



Nutrition Information per serving (makes four servings): 295 calories | 14 g fat | 22 g protein | 3 g sugar | 72 mg potassium

(Recipe source: SheKnows.com)