



## WHAT YOU NEED TO KNOW...



Your weight is a balancing act, and calories are part of that equation. Fad diets may promise you that counting carbs or eating a mountain of grapefruit will make the pounds drop off. But when it comes to weight loss, it's calories that count. Weight loss comes down to burning more calories that you take in. You can do that by reducing extra calories from food and beverages and increasing calories burned through physical activity.

Once you understand that equation, you're ready to set your weight-loss goals and make a plan for reaching them. Remember, you don't have to do it alone. Talk to your doctor, family and friends for support. Also, plan smart: Anticipate how you'll handle situations that challenge your resolve and the inevitable minor setbacks.

If you have serious health problems because of your weight, your doctor may suggest weight-loss surgery or medications for you. In this case, you and your doctor will need to thoroughly discuss the potential benefits and the possible risks.

But don't forget the bottom line: The key to successful weight loss is a commitment to making permanent changes in your diet and exercise habits.

When it comes to weight loss, there's no shortage of diet plans. Check any magazine rack, and you're bound to see the latest and greatest diet plans. But how do you know if a diet plan fits your needs and lifestyle? Ask yourself these questions about any diet plan you're considering:

- Does it include various foods from the major food groups: fruits, vegetables, grains, low-fat dairy products, lean protein sources, nuts and seeds?
- Does it include foods you like and that you would enjoy eating for a lifetime - not just for several weeks or months?
- Can you easily find these food in your local grocery store?
- Will you be able to eat your favorite foods, or better yet, all foods?
- Does it fit your lifestyle and budget?
- Does it include proper amounts of nutrients and calories to help you lose weight safely and effectively?
- Is regular physical activity part of the plan?

If the answer to any of these questions is no, keep looking. There are better diet plans out there for you.

Source: Mayo Clinic

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### Sugarplum Drops

- 1/2 cup raisins
- 1/2 cup apricots
- 1/2 cup chopped dates
- 3/4 cup dried cranberries
- 3/4 cup pecans
- 1 cup blanched almonds
- 1/4 cup orange juice without pulp
- 1/2 cup granulated sugar (raw sugar looks very nice)

1. Combine dried fruits and nuts in food processor. Pulse until mixture is coarse. Don't over process.
2. Add orange juice and pulse again just until mixture sticks together.
3. Shape mixture into 1" balls.
4. Roll each ball in sugar.
5. Place on a baking sheet (or other good-sized flat surface) in a single layer and refrigerate.
6. When thoroughly chilled, move to serving bowl or covered storage container.

Calories 92, Protein 1g, Total Fat 4 g

Source: Fix-It and Enjoy-It Healthy Cookbook

## WHAT'S THAT SMELL?



**Most bad breath starts in your mouth, and there are many possible causes. They include:**

**Food.** The breakdown of food particles in and around your teeth can increase bacteria and cause a foul odor. Eating certain foods, such as onions, garlic, and other vegetables and spices, also can cause bad breath. After you digest these foods, they enter your bloodstream, are carried to your lungs and affect your breath.

**Tobacco products.** Smoking causes its own unpleasant mouth odor. Smokers and oral tobacco users are also more likely to have gum disease, another source of bad breath.

**Poor dental hygiene.** If you don't brush and floss daily, food particles remain in your mouth, causing bad breath. A colorless, sticky film of bacteria (plaque) forms on your teeth and if not brushed away, plaque can irritate your gums (gingivitis) and eventually form plaque-filled pockets between your teeth and gums (periodontitis). The uneven surface of the tongue also can trap bacteria that produce odors. And dentures that aren't cleaned regularly or don't fit properly can harbor odor-causing bacteria and food particles.

**Dry mouth.** Saliva helps cleanse your mouth, removing particles that may cause bad odors. A condition called dry mouth — also known as xerostomia (zeer-o-STOE-me-ah) — can contribute to bad breath because production of saliva is decreased. Dry mouth naturally occurs during sleep, leading to "morning breath," and is made worse if you sleep with your mouth open. Some medications can lead to a chronic dry mouth, as can a problem with your salivary glands and some diseases.

**Infections in your mouth.** Bad breath can be caused by surgical wounds after oral surgery, such as tooth removal, or as a result of tooth decay, gum disease or mouth sores.

**Other mouth, nose and throat conditions.** Bad breath can occasionally stem from small stones that form in the tonsils and are covered with bacteria that produce odorous chemicals. Infections or chronic inflammation in the nose, sinuses or throat, which can contribute to postnasal drip, also can cause bad breath.

**Medications.** Some medications can indirectly produce bad breath by contributing to dry mouth. Others can be broken down in the body to release chemicals that can be carried on your breath.

**Other causes.** Diseases, such as some cancers, and conditions such as metabolic disorders, can cause a distinctive breath odor as a result of chemicals they produce. Chronic reflux of stomach acids (gastroesophageal reflux disease) can be associated with bad breath. Bad breath in young children may be caused by a foreign body, such as a small toy or piece of food, lodged in a nostril.

Source: Mayo Clinic

### OSTEOPOROSIS

While men and women of all ages and ethnicities can develop osteoporosis, some factors risk factors for osteoporosis include those who are:

- Female
- White/Caucasian
- Post menopausal women
- Older adults
- Small in body size
- Eating a diet low in calcium
- Physically inactive



To find out more about the prevalence and risk factors associated with osteoporosis, please visit the National Osteoporosis Foundation.

Source: CDC



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