Here’s your guide to the best foods to nourish you — body and soul. Here too are those foods best left for that occasional need to indulge in guilty pleasures. This information is based on research showing that eating certain foods may help prevent heart disease and certain cancers and that eating other types of food may contribute to disease. Use this guide to help you replace unhealthy foods with these classics.

Food Classics

**Pulp fruit.** “All fruits are good for you, but different fruits offer distinct health benefits,” says Barbara Gollman, R.D., a spokeswoman for the American Dietetic Association. Citrus fruits contain a phytochemical called limonene that may help prevent cancer. Berries have come into their own recently. They are high in fiber and vitamin C, and contain phytochemicals that are potent antioxidants. These are just examples -- all fruits contain nutrients that are good for your health.

**It’s a wonderful tomato.** Fruit or vegetable? While tomatoes are technically a fruit, they deserve special recognition. Tomatoes are loaded with nutrients, including vitamins B and C, iron, potassium and beta carotene. They also contain an important phytochemical called lycopene, which may help lower the risk of heart attack and prostate cancer, as well as other cancers. Cooked and canned tomatoes contain even more lycopene than fresh tomatoes do.

**All the cruciferous vegetables.** Cruciferous vegetables such as broccoli and cauliflower contain a phytochemical called indoles that may help prevent some cancers. They are also high in fiber, vitamin C and beta carotene. And don’t forget about the lesser-known members of this family, including arugula, Brussels sprouts, cabbage, turnips, kale, Swiss chard, collard greens, rutabaga and watercress.

**Citizen grain.** Not sure if your bread or cereal is made from whole grains? Check the label. “Look for whole wheat, barley or oats listed as the first ingredient,” Ms. Gollman says. Whole grains contain fiber, vitamins and minerals. Eating whole-grain foods may help lessen your risk for heart disease and some cancers.

**Soy luck club.** You might know it only as tofu, but soy is one of the most versatile foods around. You can sprinkle soy powder on your cereal, try a soy-based burger for lunch or add tofu to a stir-fry. No matter how you eat it, soy is good for your health. Eating a diet low in saturated fat and cholesterol that includes 25 grams of soy per day may help reduce your risk for heart disease. (And remember that soy sauce is not a good source of soy; most soy sauces don’t contain any soy.)

**A Food Lover’s Guide**

March is National Nutrition Month

Continued on next page.
Cast away. “Fish is a good choice because it is low in saturated fat, yet high in omega-3 fatty acids, which are good for heart health,” Ms. Gollman says. “It’s a good idea to try to eat fish two to three times a week,” she says. Fish with the highest amount of omega-3’s include salmon and mackerel.

Food Noir
Whether you buy the fried chicken from your grocer’s freezer or the fish and chips from your favorite seafood haunt, if they’re fried, they’re dripping in saturated fat and calories -- two big no-no’s for heart health. Of course, the added fat is what makes fried foods taste so good. “It’s OK to eat fried food maybe once or twice a month, but try to limit it to that,” Ms. Gollman says. Instead, eat food that is baked, broiled, steamed, boiled or microwaved.

All about red meat. Most red meat is high in saturated fat, which has been shown to increase your risk of heart disease and possibly cancer. Most experts recommend that you limit your intake of saturated fat to less than 10 percent of your total calories. While it’s fine to eat red meat occasionally, try to eat leaner cuts of meat such as tenderloin and cut off the fat before you cook it.

The big sweet. Do you know how many calories are in a large-size non-diet soda? A 64-ounce cup has about 800 calories. “People may drink two or three of these beverages without realizing how many calories they contain,” Ms. Gollman says. What’s worse, these drinks don’t provide your body with healthy nutrients. “If you are thirsty, you are better off drinking water,” she says.

The next time you are at the grocery store, load your cart with disease-fighting, classic foods. Knowing how powerful these foods are in protecting your health can inspire you to indulge in “foods noir” only occasionally.

For more nutrition information visit:
http://americanbehavioral.personaladvantage.com/content?sub=10000184
http://www.eatright.org/

How to Respond to an Eye Injury
March is Workplace Eye Wellness Month

If you suffer a serious eye injury, what you don’t do immediately afterward may help more than what you do.

“The main error of first aid to the eye is poking around when you don’t know what you’re doing,” says Paul F. Vinger, M.D., an ophthalmologist in Concord, Mass., whose specialties include prevention and treatment of eye injuries. “There’s very little that an inexperienced person can do without causing trouble -- except in the case of a chemical burn.”

For any eye injury, a knowledgeable approach can mean the difference between temporary or permanent injury.

