

ActiveYou

The ActiveHealth® newsletter,
a benefit of the State Health Plan.
September 2016



Let's hear it for fiber

Looking for a natural way to improve your health? You may want to add more fiber to your diet. Fiber is a carbohydrate found in fruits, veggies, whole-grains, beans, nuts and seeds. Unlike other carbs, fiber cannot be broken down into sugar. Instead, it passes through the body undigested. That's why fiber is sometimes called "nature's broom." It's a great way of cleaning out the 28-foot-long intestinal tract!

Eating a high-fiber diet is thought to help prevent constipation and its related problems. It may also lower blood pressure, improve cholesterol levels, and help control blood sugar levels. You may even have more success with reaching and staying at a healthy weight.

Ready to get going with fiber?

- Start your day with a bowl of whole grain cereal (like bran or oatmeal) and top with fruit
- Choose fruit for snacks and dessert
- Keep sliced veggies handy for quick snacks
- Add beans, lentils, or peas to salads, soups, and side dishes

Try your best to eat foods whole

Some foods change when processed. That means their fiber content may change, too! Look how the amount of fiber changes when whole apples are changed into other forms:



Food	Grams of fiber
1 whole apple, with peel	3 grams
1 whole apple, without peel	1.4 grams of fiber
½ cup apple sauce	1.3 grams of fiber
½ cup apple juice	0.2 grams of fiber

Women ages 19-50 should aim to get 25 grams of fiber a day. Those over 50 should try to get 21 grams. Men ages 19-50, aim to get 38 grams of fiber a day. Those over 50 should try to get 30 grams.



Upcoming events

For an up-to-date list of health webinars and other events, please visit:
<https://shp.nctreasurer.com/AboutSHP/connect/Pages/Upcoming-Events.aspx>

Tuscan-style pasta with cannellini



Pasta is the perfect partner for nutrient-rich veggies. High in fiber, this Tuscan-style pasta dish is gently tossed with a veggie trio – fresh escarole and flavorful, canned cannellini beans and tomatoes.

Ingredients:

- 12 ounces whole wheat pasta
- ¼ cup extra virgin olive oil
- 5 large garlic cloves (finely chopped)
- 2¼ cups curly escarole (¼ pound, sliced)
- 16 ounces cannellini beans (drained and rinsed)
- 1 can 14.5 ounce diced tomatoes with juice (undrained)
- 2/3 cup dry white wine
- Salt and freshly ground pepper
- ¼ cup fresh basil leaves (thinly sliced)

Directions:

1. Cook pasta according to the package directions
2. Heat oil in a large skillet over medium-high heat
3. Add garlic and cook until slightly browned
4. Add escarole; stirring until wilted (2 minutes)
5. Add beans, tomatoes with their juice and wine
6. Simmer 5 minutes, stirring occasionally
7. Season to taste with salt and pepper; stir in basil and heat through
8. Drain pasta and toss with the sauce

Sources: FDA Dietary Fiber, Retrieved August 11, 2016 from: http://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Dietary_Fiber.pdf
 USDA What's Cooking? USDA Mixing Bowl. Tuscan-Style Pasta with Cannellini, Retrieved August 11, 2016 from: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/tuscan-style-pasta-cannellini-0>

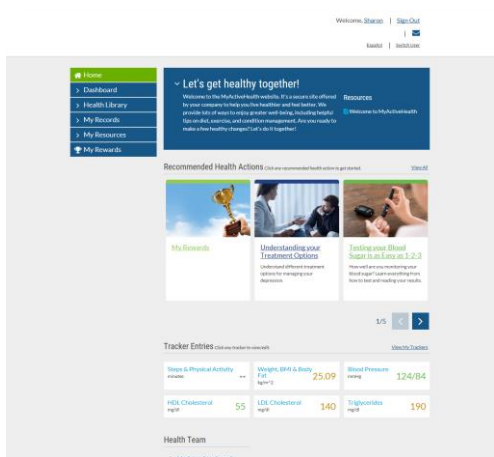
Coach's corner

Meet Sidney, a wellness coach with NCH^{HealthSmart}. Sidney works over the phone with people to help them make important lifestyle changes. He is also a certified personal trainer and group fitness instructor for aquatic and total conditioning classes. Sidney has over 10 years of coaching experience and he enjoys helping people become self-empowered in their health and wellness journey.



Sidney's self-empowerment insight:

"Productively living is not about finding yourself...it is about allowing yourself."



Complete your Health Assessment Today!

The State Health Plan's Open Enrollment is just around the corner—don't wait until the last minute to complete your Health Assessment. This year, members who complete their Health Assessment *online* in the Personal Health Portal between May 1, 2016, and October 15, 2016, will be entered into six prize drawings for \$250 Amazon gift cards and one grand prize drawing for an Apple Watch—which means you have seven chances to win! The drawings will be held in September and early October.

To complete your Health Assessment, visit shpnc.org and click on My Personal Health Portal.



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc.
 © 2016 ActiveHealth Management, Inc. All Rights Reserved.