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SWOSU

Bulldog Wellness

June 2017



Macronutrients are fuel for life

By Dr. Jo Lichten, Ph. D.

Calories are good for us – yes, really!

In fact, calories are

simply a measurement of energy or fuel. There are only three nutrients that contain calories (proteins, carbohydrates and fats). These are referred to as “macronutrients”- the subject of this column.

Proteins for muscles and more

Protein is concentrated in animal meat, eggs, milk, cheese, yogurt, beans and soybeans. Because the human body can use only small amounts of protein at a time, it’s best to eat about 20-35g of protein at every meal to meet our nutrition needs. Research indicates that higher amounts of protein at a time will not build more muscle or make us stronger.

Carbohydrates for energy

Carbohydrates are found in fruits and juices, milk products and grains such as wheat, oats and corn. The main function of carbohydrates is to provide fuel for the body-in the form of glucose. If you don’t eat adequate carbohydrates, the body simply converts the protein you eat (or the muscles in your body) into the required amount of glucose.

Fat for energy, too

While the brain, red blood cells, nerves and bone marrow require glucose as a fuel, the rest of the body is quite content to burn fat as fuel.

Fat is found in so many foods including meats, eggs, cheese, nuts, olives, ice cream and processed snack foods such as cookies, chips, and crackers.

The good, bad and the ugly

Healthier protein sources include lean meat, low-fat dairy products, beans and soy. The best carb choices are fresh fruits and vegetables, as well as whole grains such as whole wheat pasta and bread, quinoa and oatmeal. Since hardened fats such as butter can contribute to heart disease, it’s better to choose nuts, avocados, olive and canola oil and tub margarine as your fat options.

Putting It All Together

While many people choose to focus on one nutrient, doing so will most likely change the amount of another nutrient. For, example low-carb foods tend to be higher in protein and fat. A low-fat food is often higher in carbs. So, remember that all three macronutrients are essential for life and well-being. At every meal select 20-35g of lean protein, add a couple of servings of a healthier carb, then select a small amount of the best fats.



Anxiety?

The SWOSU Health and Wellness website offers many resources and online sites to help with your journey. <http://www.swosu.edu/bulldog-wellness/faculty-and-staff-services.aspx>

Weight Watchers @ Work

Twenty-one employees are enrolled in the summer program. A total of 158 pounds have been lost within eight weeks. Members enjoy the comradery and group sharing at the Tuesday meetings.

-contact Janet Slagell for more information about the program! (580) 774-7023



The program will begin in the end of June.

If you would like to join the program, contact Sarah Yount or Lynne Thurman.



Wake Up With Warrior One!

Mornings set the tone for the rest of the day, so begin yours with a calm state of mind. Help awaken your senses with this invigorating yoga move!

Stand up straight and then step back with one leg as far as you can comfortably go. Bend your opposite knee so it's directly above the ankle and turn your back foot in slightly. Raise your arms directly above you, reaching strongly, and look up. Take 30 seconds to hold this position and breathe deeply. Reverse leg positions and repeat.

Move and image courtesy of everydayhealth.com.



Recipe of the Month

Farro and Zucchini Stuffed Tomatoes

by [Cleveland Clinic Wellness Editors](#)



Developed by Sara Quessenberry for Cleveland Clinic Wellness

Yield: 4 Servings

Ingredients:

- 1 cup cooked (and cooled) farro
- 1 small zucchini, grated (about 1 cup)
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh flat leaf parsley
- 2 tablespoons grated Parmesan
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 4 medium beefsteak tomatoes

Instructions:

Heat the oven to 350° F.

Rinse and drain farro. Place in a pot and add enough water to cover. Bring to a boil; reduce heat to medium-low and simmer 30 minutes. Drain off any excess water.

In a large bowl, combine the farro, zucchini, basil, parsley, Parmesan cheese, olive oil, salt and pepper. Stir well to combine.

Using the tip of a paring knife, cut out the top and core of each tomato. Scoop out the seeds and discard. Flip the tomatoes and trim off the undersides so the tomatoes sit perfectly flat. Save the undersides to top each tomato after filling. Finally, fill the tomatoes with the farro mixture.

Place the tomatoes in a baking dish and bake 35-45 minutes, until the tomatoes are tender.

Nutrition Info Per Serving: 157 calories, 5 g total fat, 1 g saturated fat, 6 g protein, 22 g carbohydrate, 5 g dietary fiber, 7 g sugar, 0 g added sugar, 3 mg cholesterol, 209 mg sodium

Tea Time

White Tea: An

Oregon State University study reported that white tea adds antioxidants



to the body. Antioxidants help slow down the aging process, heal sun damage to the skin, and lower risk of the number of diseases, including heart disease, diabetes and cancer.