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The Greater Buffalo United Accountable Healthcare Network

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### Member Wellness at GBUAHN

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During this past year, GBUAHN members interested in having a healthier weight have been attending the GBUAHN Wellness classes located on Swan St. In the classes, members learn how to balance protein, starch, fruits and vegetables in their diet in a way that is relevant to their culture and preferences. Group nutrition and fitness facilitates a supportive environment where everyone feels like they are on their health journey together and can learn from each other. Members involved in the Wellness classes have lost weight, improved chronic disease, and feel more positive and energized about their lives.



Empowering our members to learn skills to lead a healthier and more productive life is important to us at GBUAHN. The new building located on 7<sup>th</sup> street will include a teaching kitchen and a fitness facility where members can continue to learn skills to have a healthier lifestyle. Keep an eye out for coming Wellness services that will be available!



### The Health Benefits of Tea

Across the country, restaurants, cultural venues and retail shops serve premium teas, while most

supermarkets, convenience stores and vending machines are stocking bottled tea. According to the Tea Association of the U.S.A. Inc., the number of Americans who will drink tea today is over 158 million, about half the U.S. population. And, the trend of increased consumer purchases of tea is expected to continue over the next five years.



Ever since 2737 B.C., when Chinese legend says leaves from an overhanging *Camellia sinensis* plant fell into Emperor Shennong's cup of boiling water, tea has been recognized by cultures around the world for its capacity to soothe, restore and refresh. Far from being a fictitious promise, tea has been lauded for an array of potential health benefits — from reducing cancer and heart disease risk to improving dental health and boosting weight loss.

### Tea and Heart Health

[The strongest evidence is on the side of heart health, attributed to the antioxidant effects in tea.](#) Studies that looked at the relationship of black tea intake and heart health reported decreased incidence of heart attack, whereas drinking green tea was associated with lower total cholesterol, LDL and triglycerides, and higher HDL (the "good" cholesterol) levels.

### Can Tea Prevent Cancer?

Support for tea's cancer prevention benefits is less compelling. It has been suggested that polyphenol compounds — particularly catechins — in tea may play a role in preventing cancer. However, studies related to black tea and different types of cancers have been extremely limited or conflicting.

### Tea for Teeth

In 2010, Japanese researchers reported at least one cup of green tea per day was associated with significantly decreased odds for tooth loss. Other studies have suggested tea may lower the pH of the tooth surface, suppressing the growth of periodontal bacteria. A more likely reason for tea's anticariogenic effect is its fluoride content. Tea usually is brewed with fluoridated water and the tea plant naturally accumulates fluoride from the soil.

### Tea and Weight Loss

Evidence supporting tea as a weight-loss aid is based mainly on studies that used tea extracts (epigallocatechin gallate and other polyphenols and caffeine). These results may not be directly applicable to brewed tea consumed in normal amounts.

### Tea and Caffeine

The caffeine content of tea varies widely depending on the kind of tea used and the way in which it is brewed. Typical levels for tea are less than half that of coffee, ranging from 20 to 90 milligrams per 8 fluid ounces (compared to 50 to 120 milligrams in coffee).  
Courtesy of eatright.org

## Who Needs a Flu Vaccine?

You see the signs at your pharmacy, doctor's office, maybe even at work: "Get Your Flu Shot." But do you really need one?



Yes, you do. The CDC says that everyone over 6 months old should get a flu vaccine -- even if you've never had the flu.

It's really important to get a flu shot if you:

- Have asthma
- Have diabetes
- Have heart or lung disease
- Are pregnant
- Are 65 or older
- Live with or take care of someone at high risk
- Are younger than 5, but especially younger than 2 years of age.
- Have a depressed immune system, HIV, or cancer

Flu can hit these people hard. It can turn into pneumonia or cause other medical problems.

### Why Get Vaccinated?

Even if you're super healthy, your co-workers, friends, or family may not be. Getting vaccinated protects you and them from catching and spreading the flu.



### What's in the Flu Vaccine?

The flu vaccine is made of dead flu viruses. Since they're dead, you can't catch the flu from them.

When you get a vaccine, your body learns what the flu looks like, so it can fight the illness. It takes about 2 weeks for your body to be ready to fight.

So how can you get a vaccine and still get the flu? Each year, scientists find the three or four types of flu that they think will be the most widespread and dangerous next year. Those dead viruses are put in flu vaccines. So while the flu vaccine can protect you from what scientists think will be the worst and most common flu types, it doesn't protect you from all of them.

### When Should You Get Vaccinated?

Flu season generally runs from October through May. Get the flu vaccine as soon as you can to protect yourself.

You don't have to wait until Thanksgiving. The earlier you get a vaccine, the sooner you're protected. Also, know that it's never too late in the season to get a vaccine.

### Which Vaccine Is Right for You?

- **Regular flu shot.** This is the shot most people are familiar with. You get the shot in the upper arm or shoulder. You can get it even if you have a long-lasting medical condition like diabetes. There's also a version of this shot that creates a stronger immune response, thanks to an "adjuvant" ingredient. And there are flu vaccines that aren't made in eggs, if you need that.

- **High-dose flu shot.** If you're 65 or older, this option is for you. Older people have a harder time fighting off the flu. This vaccine gives you a larger dose for stronger protection.
- **Nasal-spray flu vaccine.** Experts don't recommend using these this flu season due concerns about its effectiveness.

for more information visit [www.webmd.com](http://www.webmd.com)

## Recipe of the Month

### North African-Spiced Vegetable Tagine

When it comes to eating healthy, the key is to eat lots of colors, like this dish. Greens are rich in folate, oranges are rich in vitamin A, and reds are rich in antioxidants.



### Ingredients

- 2 tablespoons olive oil
- 1/2 teaspoon turmeric
- 3 teaspoons ground cumin
- 1 teaspoon paprika
- 1/4 cup finely chopped cilantro
- 1/2 cup finely chopped flat-leaf parsley
- 2 garlic cloves, minced
- 1 (14-ounce) can diced tomatoes, undrained
- 1 large fennel bulb, cut into 1/2-inch wedges
- 1 1/4 pounds Yukon Gold potatoes, peeled and cut into 6 wedges
- 2 cups chopped peeled turnips
- 4 carrots, cut in half lengthwise and then into 3-inch sticks
- 1 cup vegetable broth
- 1 cup frozen baby peas
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper
- 2 tablespoons fresh lemon juice
- Fresh cilantro sprigs

### How to Make It

#### Step 1

Heat oil in a large skillet over medium heat. Add turmeric, cumin, and paprika; cook, stirring, until the spices begin to foam.

#### Step 2

Add cilantro, parsley, garlic, and tomatoes; cook, stirring until they're well blended. Add fennel, potatoes, turnips, carrots, and broth. Then reduce heat to medium. Cover tightly and cook until the potatoes and carrots are tender (about 30 minutes).

#### Step 3

Add peas and cook until they are thoroughly

heated. Season the mixture with salt, pepper, and lemon juice.

Step 4

Transfer the mixture to a tagine pot or platter. Garnish with cilantro sprigs.

Step 5

Tagine tips: Our recipes call for a skillet, but you can also cook using a tagine dish. If you use a heavy cast-iron enamel tagine such as All-Clad's or Le Creuset's, cut the liquid in the recipe by half; the dish's tight seal doesn't allow as much evaporation as a regular pan's.

*Courtesy of health.com*

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