



the CommonHealth Compass

RECIPE

Brown Rice Risotto with Shrimp Recipe

This hearty and healthy whole-grain risotto is packed with protein and loaded with family-friendly flavors!



Ingredients

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion
- 1 garlic clove, minced
- 1 cup short grain brown rice, dry
- 2 cups low-sodium vegetable broth, divided
- 1 teaspoon fresh rosemary
- 3 tablespoons fresh parsley, minced
- ¼ teaspoon saffron
- 1 pound shrimp, raw
- ½ cup grated Parmesan, divided

Directions

- In a large saucepan, heat oil and sauté onion and garlic. Add rice and cook quickly for 2 minutes more, stirring constantly.
- Add ½ cup vegetable broth, rosemary, parsley and saffron. Stir well, cover and gently simmer.
- Add another ½ cup of broth as liquid is absorbed. Continue with remaining broth until it's all used. Rice should be tender after cooking for about 30 minutes).
- While waiting for the rice to cook, bring one quart of water to a boil. Cook shrimp until pink. Drain and reserve.
- Just before the rice is done, add ¼ cup cheese. When cheese is melted through, remove from heat. Add cooked shrimp to rice. Toss until combined.
- Top with remaining cheese and serve.

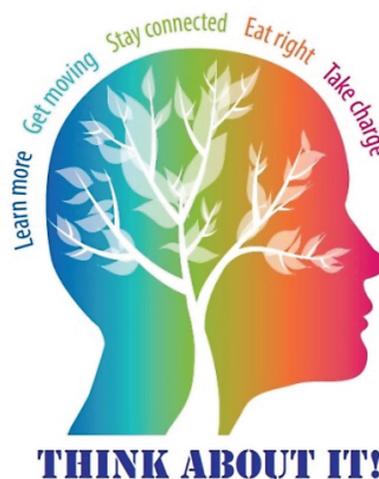
Nutrition Information

Serving size: 1 cup

Serves 6

Calories: 300; Total Fat: 9g; Saturated Fat 2g; Trans Fat 0g; Cholesterol: 120mg; Sodium: 330mg; Total Carbohydrate: 29g; Dietary Fiber: 2g; Sugars: 1g; Protein: 22g;

Academy for Nutrition and Dietetics. <http://www.eatright.org/resource/food/planning-and-prep/recipes/brown-rice-risotto-with-shrimp-recipe>



Your Brain Health - Think About It!

Keeping your brain healthy is easy. It involves living intentionally and caring for your brain and your body, every day. From what foods to eat, to how trying something new is good for you and even how to recognize a concussion, we have it all. Think About It is broken down into 5 easy sections:

Learn more – Maintaining intellectual activity is essential to brain health.

Get Moving – Exercisers are less likely to endure cognitive decline associated with aging and disease.

Stay connected – Social interactions are a key to cognitive acuity.

Eat right – Add “smart” foods to maintain a healthy brain as you age.

- Nuts and seeds: Good sources of vitamin E to lessen cognitive decline.
- Blueberries: Blueberries protect the brain from oxidative stress.
- Wild salmon: Rich in omega-3 fatty acids, which is essential for brain function.
- Brewed tea- Tea has potent antioxidants which promote healthy blood flow.

Take charge- Protecting the brain from brain injury is very important.

Keep your most important asset safe and take a few minutes to **Think About It**. If you participate in this campaign you will receive a deck of cards or another incentive to further the Think About It message.



Knowing Your Numbers is a Step to Good Health!

Good health begins with preventive wellness care. Knowing your cholesterol numbers is a great step toward good health. The Local Choice CommonHealth wellness program offers health screenings every two years. The confidential health screenings are done at your worksite for convenient, quick results. At the screening, you will instantly learn your blood pressure, cholesterol, diabetes risk assessment and random blood glucose sample, and Body Mass Index (BMI).

Knowing your numbers from regular medical screenings can empower you to make the best choices for your health. Early detection of health risks is important in preventing chronic diseases. If your results point toward a health concern, you will be offered educational materials, be advised to follow up with your healthcare provider and a nurse will contact you with additional information on the condition.

All TLC participants may participate, whether a full time, part time, or wage employee. Additionally, retirees and dependents (18 years or older) who are covered under the TLC health insurance plan may participate. To schedule a health screening, please contact your Regional Coordinator.

