



WELLNESS AT WORK

Why whole grain?

Refined grains are generally low in magnesium. When flour is refined and processed, making it a white flour, the magnesium-rich germ and bran are removed. Bread made from whole grain wheat flour provides more magnesium than bread made from white refined flour.

Magnesium is just one of the many minerals among many other minerals, vitamins and nutrients stripped from the grain when producing white flour products. The Bottom line is white flour is empty of all good so be sure to make your choice whole grain!

Magnesium rich foods:

Pumpkin seeds, brazil nuts, almonds, cashews, pine nuts, peanuts, hazelnuts, raisins, quinoa, spinach, almonds, beans, bulgur, oat bran, soybeans, tuna, brown rice, and other whole-grain products.



Remember: Quantity does count and too much of a good thing is no longer a good thing!

MAGNESIUM

How do you feel after a spa weekend getaway? Or after a nice long stretch? You hopefully feel revived and refreshed. That same relaxation of your muscles can be achieved inside the body by a diet rich in magnesium!

Magnesium is the fourth

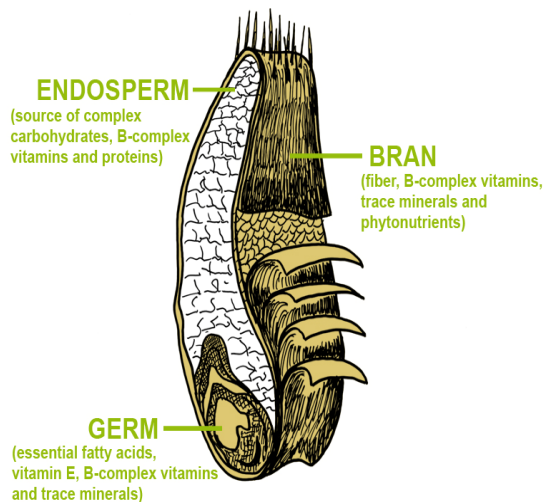
most abundant mineral in the body and essential to good health. It is a mineral that is needed for more than 300 biochemical reactions in the body. Magnesium is involved in the metabolism of proteins, carbohydrates, and fats. It aids with the digestive system, kidneys, liver, hormone-secreting glands

and brain. Magnesium helps support a healthy immune system and regulate blood sugar levels. And those are only small ways magnesium helps the body. The three major roles of magnesium are to relax nerves and muscles, build and strengthen bones, and keep blood circulating smoothly. Are you now convinced that magnesium has a great effect on the body?

Like all minerals, magnesium cannot be made in our body and must therefore be plentiful in our diet in order for us to remain healthy. The recommended daily intake of magnesium for men is 420mg and for women is 320 mg. The greatest amounts of magnesium are found in unprocessed foods such as whole-grain breads, cereals, pastas and beans.

Enjoy a variety of these foods daily to reap the benefits...and relax those nerves and muscles!

The Whole Grain Kernel



SUMMER SALAD MAKEOVERS: 4 IS THE MAGIC

Summer is a perfect time to take advantage of nature's bountiful fruits and vegetables. A salad is a great way to enjoy these nutrient packed foods. Remember that salad making has no rules except to go easy on the high-fat dressing!

First-Try mixing your greens with spinach, Romaine, red leaf, and watercress. The deeper the color, the more

health-promoting benefits.

Brighten your salad with color by adding some tomatoes, broccoli, carrots, red pepper, beets, or soybeans.

Second-Sweeten your salad with some mandarin orange segments, sliced strawberries, chopped apples, or dried fruit.

Third-Load it with protein rich foods such as low-fat cheese, lean meat or poultry, fish or

beans.

Fourth-Add some crunch with almonds, pecans, pistachios, pine nuts, walnuts, peanuts or pumpkin seeds.

Make your salad a meal with some of these flavorful and healthful suggestions. Just remember to dress it light and dress it well!

-adapted from ADA