



AN APPLE A DAY

Sometimes old sayings are just there because they're old ... and people say them. But sometimes they turn out to be spot on, and research eventually comes around to show exactly why they are so very right.

This one happened to come from Benjamin Franklin, who said that an apple a day keeps the doctor away. 200 years later, a review of the nutritional research literature shows five reasons he was right.

1. Bone Protection

French researchers found that a flavanoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also strengthens bones.

2. Asthma Help (listen up, parents)

One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.

3. Lower Cholesterol

The pectin in apples lowers LDL ("bad") cholesterol. People who eat two apples per day can lower their cholesterol by as much as 16 percent. It tastes better than statin drugs, goes much better with peanut butter, and doesn't have a long list of complications!

4. Diabetes Management

The pectin in apples supplies galacturonic acid to the body which lowers the body's need for insulin and this is thought to contribute to the management of diabetes.

5. Weight Loss

This Brazilian study found that women who ate three apples or pears per day lost more weight while dieting than women who did not eat fruit while dieting.



WELLNESS NEWS OF THE WEIRD



The American Heart Association estimates that around one in three children and adolescents in the United States are overweight or obese; putting childhood obesity in the number 1 spot for children's health problems. Unhealthy school lunches could be one attributor to this rising concern.

HOMESCHOOL

With school back in session, not only do parents handle the regular tasks like errands, dinner, and cleaning, but they also have the added task of helping their children with homework. Here are some strategies to help make homework time a stress-free time.

1. Homework and Dinner Prep

Create a workspace for your child that is close to you while you prep dinner. You are close enough to answer questions, but can also prepare a healthy dinner!

2. Keep Them Energized

Lunch is served so early in school. Prepare a snack for your child while they complete their homework.

3. Move Between Subjects

After your child completes one subject's homework, get them to move! Put a song on, march in place, just get them to move!

4. Make Them a Star

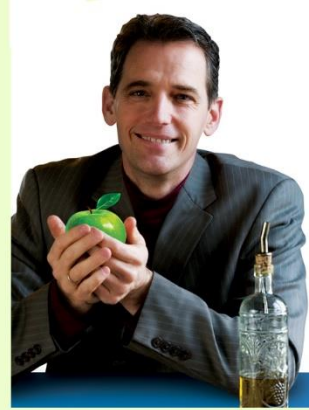
To keep your child motivated, create a star chart. For each subject completed well, give them a star. At the end of the week, count them out and allow them to choose a prize.

ASK WILL

I eat TV dinners for my lunch at work. Is this an okay thing to do?

First and foremost, look at the list of ingredients and limit foods that contain artificial ingredients. In addition, the other concern is that these foods contain a lot of excess sodium which can be detrimental to heart health.

If the ingredients in the boxed meal are clean, then I recommend limiting the consumption to no more than 2 times per week as well as limiting sodium consumption at your other meals.



HAVE A QUESTION?

Email him:
askwill@willclower.com

LET'S PACK

This month we thought we'd provide you with some lunch ideas.



Refrigerated or Reheated

- Hard-boiled egg, olive, and a piece of fruit.
- Egg salad sandwich with a tomato and cucumber salad, and a piece of dark chocolate.
- Tuna fish sandwich with almonds and a piece of fruit.
- Leftovers from dinner the night before.
- Sushi or maki rolls with a piece of fruit.
- Baked sweet potato and a piece of fish or chicken.
- Hummus with pita or other type of bread, slices of cheese, walnuts and white raisins.
- Soup, bread, fruit, and nuts.
- Salad topped with grilled shrimp or chicken, and a side of plain yogurt topped with honey.
- Stir fry with meat of choice and veggies, fruit, and tea.
- Piece of pizza and fruit salad.

Ready to Eat

- Peanut butter and honey or jam sandwich with a banana.
- Avocado, tomato, and cheese sandwich, with a side of some walnuts and dried apricots.
- Olive tapenade on a bagel or bread with salad drizzled with dressing. Some nuts and dark chocolate chips.
- Bread with fish such as tuna, or mackerel (If you do not have refrigeration, leave fish in can and open upon consumption), and pineapple.
- Piece of a baguette, cheese, olives, sliced veggies drizzled with olive oil and balsamic vinegar, and a square of dark chocolate
- Pesto on pasta with veggies (this is a great meal that can also be enjoyed cold).
- Rice noodles mixed with sautéed veggies.