

WELLNESS AT WORK

CASEY HEPBURN, NUTRITION CONSULTANT

Smoking Kills

March 17th 3:00-3:15pm
Conference Room

Come learn more about the 9
week Smoking Cessation Series



Email chepburn@dynasplint.com
for more details.

CHILI PEPPERS

Did you know that chili peppers have up to six times as much vitamin C as oranges? Plus they contain plenty of vitamins A and B. Capsaicin, the compound that makes chillies taste hot, helps reduce pain and stimulates circulation. Try giving yourself a health boost by adding a little heat to your diet.

ARE YOU GETTING ENOUGH IRON?

We all know that our body needs oxygen to live, right? How does our body get the oxygen we breathe to our cells?

A specific reddish-brown, iron-containing protein in the blood called hemoglobin works hard to move oxygen molecules. As hemoglobin passes through the blood vessels of the lungs, it grabs hold of oxygen molecules and carries them to the tissues, where each cell uses it to produce energy. Without iron, the body can't produce hemoglobin and without hemoglobin, only a small amount of oxygen will reach the cells.

This is why iron is so important in your diet. Even though iron is found in a variety of food, iron deficiency is a common nutri-

tion problem...and especially for women. Women require twice (18 milligrams) as much iron daily as compared to men (9 milligrams of iron daily).

Low levels of iron can cause fatigue, weakness, poor circulation, and overtime can result in more serious health complications.

To ensure you are getting enough iron daily, eat a variety of iron-rich foods such as beef, lima beans, sunflower seeds, soybeans, broccoli, spinach and prunes. Try to choose cereals that are fortified with iron as an added boost to your daily intake.

Iron is essential for healthy red blood cells and plenty of energy!

Garlic Chili Flank Steak

2 cloves garlic, minced
1/4 cup white vinegar
2 T. canola oil
2 tsp. ground chili pepper
1 tsp. oregano
1 tsp. ground cumin
1 tsp. salt
1-1/4 lb. flank steak, fat trimmed

1. Whisk first 7 ingredients in small bowl.
2. Place steak in Ziploc bag and pour marinade over steak. Marinate in fridge for 1 hour.
3. Using non-stick cooking spray, coat black skillet. Pan-sear steak on high heat for 1 minute on each side.
4. Finish cooking in 350 degree oven until desired doneness.

5 SUPER FOODS TO STARVE OFF HUNGER & BOOST YOUR ENERGY

Flank Steak Beef is packed with iron and zinc, two key minerals for energy. Beef can be high in saturated fat, but the good news is that flank is one of the least fatty cuts.

High-Fiber Cereal A bowl of cereal is a great way to start your day and will satisfy hunger and keep you from being constipated. Try some with yogurt to get extra "good" bac-

teria that will aid in digestion.

Eggs One egg has approx. 5-6 grams of filling protein which means it will leave you feeling full and energized. Try 2 egg whites, and 1 egg yolk omelet to keep cholesterol levels low.

Wild Alaskan Salmon Just a reminder that salmon is high on

the list containing Omega-3 fatty acids. Omega-3's are good for your heart, mind, mood, lungs, and body.

Spinach This dark and green vegetable is high in folic acid, manganese, fiber and many other nutrients that will fuel your body for whatever the day may bring.