

NOVEMBER 2021

Live. Life. Well.

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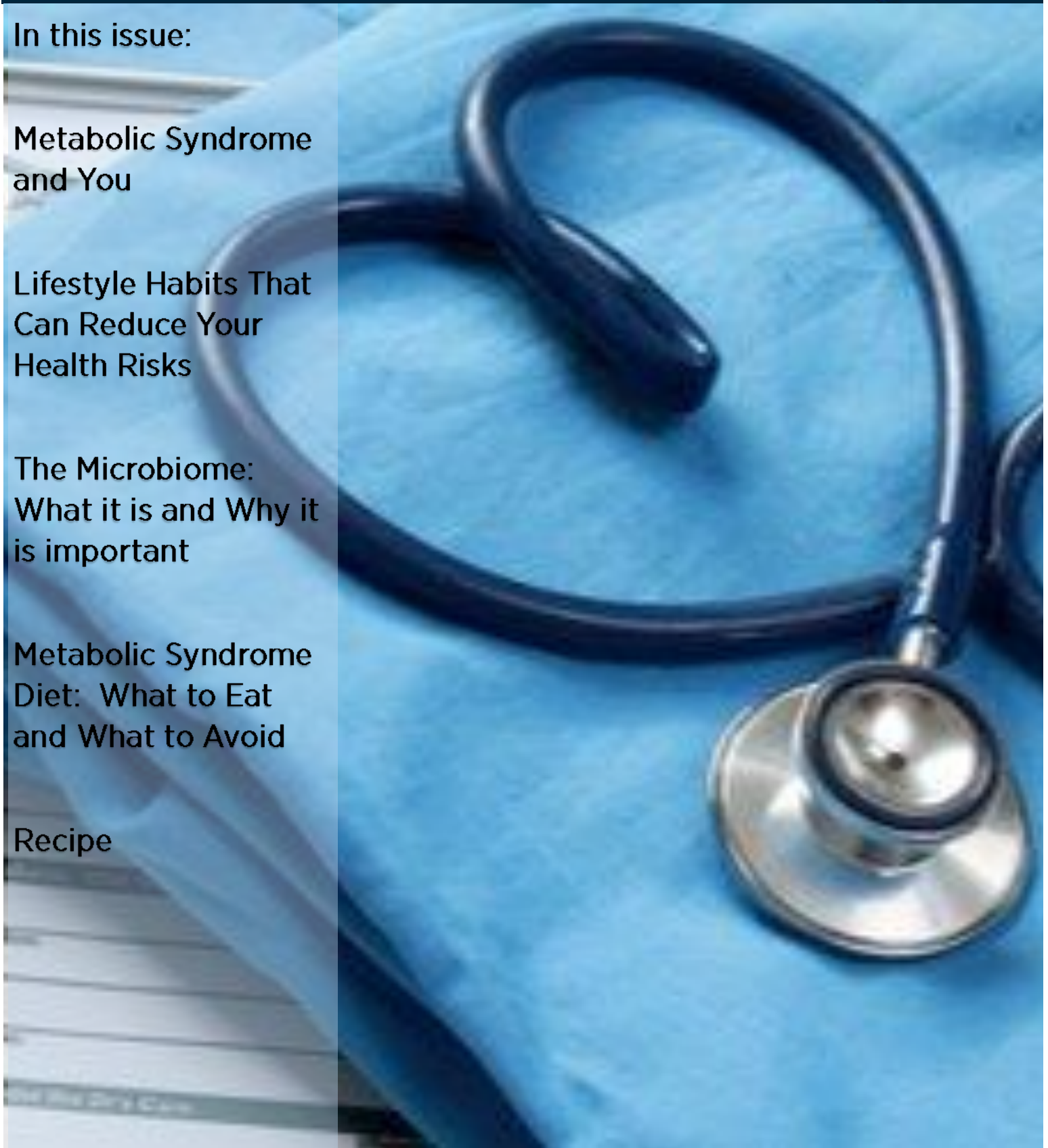
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PREVENTION



Metabolic Syndrome and You

More than one-third¹ of adults in the U.S. and one in five² Canadians, have been identified as having metabolic syndrome. While metabolic syndrome is commonly associated with heart disease, what you may not know is that it is also linked to diabetes. The good news is, making simple adjustments to your daily habits can reduce your overall risks.

