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Please share this information with staff who may not have computer access!

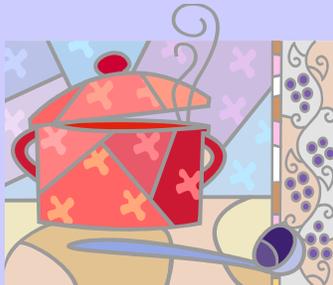
Salt Challenge

Trying to live a little healthier in 2011? The district-wide Salt Challenge will kick off on January 17th. It's a great opportunity to evaluate how much sodium you take in each day while incorporating new ways to reduce your salt intake. A random drawing of those that turn in a salt challenge calendars will be held and **one hundred lucky winners** will be chosen to receive a salt-free spice blend from Penzeys Spices. The spice blend is hand mixed from fresh herbs & spices. No salt, sugar or MSG.

Soups On Winner!

The soups battled it out and one yummy soup was reigned champion! Congratulation to **Alison Hubbard**, 5th grade teacher from Mildred Helms Elementary for her healthy version of Fully Loaded Baked Potato soup. She will receive a Cooking Light soup cookbook full of other delicious, healthy soup recipes! Our second place winner was **Carol Workley**, Food Service Manager from Lakewood High who submitted her White Chicken Chili. She will receive an insulated soup mug!

If you missed the recipes from our last newsletter, you can find them and other previous newsletters at www.pinellas.k12.fl.us/HR/Risk/SmartStart.html



Note The Quote

“One kind word can warm three winter months.”



-Japanese Proverb

Healthy Holidays



- * Keep things in perspective. There is no need to strive for perfection during the holiday season!
- * If you are focusing on your weight, strive for weight management rather than weight reduction through the holidays.
- * Start new traditions. Getting the family together for a walk, a game of Wii, or even a round of holiday bowling are fun ways to build memories and keep active.
- * Think about what you are eating. If you indulge in a piece of pie, eat slowly and be mindful as you eat. You will enjoy it more and need less of a good thing!
- * Remember those less fortunate. There are so many opportunities to help that doesn't cost a lot of money. Simply visiting someone or sending a card can brighten the day of those who have lost loved ones, who are ill, who are lonely, or who are challenged by the pressures of the holidays.
- * Place a priority on sleep. Everything is more manageable when you are rested.
- * Experiment with healthy substitutions when baking or cooking. Visit: www.mayoclinic.com/health/healthy-recipes/NU00585
- * Give thanks.

Gluten Intolerance

Gluten intolerance is prevalent in as many as one in 133 adults in the United States. The condition is sometimes referred to as celiac disease. This condition is often misdiagnosed and misunderstood. There is also a link between diabetes and celiac disease. People with Type 1 Diabetes are at greater risk for developing celiac disease.

When a person with gluten intolerance eats foods containing gluten, an immune response occurs in the small intestine. The result is damage to the villi on the surface of the small intestine and an inability to absorb nutrients from food. A person becomes malnourished no matter how much food he or she eats. **Gluten is a protein found in wheat grains.**

Symptoms of gluten intolerance vary from person to person, which is one of the main reasons it is misdiagnosed. Most people have general complaints like diarrhea, abdominal pain and bloating that come and go. Symptoms may be similar to those of irritable bowel syndrome, Crohn's disease, gastric ulcers, parasitic infections or anemia. However, there are other people with celiac disease that have no gastrointestinal symptoms.

If a person suspects they may have celiac disease, they should see their doctor. A diagnosis is made by a blood test. A more definitive test is a biopsy of the small intestine. The blood test detects antibodies that are present when a person with celiac disease has eaten gluten.

If a person has Celiac Disease, they should avoid Gluten for life in order to preserve the integrity of the villi in the small intestine and so that they may absorb essential nutrients. Not adhering to a Gluten-Free Diet can damage the villi and cause malnutrition. Malnutrition can be life threatening due to the mal-absorption of essential nutrients to the body. Health problems include chronic fatigue, depression, anemia and excruciating gastrointestinal pain, as well as the risk of developing other autoimmune disorders.

Gluten-Free Diet Tips

Foods To Avoid	Foods Allowed
<ul style="list-style-type: none">▼ Avoid barley, bran, bulgur, couscous, durum, einkorn, farina, fano, hydrolyzed plant protein (HPP), hydrolyzed vegetable protein (HVP), malt and malt extract, rye, semolina, spelt, triticale, wheat, wheat bran, wheat germ, wheat starch▼ Breads, baked goods and pasta made that contain made with any of the grains above▼ Processed meats and luncheon meats containing HPP & HVP▼ Any sauces or gravies that contain flour instant coffee, instant tea, instant cocoa mixes, some root beer, grain alcohol, soy sauce and some vinegar	<ul style="list-style-type: none">▼ Amaranth, arrowroot, beans/legumes, buckwheat, corn, millet, montina, nut flours, pea flour, potato and potato flour, sweet potato, quinoa, rice and wild rice, rice bran, rice flour, sorghum, soy, tapioca and teff▼ Breads and pastas made from rice non-glutinous grains

Note: The above is a partial listing. For more information, contact a Celiac Organization. For a personalized "Gluten-Free" Diet, contact a Registered Dietitian.

Thanks to Evangelina Dispirito, Registered Dietitian, for this information.

Gluten Intolerance Support Web sites

Gluten Intolerance Group of North America: www.gluten.net

Celiac Disease Association: www.celiac.org

Celiac Disease and Gluten-Free Diet Online Resource Center: www.celiac.com



Holidays Been “Ruff”? A Tip Sheet for Surviving the Holidays



The holidays can be a time of happiness and joy with family and friends. It can also be a time of frustrations and increased demands on you physically, mentally, emotionally and financially. Below are tips for surviving the holidays and maintaining your well-being at a potentially stressful time:

- Adjust your thinking and expectations. How we perceive a situation can increase or decrease our stress levels.
- Negative, unrealistic, self-limiting, self-defeating and distorted thoughts cause us stress. These thoughts adversely affect our mood, behavior and health. Our expectations of having an ideal holiday/vacation set us up for disappointment. If we can adjust our expectations for the holidays, we can reduce our stress level.
- Look at your schedule and eliminate unnecessary things.
- Give all of your “have to’s” and “shoulds/oughts”: an intense evaluation in order to mitigate guilt and other undesirable feelings. (i.e., “I should have my neighbor over/give them a gift...etc.”)
- Recognize that you cannot take care of those around you if you have not taken care of you; pace yourself.
- Do something just for you.
- Take the time to talk to or just be with a friend, mate, or a child without distraction.
- Planning goes a long way. Take time to prepare for the season—(i.e., opening a special “account” at the bank specifically for purchases made during this time of the year)
- A good book is a great escape. Reading a tearjerker or comedy can help release pent-up emotions. Reading something spiritual can soothe the soul.
- Take care of yourself: eat a balanced diet, exercise, and get enough rest and relaxation.
- Ask for help and support from family, friends and community service agencies.
- Refuse alcohol, drugs and seconds on dessert.
- Help potentially drunk drivers live by taking their keys and calling a taxi for them.
- Give presents that are within your holiday budget.
- Be flexible and open to new traditions, especially if past traditions no longer fit.
- Remember you can contact Corporate Care Works, your Employee Assistance Program for additional resources and support. CCW is free, professional, and confidential for all employees.