Tips to Avoid Summer Bummers

There are so many ways to enjoy the great outdoors and warm weather. Use these easy tips to avoid bug bites, sunburn, and other pesky problems. And get out there!

Make Yourself Unattractive

To insects, that is. Scented soaps, perfumes, and hair sprays can attract mosquitoes and other biting bugs.

Also, avoid areas where insects nest or gather, such as pools of still water, uncovered foods, and gardens where flowers are in bloom, says David Fagan, MD, chairman of the pediatrics department at Nassau University Medical Center in East Meadow, NY.

Use bug spray with DEET. The chemical wards off ticks (which can carry Lyme disease) and mosquitoes (which can spread West Nile virus), Fagan says. Pediatricians recommend 10% to 30% DEET for children older than 2 months, but don't use it on infants.

Use the 20-Minute Rule

Drink water at least every 20 minutes. To prevent heat stress and heat stroke, adults and children should stay hydrated when outside on hot and humid days.

"During activities less than one hour, water alone is fine," Fagan says. But if you're going to be outside for more than an hour, you should add a sports drink to replenish electrolytes.

Play It Safe

At the playground, take a good look at the equipment. It should be in good shape. Rotted or worn out woods and plastic can have sharp edges and points that could scrape or cause eye injuries.

Make sure the slides and other surfaces are cool enough to be comfortable.

Stay Street Legal

Before you head out on a family bike ride, you might want to check on your local laws, says Lee Uehara, the education manager of City Bike Coach in New York. "For example, in some towns, it's illegal to ride with passengers under 1 year of age." And of course, make sure everyone straps on a helmet.

Scan for Bad Plants

Learn to recognize poison ivy and poison oak, and steer clear. You should also know about other poisonous plants like nightshade, says Carolyn Dean, MD, ND, author of *Kids' Health: A Doctor's Guide for Parents*.

Big Adventure? Brag About It

Tell someone where you're going and when you expect to be back. Someone needs to know where you plan to be, just in case.

If you're going hiking or camping, take a first aid kit with you. Dean says it should have antibiotic ointment, adhesive bandages, anti-itch gels, an Ace bandage, and emergency hydration and electrolyte replacement drinks or packs.

Go Broad

Use a "broad-spectrum" sunscreen. "That means it will screen out both UVB and UVA rays," Fagan says. You need it even if it's not a blazing hot sunny day.

You should also layer in other protection. "Wear a hat with at least a 3-inch brim all around," Fagan says. "And limit your sun exposure between 10 a.m. and 4 p.m. when UV rays are the strongest."

Source: WebMD: <http://www.webmd.com/parenting/features/8-tips-summer-safety#1>



Eat Smarter: 3 Tips for Healthier Eating

Do you ever feel as though a sweet tooth or craving for salty foods is holding you back from your health goals? The good news is that with a few simple changes to your eating and cooking habits, you can still eat right while including these occasional treats.

Start building a smarter plate by choosing fruits and vegetables, whole grains, lean protein and low-fat dairy — foods that are packed with the nutrients you need without all the added sugars and solid fats. In addition, you can help reduce your risk of high blood pressure, heart disease and stroke by eating less sodium.

Eat Fewer Foods High in Solid Fats

- Opt for lean ground beef, turkey and chicken. Cut back on processed meats such as hot dogs, salami and bacon.
- Grill, broil, bake or steam foods instead of frying.
- Cook with healthy oils such as olive, canola and sunflower oils in place of partially-hydrogenated oils or butter.
- Select low-fat or fat-free milk, yogurt and cheese.

Choose Foods and Drinks with Little or No Added Sugars

- Switch to water, low-fat or fat-free milk or 100-percent fruit juice in moderate amounts.
- For additional taste, add lemons, limes or cucumbers to water or drink unsweetened carbonated water.
- Eat fresh fruit for dessert instead of cakes, cookies or pastries.
- Buy foods with little-to-no added sugars, including unsweetened applesauce or unsweetened whole-grain cereals.

Cut Back on Sodium

- Instead of salt, use herbs and spices to season foods.
- Do not add salt when cooking pasta, rice and vegetables.
- Read the Nutrition Facts Label to compare the sodium content of high-sodium foods such as pre-made foods, frozen meals, bread, canned soups and vegetables.