What is metabolic syndrome?

Metabolic syndrome³ is a condition characterized by a cluster of symptoms associated with increased risks for developing certain chronic health conditions. When chemical reactions and processes within the body do not operate normally, it can lead to negative health outcomes.

What are the Risk Factors?

The following characteristics are known risks factors for metabolic syndrome⁴:

- High blood sugars
- High triglycerides
- Low HDL cholesterol
- High blood pressure
- Carrying excess weight around the waistline

How to Reduce Your Risks

To reduce your risks, focus on these areas.

Maintain a healthy weight

Developing healthy eating habits and weaving physical activity into your daily life is the key to maintain a healthy weight. If you are overweight, losing just 5% of your current body weight can reduce⁵ your risk of developing metabolic syndrome and diabetes by 58%.

Increase physical activity

The best way to improve your HDL cholesterol is through physical activity. Aim for 150 to 300 minutes of moderate to vigorous exercise each week.

Stay current on preventive care

Be sure to stay up to date on your preventive care, including lab draws and visits to your doctor. Many chronic health conditions can be prevented when identified early.



1. https://www.cdc.gov/pcd/issues/2017/16_0287.htm
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193129/>
3. <https://www.mayoclinic.org/diseases-conditions/metabolic-syndrome/symptoms-causes/syc-20351916>
4. <https://www.nhlbi.nih.gov/health-topics/metabolic-syndrome>
5. <https://www.cdc.gov/diabetes/prevention/index.html>



Lifestyle Habits That Can Reduce Your Health Risks

We hear a lot of the same recommendations when it comes to maintaining good health. So much so, that you may even tune them out sometimes. As boring as many of them may be, these seemingly insignificant habits can really pay off in the long-run when it comes to your wellbeing.

Here are some healthy lifestyle habits to focus on to reduce your health risks:

Quit tobacco

According to the American Cancer Society, a year after you quit smoking, your risk of heart disease is cut in half. Five years after that, the same goes for your risk⁶ of cancer.

Get sufficient restful sleep

Aim to get at least seven hours of sleep each day. Insufficient sleep has been linked⁷ to abnormal levels of leptin and ghrelin, the key hormones that directly impact appetite and weight regulation.

Move your body

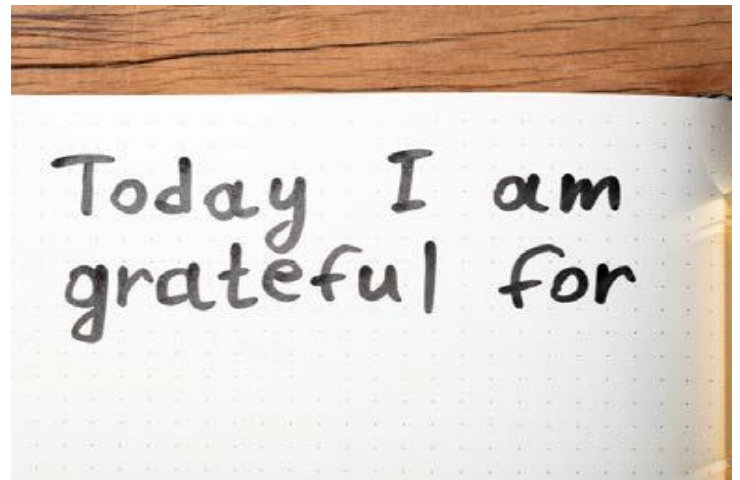
Accumulate at least 150 to 300 minutes of moderate to vigorous physical activity each week. Staying physically active can reduce⁸ your risks for cardiovascular disease, depression, and diabetes.

Be grateful

Expressing gratitude is linked⁹ to lower rates of depression and healthier relationships. Starting a gratitude journal is the easiest way to make gratitude part of your daily life.

