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Neuroscience Wellness Newsletter

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October is Breast Cancer Awareness Month

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms. Learn more about preventing and detecting Breast Cancer from The National Breast Cane [here](#)

WHAT'S NEW

LIFESTYLE COACHING

Health *Plus* provides personal [lifestyle coaching](#) as a benefit for faculty, staff, and spouses. Lifestyle coaching can help you find the motivation and tools to reach your health goals. Coaching is available in person, by telephone, or by video call

Increasing Fiber Intake



Go for the Gold



The benefits of completing Go for the Gold Step 1: Health Risk Assessment (HRA) are (truly) endless!

Your daily habits are linked to your risk of having a chronic disease. [Take the 10-minute HRA](#) to find out if your habits put you at risk. You will receive a personal report on your health risks, along with information on simple changes you can make to reduce risk and achieve your health goals!

Bonus: Complete your HRA to be eligible for a drawing for \$100 e-gift cards!

You can also earn a \$240 Wellness Credit for completing all 3 Steps of [Go for the Gold](#) if paying for Vanderbilt Health Plan benefits as of 1/1/23!

Nutrition Corner

Enjoy [Healthy Eating on a Budget](#) with September's Nutrition Corner! Save time and money while eating healthfully with this month's easy, informative, and delicious Nutrition Corner.

Bonus: Completing a Nutrition Corner module will count towards completion of 1 of the 5 actions needed this year for Go for the Gold [Step 2: Wellness Actions Log!](#)

DIETARY SUPPLEMENTS

The supplement industry has grown to earn over \$30 billion each year in the US, but most people don't need them when eating a nutritious diet.



WHO NEEDS SUPPLEMENTS?

Infants and children, pregnant women, older adults, and those with certain dietary restrictions are common groups for which supplements may be recommended. If you do not fall into one of these groups, talk to your doctor to see if a supplement is necessary.

VITAMIN D

Most people get enough vitamin D from the sun in the warmer months, but less during the fall and winter. This is a good time to increase foods containing vitamin D:

- salmon, tuna, fortified orange juice, milk, and cereals



CHOOSING A SUPPLEMENT



- **Third party testing**
 - The U.S Food and Drug Administration (FDA) does not regulate dietary supplements
 - Third party testing is when an organization that is NOT the supplement company (a third party) analyzes the supplement and confirms its quality
 - Look for the USP, NSF, or a LGC seal on the bottle
 - These organizations confirm what is actually in the supplement
- **Buy the store/generic brand**
 - These often contain the same ingredients at a lesser cost, but double-check the ingredients!
- **Consult with your doctor or registered dietitian**
 - They can offer suggestions or recommendations and may have a coupons for over-the-counter supplements

Chickpea Salad with Lemon and Dill

Serves 13

Ingredients:

2 (15-ounce) cans chickpeas
1 medium English cucumber
6 small tomatoes
1 ½ ounce feta cheese (or goat cheese)
¼ cup lemon juice
¼ cup olive oil
1 teaspoon Dijon mustard
½ teaspoon honey
¼ cup fresh dill, chopped
Salt and pepper to taste



Directions:

1. Open, drain and rinse chickpeas and add to a large bowl.
2. Cut the cucumbers into quarters lengthwise and then into bite-sized chunks. Slice tomatoes into small wedges.
3. Add the cucumbers and tomatoes to the chickpeas and crumble feta on top.
4. In a separate medium bowl, whisk together lemon juice, olive oil, mustard, honey, and fresh dill – season with salt and pepper to taste.
5. Pour dressing onto salad and toss.

Nutrition Information per serving (per ½ cup):

Calories: 276, Total Fat: 14g, Saturated Fat: 3g, Unsaturated Fat: 11g, Cholesterol: 8mg, Sodium: 75.4mg (sodium content w/out added salt accounted for), Carbohydrate 30 g, Fiber: 9g, Sugar: 8g, Added sugar: 0g, Protein: 10g

Air fryer Salmon with Maple Glaze

Serves 4

Ingredients:

- 3 tablespoons pure maple syrup
- 3 tablespoons reduced sodium soy sauce
- 1 tablespoon Sriracha hot sauce
- 1 clove garlic, smashed
- 4 salmon filets, skinless (6oz each)



Directions:

1. Combine maple syrup, soy sauce, sriracha and garlic in a small bowl and pour into gallon-sized resealable bag – add the salmon to bag.
2. Marinate for 20-30 minutes.
3. Lightly spray basket of air fryer with oil.
4. Remove salmon from bag – reserve marinade.
5. Place fish in the air fryer for 7-8 minutes at 400F.
6. Pour marinade in small sauce pan and bring to a simmer over medium-low heat and reduce until it thickens.
7. Spoon over salmon before eating!

Nutrition Information per serving (per 1 salmon filet)

Calories: 292, Total Fat: 11g, Saturated Fat: 1.5g, Unsaturated Fat: 9.5g, Cholesterol: 94mg, Sodium: 797mg
Carbohydrate 12 g, Fiber: 0.5g, Sugar: 10g, Added sugar: 10g, Protein: 35g

SOURCE: <https://www.skinnytaste.com/air-fryer-salmon-with-maple-soy-glaze/#recipe>



Health Plus: Advancing healthy lifestyle practices.

FAT FACTS

The two major types of dietary fat are saturated and unsaturated.

Unsaturated fat

- Eat most often
- Beneficial for heart health
- Liquid at room temperature
- Raises good (HDL) cholesterol - good for your heart



Sources of Unsaturated Fat

- Avocados
- Olive oil
- Canola oil
- Sunflower oil
- Vegetable oil
- Salmon
- Trout
- Walnuts
- Peanuts
- Soybeans

Recommendation:

Replace foods higher in saturated fat with foods containing more unsaturated fat



Saturated fat

- Eat least often
- Solid at room temperature
- Not beneficial for heart health
- Can raise bad (LDL) cholesterol - may increase risk of heart disease

Sources of Saturated Fat

- Beef
- Pork
- Baked goods
- Eggs
- Butter
- Full-fat dairy products
- Coconut and palm oil

Recommendation:

Less than 10% of your daily calories should come from saturated fat