

Words of Wellness ...

October 2010



October's Theme: Nutrition

Happy Autumn! A new season ... and a new opportunity to eat well! This month is time to learn more about the foods that we eat.

Foods That Manage or Help Prevent Common Ailments ...

- ❖ **Colds/ Flu** – apples, berries, plums, prunes, citrus fruit, kiwi fruit, peppers, strawberries, pumpkin and sunflower seeds
- ❖ **Anxiety and Stress** - broccoli, greens, dairy products, figs, beans, potatoes, rice, whole grains, bananas, salmon, peas, turnip

Source: Wellness Way Naturally Inc.

Did you Know?

October 1st to 7th has been proclaimed Wellness Week in NB as a way to recognize and celebrate Wellness in our province. For more details check out:

www.gnb.ca/wellness/

Protein to Go!

You can't carry a grilled chicken breast in your pocket so try these more portable options:

1. Beef or turkey jerky (1 ounce = 9.4 grams)
2. Roasted Soy Nuts (1/4 cup = 17 grams)
3. Protein Powder (4 1/2 cup = 16 grams)
4. Energy Bars
5. Hard Boiled Eggs (1 egg = 6 grams)
6. String Cheese (1 stick = 8 grams)

Source: Women's Health Magazine –October 2010

The Power of Lemons ...

Adding a splash of lemon to your green tea gives it 13 times more antioxidant power!

(Purdue University)

Remember to smile ... it is good for you!

Jokes for October –

Q: Teddy bears have what in common with a turkey? **A:** They both have stuffing!!

Q: Why are so many cars sold around Thanksgiving time? **A:** It's a good time to buy an AUTUMN-mobile!

Q: What is a pumpkin's favorite sport? **A:** Squash!