Stay connected

Invest in nurturing a supportive network that you can lean on when life feels overwhelming. People who have¹⁰ strong support systems have lower blood pressure and fewer symptoms of depression.



When it comes to creating the conditions for good health, you hold more power than you realize. Focus on building healthy habits to protect your wellbeing and reduce your overall health risks.

6. <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>
 7. <http://healthysleep.med.harvard.edu/healthy/matters/consequences/sleep-and-disease-risk>
 8. <https://www.nhlbi.nih.gov/health-topics/physical-activity-and-your-heart>
 9. <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>
 10. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/social-support/art-20044445>



The Microbiome: What it is and Why it is important

In 2001, the term microbiome began circulating within scientific communities. **Defined** as an “ecological community of commensal, symbiotic, and pathogenic microorganisms that literally share our body space,” the microbiome has been found to have direct ties to our health.



What is the Microbiome?

Our bodies contain roughly 100 trillion microorganisms. That is 10 times more than the number of cells in the human body. Weighing up to five pounds by some estimates, these microbes play a role in immune function, metabolism, and weight regulation.

Why Your Microbiome is Important

The makeup of your microbiome is thought to determine, and sometimes even predict, your health risks. For example, it is now understood that people who are overweight have a different composition of microorganisms than people who are at a healthy weight. This has led some experts to believe that the bacteria in our gut are involved in metabolism and appetite regulation.

How to Support a Healthy Microbiome

Poor eating habits can result in an imbalance (dysbiosis) of bacteria. Specific foods have been shown to support the good bacteria in your gut, namely probiotics and prebiotics. To support your microbiome, choose more of these foods:

Probiotics

Probiotics are live bacteria. Fermented and cultured foods are easy to find in most supermarkets, but they can also be prepared at home. Good sources of probiotics include:

- Kombucha
- Yogurt
- Sauerkraut
- Kimchi

Note: Pregnant and breastfeeding women should **consult** with their doctor before consuming kombucha in the third trimester due to blood thinning properties

Prebiotics

Prebiotics are specific types of plant fibers that support the bacteria living in your digestive tract. Good sources of prebiotics include:

- Jerusalem Artichokes
- Dandelion Greens
- Chicory Root
- Onions
- Asparagus

Focus on high-fiber plants and fermented foods to support a strong microbiome.



11. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2792171/>

12. <https://health.clevelandclinic.org/what-are-kombuchas-health-benefits-and-how-much-can-you-safely-drink/>

Metabolic Syndrome Diet: What to Eat and What to Avoid

[Metabolic syndrome](#) is a serious condition. It's a cluster of factors that put you at risk of heart disease, stroke and Type 2 diabetes. You can turn it around by making some changes to your eating habits, says dietitian Melissa Matteo, MS, RD, LD, CDE. "Changing how you eat can make a real difference in controlling metabolic syndrome."

Overhauling your diet might sound intimidating, but you don't have to go extreme. As a first step, Matteo recommends focusing on what unhelpful foods you can phase out. These include:

- Refined carbs such as white flour, sugary snacks and sugar-sweetened beverages, which are low in fiber and nutrients. If that's not bad enough, they also cause spikes in blood sugar levels and contribute to overeating and obesity.
- Saturated fats found in foods like red meat, whole-milk dairy products and many baked goods. They can increase LDL ("bad") cholesterol levels and raise the risk of heart disease.
- Cured meats like hot dogs, bacon and deli meats, which have been linked to heart disease. They're high in sodium, too, which contributes to high blood pressure.
- Processed foods such as packaged items and [fast food](#). These tend to combine the worst of the worst and often contain refined carbs, added sugars, too much salt and unhealthy saturated fats. Whenever possible, steer clear of processed foods.