Cuts
A cut on the eye is not uncommon among workers who strike metal on metal, or otherwise work with fast-moving particles -- and who neglect to wear safety glasses or other appropriate eye protection. You can get such an injury just by using a lawn trimmer or by running into a sharp twig.

“Even if the cut causes a lot of bleeding, there’s little anyone can do except to tape a dressing loosely over the eye to absorb the blood,” Dr. Vinger says. “When there’s not much bleeding, a dressing may not be essential if the person is cooperative and won’t touch their eye. Keep the person calm and transport him or
her to a hospital emergency room or an eye-care professional."

A cut on the white of the eye may appear as a dark spot. A well-meaning person may mistake it for a superficial foreign object and try to remove it -- causing permanent injury. "Unless you're positive it's a foreign body, you should leave it alone," Dr. Vinger says.

It's also harmful for the patient to squeeze the eye tightly shut. "Normal pressure in the eye is 10 to 20 millimeters of mercury," says Dr. Vinger. "A forced squeeze can easily raise that pressure to 40 or 50. The retina or lens can come out," as could other components.

Blows
A significant blow to the eye calls for immediate professional treatment, even if there are no immediate symptoms. "Get the person to an ophthalmologist -- a medical doctor who specializes in eye injuries," Dr. Vinger stresses.

Damage from a blow to the eye from a baseball, elbow or any other blunt object "can be worse than it first appears," he says. "A study of children found that diagnosis of blindness in children, on average, is three years after the injury. The child may experience a black eye but no other immediate symptoms. But painless, slow loss of vision can occur, as in the case of glaucoma or retinal detachment."

Chemicals
A chemical in the eye is extremely serious and demands immediate response. Immediately dilute the chemical by rinsing the eye for 15 minutes with tap water, making sure the eye remains wide open while rinsing. Then, seek professional medical care.

Make Good Use of Commute and Break Times

Expert planners use travel and break times to their best advantage. They find ways to make the most of their commutes. They learn how to shift gears quickly and to take care of personal business during work breaks. No time is wasted if you put it to good use. Here are some ways to make commute and break times more pleasant and productive.

If you use public transit to get to work:
- Compose or review your daily to-do list.
- Outline business letters, notes and memos.
- Silently rehearse speeches, presentations and interviews.
- Catch up on your personal correspondence.
- Balance your checkbook and work on the family budget.
- Read business or recreational materials.

If you drive to work:
- Listen to music, books on tape or motivational tapes.
- Mentally plan meetings and projects. Some people carry small cassette tape recorders in the car to dictate notes and messages.
- It's possible to conduct business and talk to family members while you're in transit if you have a car phone or cellular phone.
- Consider sharing rides. Many employers and regional transit authorities sponsor ride-sharing services that match you with other commuters.
and distribute information about other transit options.

- You may be able to adjust your schedule to avoid congested commute hours.
- Allow extra time to get to your destination and relax.
- Call to confirm appointments and meetings before you leave your home or office so you can avoid disappointments and unnecessary waiting.

Use break times to:

- make appointments with doctors, dentists and hairdressers.
- check in with your children and child care provider.
- take a walk around the block and get a breath of fresh air.
- catch up on news with your coworkers.
- read travel brochures for your family vacation.
- relax; find a quiet spot, put up your feet and read your favorite magazine.

For more stress release information visit:
http://americanbehavioral.personaladvantage.com/content?sub=10002697

How to Fix a Problem with a Financial Institution

Got a question or a complaint involving a financial institution but you’re not sure about the best or quickest ways to resolve the matter? Here’s a good game plan.

1. **Contact the institution directly.** Experience has shown that’s the quickest way to resolve most problems. Also keep your cool. Be as professional as possible.
2. **Put your complaint in writing, even if you also call the institution.** Some consumer protection laws require that written complaints be filed. Be sure to send your letter to the address that the institution recommends for complaints and keep a copy of all correspondence and supporting documents. With phone calls, get the name of the person you spoke to and keep good notes of your conversation, including the date.
3. **Act as soon as possible.** Some laws require consumers to report a problem within a certain time period to be fully protected.
4. **If you can’t fix a problem on your own you may contact the institution’s government regulator for help or guidance.** To find out who regulates a bank or other deposit-taking institution, you can write or call the FDIC (see For More Information). Find contact information and tips for solving problems with non-bank financial companies, such as insurance companies or brokerage firms, at www.consumeraction.gov, which features the federal government’s Consumer Action Handbook.

FDIC

For more credit report information visit:
http://americanbehavioral.personaladvantage.com/content?sub=10000069