



April 2018

SWOSU Bulldog Wellness Committee

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Recommended Citation

SWOSU Bulldog Wellness Committee, "April 2018" (2018). *SWOSU BULLDOG WELLNESS*. 18.
<https://dc.swosu.edu/wellness/18>

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SWOSU

Bulldog Wellness

April 2018

vitamins



How to Spot a Vitamin Deficiency

By Dr. Chris

It is usually not easy to spot a vitamin deficiency in the early stages without diagnostic tests. There may be little to no symptoms in many instances. If the vitamin deficiency does not become severe or is not detected with laboratory investigations, then a person may be completely unaware of the deficiency for long periods of time. However, this also depends on the type of vitamin deficiency.

Apart from vitamin D, the body has no ability to produce vitamins. Therefore, vitamins have to be sourced from food on a regular basis. The fat-soluble vitamins can be stored for period of time in the body, whereas water-soluble vitamins cannot be stored in large quantities for long periods of time. Therefore, water-soluble vitamins need to be consumed on a daily basis to be available for the various processes in the body.

Despite the hype around vitamin and mineral supplementation, most people who eat a balanced diet will not require any additional micronutrients. Furthermore, many foods are fortified with vitamins that are commonly deficient in the general population which helps to prevent deficiencies. Therefore, people who cannot access a balanced diet or choose not to eat a sufficient quantity and variety of foods are at risk of a vitamin deficiency.

Just as important is the body's ability to digest foods, absorb nutrients like vitamins and assimilate it. Diseases of the gut, liver and other organs can therefore contribute to vitamin deficiencies even if a person is eating a balanced diet with sufficient macro- and micronutrients.

Signs of Deficiency

- Fatigue
 - Dulled Senses and Abnormal Sensations
 - Shortness of Breath
 - Dizziness and Lightheadedness
 - Pale Skin
 - Dry and Weak Skin
 - Brittle Nails and Hair
- HEALTHHYPE.com



Craving this...try that

Use these substitutes for healthier alternatives to traditional snacks:

Craving salty snacks? Low-salt peanuts, almonds or cashews usually do the trick. Low-sodium dill pickles and seaweed snacks offer a crunchy low-calorie fix as well.

Craving chocolate? Turn to dark chocolate. The higher the percentage of cocoa powder (think 70 percent or greater) the better, as it contains more antioxidants and nutrients that may help cholesterol and blood pressure conditions.

Craving cookies? Eat fig or protein bars instead. Most nutrition bars contain sugar, so your sweet tooth gets satisfied. They also contain fiber and protein to help fill you up.

Craving bacon? Eat center-cut pork bacon. It is similar in nutrition to turkey bacon (25 more calories and only .5g of additional fat per serving) but with the flavor of traditional pork.

Craving pasta? Try spaghetti squash. It's 30 calories per cup and 10g of carbs, but it's also packed with antioxidants, beta-carotene and potassium.

Craving fries or potatoes? Create sweet potato fries or mashed cauliflower. Both are easy to make and delicious. Cauliflower is loaded with vitamins C, K and B6 and nutrients like niacin, magnesium, fiber and manganese. Sweet potatoes are a good source for vitamins A, C, B1, B2, and B6. -Healthy Living



Walking Club

The SWOSU Walking Club is meeting every MWF, 12:10 pm, at the Wellness Center. Fit fitness into your workday with a 30-40 minute walk and

receive the benefits of social support, stress relief, and renewed energy.



SWOSU Pool Hours

Monday-Friday 6 a.m. - 8 a.m.,
12p.m. - 2 p.m., 5p.m. - 7 p.m.
Tuesday 5 p.m. -7p.m. (closed)

Water Aerobics

Mondays, Tuesdays & Wednesdays 6 -7 p.m.

Recipe of the Month

Mushroom Stroganoff



Ingredients

- 2/3 cup raw cashews
- 2 teaspoons red wine vinegar
- pinch fine sea salt
- 1 1/2 pound assorted mushrooms
- 3 shallots, thinly sliced
- 2 1/2 cup mushroom broth or low-sodium vegetable broth
- 1 tablespoon Dijon mustard
- 1 tablespoon paprika
- 1/2 teaspoon ground black pepper
- 3 tablespoons chopped fresh parsley or dill, for garnish

Directions

Place cashews in a small bowl and cover by about 1 inch with boiling water. Let soak 30 minutes. Drain, discarding soaking liquid. In a blender, combine cashews, 1/4 cup water, vinegar and salt, and blend

until smooth; add more water a tablespoon at a time as needed to make a cashew cream.

Halve or quarter smaller mushrooms and thickly slice larger ones. Place mushrooms and shallots in a heavy pot and set over medium heat. Cook, stirring frequently, until the mushrooms begin to brown; add broth a few tablespoons at a time to keep mushrooms from sticking to the bottom of the pan. Cook, adding more broth as needed, until mushrooms are browned and softened, 10 to 12 minutes.

Stir in remaining broth, mustard, paprika and pepper. Bring to a boil, lower heat, and simmer until mushrooms are very tender and sauce is thickened, about 25 minutes. Stir in 1/2 cup of cashew cream. Sprinkle with parsley and serve with remaining cashew cream on the side.

Nutritional Info:

Per Serving: 170 calories (80 from fat), 9g total fat, 1.5g saturated fat, 380mg sodium, 20g carbohydrates, (2 g dietary fiber, 5g sugar), 9g protein.



Weight Watchers @ Work

The current Weight Watchers at work session is ending on April 2, 2018. We are working on a new session to start on April 9th.

If you are interested in joining please contact Kathy Megli at (580)774-7070. We Meet at 12:00 PM each Monday in Stafford 201.



Biggest Loser

Biggest Loser had a total of 29 employees participate this spring. The participants lost a total of 73.6 lbs and the total percent lost was 31.7. Fantastic job participants!

Move of the Month



Balance Side Lunges

Classes Offered on Campus