A diet plan for metabolic syndrome

Once you have eliminated the processed stuff, you can start building meals around heart-healthy alternatives. "There's no specific metabolic syndrome diet," Matteo says. "Focus on whole, plant-based foods." She suggests checking out the [Mediterranean diet](#), which is rich in fruits, vegetables, seafood and olive oil. Research has linked this eating style to weight loss and a lower risk of heart attacks, strokes and Type 2 diabetes. A healthy balanced diet should include:

Vegetables—"Add more veggies — especially non-starchy vegetables like salad greens, broccoli and peppers," Matteo says. When you do choose starchy vegetables, opt for those that are higher in fiber, such as beans, lentils and chickpeas.

Fruits - [Fruits are a good source](#) of vitamins and minerals. Yes, they also have sugar, but those natural sugars are offset by the fiber found in whole, fresh or frozen fruit. "Because of the fiber, you digest the sugars in fruit more slowly," Matteo says. Tasty high-fiber fruits include raspberries, blackberries and pears.

Whole grains—Unlike processed grains that have been stripped of nutrients, [whole grains](#) are good for heart health. Foods like whole-wheat breads, barley and oats can help you avoid weight gain and lower the risk of Type 2 diabetes.

Omega-3 fatty acids—"Omega-3 fatty acids can help increase HDL (good cholesterol) and lower LDL (bad cholesterol)," Matteo says. You'll find them in nuts, seeds and fatty fish like salmon and mackerel.



NOVEMBER IS**NATIONAL DIABETES
AWARENESS MONTH****TAKE CARE OF YOUR HEART, MANAGE YOUR DIABETES**

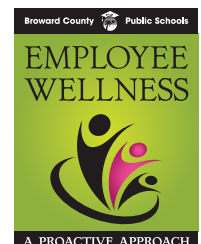
If you have diabetes, it's even more important to take care of your heart and blood vessels. Having diabetes means you are more likely to have a heart attack or stroke. You can lower your risk if you manage your diabetes. You can live a long and healthy life by managing your blood glucose (sugar), blood pressure and cholesterol.

High blood pressure is a serious disease that makes your heart work too hard. Over time, high blood glucose (sugar) levels can damage vital organs, such as your kidneys and your eyes. Bad cholesterol or LDL, builds up and clogs your heart and blood vessels. Managing all three, means a longer and healthier life.

TAKE ACTION NOW:

- Eat the right types of food like fruits, vegetables, beans and whole grains
- Eat foods that are prepared with less salt and fat
- Get at least 30 minutes of physical activity every day
- Stay at a healthy weight, by being active and eating the right amounts of healthy foods
- Stop smoking! Ask for help by calling 1-800-QUITNOW (1-800-784-8669)
- Take medicines the way your doctor recommends
- Ask your doctor about taking aspirin
- Ask for family and friends to help you take care of your heart and your diabetes

Source: National Diabetes Education Program, a program of the National Institutes of Health and the Centers for Disease Control and Prevention





RECIPE

Prebiotic Chickpea Smoothie Bowl Recipe

INGREDIENTS

- 1/3 cup shredded coconut unsweetened
- 1 cup water
- 3 tablespoons hemp hearts
- 1 teaspoon dandelion root
- 2 large bananas frozen
- 1 cup blueberries or blackberries frozen
- 1/2 cup chickpeas cooked or canned and drained

INSTRUCTIONS

1. First, to make the coconut milk, blend the shredded coconut and the water in a high-speed blender until smooth. This coconut milk will have some residue, so you have the option to strain it here. Leave the leftover coconut residue in the smoothie for ease and to limit waste.
2. Add all the other ingredients to the blender and blend until smooth. You may need to use the blender mixing apparatus to make sure everything is completely blended and smooth. If the mixture seems too thin, add some more frozen berries or banana. If it is too thick, add some more water.
3. Pour smoothie bowl mixture into two bowls. Top with desired ingredients.
4. Leftovers can be stored in a sealed container in the freezer. Let defrost slightly before eating.



Total Time: 10 Minutes
Servings: 2



NUTRITION INFO
(per serving)

Calories kcal	168
Carbs g	17.5
Fat g	6.5
Protein g	17.5
Sodium mg	441
Sugar g	3



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