



THE Y AXIS



## Feces and Fountain Drinks

Fill up your cup with a fountain drink, and you may be gulping down a little more than empty calories.

### Read This Before Your Next Refill



Researchers at Hollins University took 90 soda samples from fountain drink machines at 30 different restaurants. They found that 48 percent of the samples contained trace amounts of fecal matter and bacteria that can make you sick.

### Still Thirsty for Soda?

In the study published in the *International Journal of Food Microbiology*, researchers said they're not sure how the fecal matter and bacteria got into the soda. But poor personal hygiene and sanitation practices are probably to blame.

**Gross! Order bottled water next time.**

### COMMENTS?

Send comments to the editor:  
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## Survive! With Oats for Breakfast

Survival expert and TV host of *Man vs. Wild* Bear Grylls is known for his appetite for anything that will keep him alive in the outdoors. He's eaten things like beetles, larva, spiders, and raw snake meat.

But he also has high cholesterol. When he's not trying to survive in the wild, he eats whole-grain oatmeal for breakfast. If you haven't enjoyed a bowl of oatmeal lately, give it a try. January is National Oatmeal Month.

### Health Benefits of Whole-Grain Oatmeal

Topped with fruit and nuts, eating whole-grain oatmeal is a tasty way to start your day. It's healthy, too.

### Instant Oats vs. Wild Oats

Skip the instant packets of sugary-flavored oatmeal, and forget about ordering oatmeal from a fast food menu. Processed oatmeal like this usually contains higher levels of carbohydrates, fat, sodium, sugar, and calories. It only takes a few minutes to cook rolled oats on the stove. For steel-cut oats, the healthiest form of oatmeal, plan on 20 to 30 minutes of cooking time. You can also make steel-cut oatmeal in a crock pot, simmer on low overnight, and enjoy for breakfast.

### MORE

Try these oatmeal toppings  
[tinyurl.com/lgrqlcb](http://tinyurl.com/lgrqlcb)

Research shows that eating oatmeal can help:

- Decrease bad cholesterol levels
- Lower the risk for heart disease
- Control blood sugar levels
- Improve digestive health
- Aid in weight management
- Reduce the risk for certain types of cancer
- Lower blood pressure

*American Heart Association.  
Whole Grains Council. @*

## Resolution Solutions for Weight Management

**Lose weight. It's the #1 New Year's resolution.**

However, the average American attempts to lose weight at least four times a year, according to the National Weight Control Registry. And about 95 percent of all fad diets end in failure. Fortunately, it doesn't have to be that way.

Check out these resolution solutions to tip the scale in the right direction:

**Eat Healthy.** To lose weight, eat more fruits and vegetables, nuts, and seeds, whole grains, legumes,



### MORE

Healthy ways to lose weight  
[tinyurl.com/mhkb8hd](http://tinyurl.com/mhkb8hd)

and low-fat dairy or soy. If you eat meat, avoid red meat and choose lean meats, fish, and skinless poultry. Drink more water.

**Limit or avoid sugary drinks,** snacks, and processed foods that are high in calories.

**Exercise.** The American College of Sports Medicine recommends 60 minutes a day of exercise for weight loss. Try walking, cycling, jogging, swimming, or dance aerobics to burn fat and calories.

**Sleep.** Aim to sleep 7 to 8 hours a night. Adequate sleep helps control cravings and reduce hormone levels linked to hunger, according to a study published in the *Canadian Medical Association Journal*.

## RECIPE Creamy Apricot Oatmeal



You'll look forward to eating a healthy breakfast after you try this sweet and creamy oatmeal made with dried apricots and peaches. At just 233 calories per serving, it's a great way to start the day.

### Ingredients:

- 3½ C water
- ½ C dried apricots
- 2 C uncooked quick-cooking rolled oats (steel-cut oats optional with longer cooking time)
- 6 oz container fat-free vanilla yogurt

### Directions:

1. In a medium saucepan, bring the water and apricots to a boil, covered, over medium heat for 5 to 6 minutes. If using steel-cut oats, increase water to 5 cups.
2. Reduce heat to low and cook for 5 more minutes.
3. Stir in the oats. Cook uncovered for 1 to 2 minutes, or until thickened, stirring occasionally. If using steel-cut oats, extend cooking time by 20 minutes.
4. Spoon 1-cup serving sizes into bowls and top with dollop of yogurt.

Source: *American Heart Association.*

## Prevent Diabetes with Diet, Exercise

"You have prediabetes," the doctor told 63-year-old Pat Holmes. After years of yo-yo dieting, Pat was obese, ate poorly and rarely exercised. Her story might sound extreme, but an estimated 86 million Americans have prediabetes.

With an official prediabetes diagnosis, Pat decided it was finally time to change her ways and agreed to participate in a national weight-loss study. She learned to eat healthy, avoid sugary snacks, and exercise regularly. In one year, she lost 114 pounds and has kept the weight off.

"My key to success is to exercise six to seven times a week, to eat very low sugar...and to find foods that are healthy that I love to eat," says Pat. "I do not feel deprived or like I am on a diet."

New research published in the journal *Diabetologia*, found that when people like Pat improved their diet and exercise habits, they cut their risk of developing diabetes by 40 percent. Researchers followed about 13,000 people for three years. They found that healthy lifestyle habits also helped people with prediabetes lose weight and lower blood sugar levels.

*American Diabetes Association.*  
*Diabetologia.*  
*Centers for Disease Control and Prevention.*

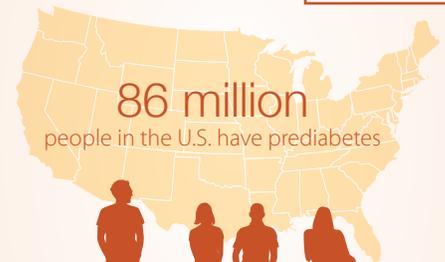


Medical costs for a person with diabetes are **TWICE** as high as someone without diabetes.

84

people a day are diagnosed with type 2 diabetes in the United States.

Diabetes is the **SEVENTH** leading cause of death in the United States.



1 out of 4

people with diabetes don't know they have it

### 3 WAYS TO PREVENT DIABETES

1. Lose Weight
2. Eat Healthy
3. Stay Active

## Resolution Solutions for Weight Management (continued from page 1)

**Weigh-In.** Research shows that people who weigh themselves regularly, keep a food diary, and track their weight-loss efforts are more likely to be successful at losing weight.

**Get Support.** People in the National Weight Control Registry study were more likely to lose weight and keep it off when they had support from a social network, team of co-workers, wellness coach, and even online support groups.

If you want to lose weight, skip the fad diets, weight-loss pills, and gimmicky exercise equipment that promise rapid results. Instead, develop healthy lifestyle habits to lose 1 to 2 pounds a week and maintain a healthy weight.

*Harvard School of Public Health.*  
*U.S. Department of Agriculture.*  
*Centers for Disease Control and Prevention.*  
*National Weight Control Registry.*

## Take the January Health Challenge!

Practice Healthy Weight Habits – Eat well, exercise, and make healthy lifestyle choices

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
What makes olive oil good for you?