



THE Y AXIS



The 'Tooth' Will Set You Free

Tracking your diet can help you make better food choices. Are you rolling your eyes yet?

It can be such a pain. Right?

Maybe it doesn't have to be.

A team at Tufts University has developed a tiny tooth-mounted digital food tracker.¹



It tracks what you eat and drink. Then it sends the data (calories and nutrients) to your smartphone.

This tiny device may one day make it easier to count calories, track food choices, drink more water, and make healthier lifestyle choices.

But it also raises an important question about your diet: Can you handle the 'tooth'?

COMMENTS?

Send comments to the editor:
evan.jensen@wellsources.com

The Secret to Fitness at Any Age

Take one step, then another...and keep going

Young Desiree Linden went to high school near sunny San Diego, Calif. She liked playing soccer, running cross country, and competing on the track team. Then she went off to college to study psychology and run for the Arizona State University Sun Devils.

Next came a job as a customer service rep for an online retailer. And that's the tipping point for a lot of people. Work, family, life, and other duties start to get in the way of regular exercise. Sound familiar?

Linden had a different idea. After she got a job, she didn't toss her running shoes in the closet and take up couch surfing. She kept running. She kept racing. And for years, she kept working toward a big goal...win the Boston Marathon.

And you know what? She did. At 34 years old, Linden won the Boston Marathon last month. She finished the race in 2:39:55. And she's the first American woman to win the race in 33 years.

Take the challenge to Move in May

You don't need to run 26.2 miles to be healthy. But regular physical activity is important.²

Being active helps strengthen your heart, lungs, and muscles. It helps burn calories, control weight, and prevent disease. And even something as simple as a walk in the park can improve your mood. Aim for at least 30 minutes of physical activity each day.

What can you do to be more active? This month, thousands of people will participate in the national Move in May challenge, to be more active by doing things like:

- Go for a walk.
- Ride a bike.
- Work in the yard.
- Take a fitness class.
- Play a sport.

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Easy ways to be more active
<https://tinyurl.com/kx4dq5r>

Start. Take one step. Then another. And keep going. That's what Desiree Linden did. @

Eat This Raw to Keep Your Brain Healthy

Fresh fruits and vegetables support mental health

Eat it raw. No, we're not talking about oysters or runny eggs. Those are foods you should avoid, especially raw, for a lot of reasons.

But there are some foods where raw is the right choice.

In a recent study, researchers found that people who eat more raw fruits and vegetables are less likely to develop depression and mental health problems.³

What's the connection? Fruits and vegetables have the most nutrients when they're raw. In a few cases, nutrient density increases by cooking (e.g., tomatoes, broccoli, and asparagus). But most are healthiest when they're raw.



Top 10 raw fruits & vegetables

Researchers rated fruits and vegetables highest in nutrients for mental health. The top 10 include:

- Apples
- Bananas
- Berries
- Carrots
- Cucumber
- Grapefruit
- Kiwifruit
- Lettuce
- Oranges, lemons, and other citrus fruit
- Spinach, and dark, leafy greens

Are you eating enough fruits and vegetables? Probably not. Only 9 percent of adults eat enough vegetables. And only about 13 percent of adults eat enough fruit.⁴

Your goal: Eat 2 to 3 cups of vegetables a day, and 1.5 to 2 cups of fruit.



RECIPE
Real Raspberry Sorbet

Hungry for a sweet treat that won't destroy your diet, and actually tastes good? Skip the ice cream, dessert bar, or drive-thru. Give this Real Raspberry Sorbet recipe a try.⁶ You'll only need four ingredients, and you can prepare it in less than 10 minutes.

Ingredients

- 2 large bananas (peeled, chopped, and frozen)
- 2 C frozen raspberries
- 2 T natural maple syrup
- 2 T lemon juice

Directions

1. Remove bananas from freezer and place in a food processor. Let sit for 5-7 minutes. Pulse until smooth.
 2. Add raspberries, syrup, and lemon juice. Blend until smooth. Stop to scrape sides of blender if needed.
 3. Pour into cups
- 97 calories per serving. Makes 6 servings.

Whole-Grain Cereal for Breakfast Improves Heart Health

Healthy breakfast may cut heart-failure risk by 29 percent

If your heart isn't strong enough to pump all the blood and oxygen your body needs to function, you have heart failure. It's a condition that an estimated 5.7 million people in the United States are living with.

There is treatment – but no cure – for heart failure. The best option is prevention. And it starts with eating a healthy breakfast.

A study followed about 21,000 people for 20 years. And the results are now in. People who ate whole-grain breakfast cereal 7 days a week lowered their risk for heart failure by 29 percent.⁵

Want to keep your heart healthy? Exercise and other healthy lifestyle habits will help. Eating more plant-based foods, like whole-grains, is good for heart health, too. Aim to eat at least 3 to 4 servings of whole grains daily. Start with whole-grain cereal for breakfast.



On the cereal aisle

When you're shopping for whole-grain cereal, make sure the first ingredient is a whole grain like whole-wheat, barley, millet, or buckwheat.

Also look for options that contain at least 5 grams of dietary fiber per serving. Fiber protects your heart because it helps:

- Lower LDL “bad” cholesterol
- Control blood pressure
- Reduce the risk for diabetes
- Support weight management
- Improve digestion

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Try these healthy, whole-grain cereals
<http://tinyurl.com/mrooxl6>

What's for breakfast? Try whole-grain cereals like shredded wheat, low-fat granola, and bran flakes. Cooked cereals like steel-cut oats and quinoa are also excellent whole-grain breakfast choices. Add berries to sweeten. @

Eat This Raw to Keep Your Brain Healthy (continued from page 1)

If you're not getting enough fruits and vegetables, a few simple changes to your diet can make a difference. Try this: Eat a banana or berries with breakfast. Have a leafy-green salad for

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How to eat more fruits and vegetables
<https://tinyurl.com/ybrkkzgf>

lunch. Grab an apple for a snack. Include a vegetable with dinner. Stick with it. In just a week or two, you'll feel better and be healthier, and so will your brain. @

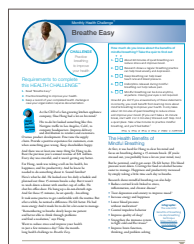
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Take the May Health Challenge!

Breathe Easy: Practice breathing to improve your health

Ask the Wellness Doctor:

This month Dr. Joe Raphael answers the question:
How much alcohol is OK to drink?