LIVE WELL WORK WELL

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Presented by Alamo Insurance Group

New Guidelines—Cholesterol Is Not So Bad

For the last several decades, the Dietary Guidelines for Americans, provided by the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA), have warned against overconsumption of cholesterol. Dietary recommendations suggested that adults consume no more than 300 milligrams of cholesterol a day (to put that into perspective, one egg yolk contains 186 milligrams of cholesterol).

However, after its review of current scientific evidence regarding nutrition, diet and health, the 2015 Dietary Guidelines Advisory Committee has removed the strict warnings on cholesterol intake. You can now eat your egg yolks guilt-free.

Although recommendations for cholesterol have eased, the new dietary guidelines target salt, sugar and saturated fat with suggestions for strictly limited intake.

Spring Training: 5K Run

Spring is in the air, making it the perfect time to lace up your jogging shoes. Need a running goal? Sign up for a local 5K race, and maybe convince some friends to do it with you.

Whether you've been hitting the gym as a regular this winter or hibernating from the cold, you can follow these suggestions to make training a little easier:

- Start training early. If you have a 5K already scheduled, start training at least five weeks ahead of time.
- If you're getting started after a fairly sedentary winter, start slowly. One effective method is to alternate running and walking. Start with a one-minute run and five-minute walk, and repeat for a total of 30 minutes. Gradually increase the running time until you meet your goals.

Make sure you gear up correctly to avoid unnecessary discomfort and potential injuries:

- If you're serious about running, make sure you buy the right shoes. It's not worth skimping on cheap shoes if you end up with foot pain and possibly even doctor visits to correct foot problems.
- Spring brings warmer weather, but dressing appropriately for the temperature might still be challenging. Plan your running outfit for 20 degrees warmer than what it actually is—you'll warm up as you run.

When embarking on a new fitness or running program, your enthusiasm is likely to start high and then dip after a short time. Find your key to success:

- Some people are motivated by having a running buddy or group. If you're someone who needs external motivation, enlist a friend to run with you or at least keep you accountable as you approach race day.
- Know that after you start training, you're probably going to feel sore and wiped out. Let your body adjust before you decide to hang up your running shoes for good.

Even though getting started might be difficult, keep running. The date of your 5K will be here before you know it, and all your training will pay off with a successful finish and better health.

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Google Partners with Mayo Clinic

If you're like many people, the Internet is often the first resource you turn to when you're faced with a new ailment or illness. Unfortunately, not everything you read on the Internet is reliable.

Google is trying to change that. In early 2015, Google rolled out a new search-result format for the 400 most frequently searched health topics. The new layout shows reliable, vetted medical information in an illustrated box on the right side of the search-result screen, next to the usual search-result list. The box also shows up on mobile devices.

To provide this professionally approved medical information, Google teamed up with Mayo Clinic and other doctors to vet available content and ensure that information is accurate. Remember, though, if you do have a serious or undiagnosed health problem, a Google search is not a replacement for proper medical care.

Identity Theft Prevention

Identity theft is an increasing problem that could strike at any time. Your personally identifying information can be stolen from many sources, as evidenced by the growing number of cyber-security attacks at major companies across the country.

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Baked Cabbage

Enjoy this Irish-inspired cabbage bake next to a main dish of poultry or beef for a delicious spring supper.

- 6 cups cabbage, shredded
- 3 ounces tomato paste
- ¾ cup water
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 2 tsp. sugar
- 1 cup cheddar cheese, grated
- ½ cup bread crumbs
- 4 Tbsp. margarine

Preheat oven to 350 F. Fill a large pot halfway with water and bring to a boil. Add cabbage to the pot and cook for two minutes. Drain cabbage and return to the pot.

In a separate saucepan, combine tomato paste, water, salt, black pepper and sugar. Bring to a boil, stirring until smooth. Pour tomato mixture over cabbage. Toss to coat.

Pour into a casserole dish. Top with cheddar cheese and bread crumbs. Put margarine on top. Bake for 15 minutes. Serve hot.

Yield: 8 servings. Each serving provides 130 calories, 7 g of fat, 1 g of saturated fat, 370 mg of sodium, 6 g of protein and 2 g of fiber.

Source: USDA