Source: Academy of Nutrition and Dietetics, Reviewed by Taylor Wolfram, MS, RDN, LDN;
<http://www.eatright.org/resource/food/nutrition/healthy-eating/want-to-eat-smarter>

FAMILY CORNER

Think Safety on Wheels

Bikes, roller skates, and skateboards are some of the first ways that children enjoy the freedom and excitement of travel and speed. The joy that these activities bring, though, can be dampened by one wobble or slip resulting in a bad accident. Properly-fitted helmets can reduce the risk of head injuries by at least 45 percent – yet less than half of children 14 and under usually wear a bike helmet. As children age, the likelihood that they will wear a helmet drastically decreases, exposing them to increased risk of concussion or other brain injury that may have lasting impacts on their still developing brains. Make wearing helmets mandatory anytime anyone is on wheels (outside of car rides, of course) and make sure you set the example by wearing a helmet of your own. Once your family has properly fitted helmets and

has tuned up their bikes, check out these Family Friendly Bike Rides in Virginia and enjoy the ride. No bike? No problem. The listed rides all include options for local bike rentals so everyone in the family can feel the wind in their hair and enjoy the best of Virginia's trail rides.

Link is: <https://blog.virginia.org/2017/05/family-bike-rides-virginia/>





Biking for Health and Fitness

Are you looking for a great form of exercise with a small carbon footprint? Then consider adding biking to your weekly fitness routine.

Biking is a great way to improve your health. In fact, because it is a weight-supported activity, it is a great starter exercise that is easy on the joints. Plus, biking tones muscles, increases endurance and enhances lung capacity. This nearly life-long activity can be social, or a great family fitness outing enjoyed by both kids and parents.

Join a Club

Biking is fun! Many cycling clubs hold organized rides at varying levels of speed and difficulty, so get involved and gradually increase your pace and endurance. Weekend organized rides offer support stations with fluids and foods to fuel your body optimally during longer rides. Mountain biking also offers a chance to go “off-road” and enjoy nature.

Bike to Work

In addition to health benefits, there are environmental and financial perks to biking to and from work. A bicycle has very little environmental impact. Purchase a solid bike and it can last more than 10 years. Commuting via bike saves money on gasoline and parking, and can cut down on the time you spend in traffic. A morning ride also produces endorphins, so you can arrive to work with the pleasant buzz these natural chemicals produce. And you can even bike away a tough work day on the way home.

Safety Is Important

Be a safety-conscious commuter. Always wear a helmet, as this can prevent 85 percent of head injuries from bicycle accidents. Ride defensively and be aware of your surroundings. A white LED front light makes you visible when approaching intersections, and a red, blinking light in the back makes you visible to drivers approaching from behind. A fender provides protection from water splashing onto you from the rear tire.

Biking is a great way to improve your health and is a great starter exercise.

Fuel Up for the Morning Commute

If you ride to work, consider splitting breakfast into two smaller sessions. Eating something “before the ride” and “after the ride” can help sustain energy and prevent hunger until lunch. Try these ideas:

Before the Ride

- ¾ cup high-fiber cereal
- 1 cup fat-free or low-fat milk
- ½ cup berries

After the Ride

- 1 banana and
- 18 raw almonds

Fuel Up for a Longer Ride

If you’re looking at a ride that’s 90 minutes or longer, fuel up on carbohydrates two hours before the ride to power your muscles with energy. Keep the meal low in fat for easy digestion. Include whole grains, fruit and a modest amount of protein. For example:

- 1 cup cooked oatmeal
- 1 cup orange juice
- 1 medium banana
- 2 tablespoons raisins
- 1 egg

Don’t Forget about Hydration

Water is important with any physical activity, including riding a bike. Drink a glass of water before hopping on your bike, and bring a water bottle with you to take frequent sips during your ride.

Source: Academy of Nutrition and Dietetics, Monique Ryan, MS, RD, CSSD, LDN
<http://www.eatright.org/resource/fitness/exercise/exercise-nutrition/get-on-your-bike>



Visit CommonHealth Online!
<http://commonhealth.virginia.gov/tlc>

Questions? E-mail us at wellness@dhrm.virginia.gov.



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