

Healthy Workplace

Your monthly Anthem wellness newsletter

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Keep Cool in the Hot Weather

Learn about heat-related illness and how to stay cool and safe in hot weather.

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States. Take measures to stay cool, remain hydrated, and keep informed. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:



- **High humidity.** When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness. Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles.
- Do not rely on a fan as your main cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.

- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous activities during hot weather:

- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start slowly and pick up pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.



If you play a sport that practices during hot weather, protect yourself and look out for your teammates:

- If you are wearing a cloth face covering and feel yourself overheating or having trouble breathing, put at least 6 feet of distance between yourself and others and remove the face covering. More safety tips: <https://www.cdc.gov/disasters/extremeheat/heattips.html> #COVID19.
- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Monitor a teammate's condition, and have someone do the same for you.
- Seek medical care right away if you or a teammate has symptoms of heat-related illness.

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in air-conditioned indoor locations as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing & sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.

Strawberry-Chocolate Greek Yogurt Bark



Lightly sweetened Greek yogurt gets studded with fresh strawberries and chocolate chips then frozen so you can break it into chunks just like chocolate bark (but healthier!). This colorful snack or healthy dessert is perfect for kids and adults alike. Use full-fat yogurt to ensure the creamiest bark possible.

Ingredients

- ◆ 3 cups whole-milk plain Greek yogurt
- ◆ 1/4 cup pure maple syrup or honey
- ◆ 1 teaspoon vanilla extract
- ◆ 1 1/2 cup sliced strawberries
- ◆ 1/2 cup mini chocolate chips

Directions

- ◆ Step 1: line a rimmed baking sheet with parchment paper.
- ◆ Step 2: stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
- ◆ Step 3: freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

Tips

To make ahead, freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving.

Nutrition Facts

Serving Size: One 1 3/4-By-2 1/2-Inch Piece

Per Serving: 34 calories; protein 2g; carbohydrates 4g; dietary fiber 0.2g; sugars 3.5g; fat 1.3g; saturated fat 0.8g; cholesterol 2.8mg; sodium 7.6mg; added sugar 2g.

Know Where To Go For Care

Knowing where to go if you get sick or hurt can save you lots of time and money, and help you get the best medical care. How do you choose where to go when the unexpected happens?



The emergency room (ER) shouldn't be your first stop — unless there's a true emergency.

Go to the nearest emergency room or call 911 if:

- There is a lot of pain or bleeding.
- You think a bone is broken.
- You are having trouble breathing.
- You think the problem might get a lot worse if you don't get help right away.
- You think the problem could kill you.
- There was no warning before your symptoms started.

If you need help but it isn't an emergency, here are your options:

- **Call your doctor.** He or she can help you decide whether you should go to an urgent care or come into the office.
- **Call 24/7 Nurseline.** A registered nurse will help you decide what to do. Find the number on the back of your ID card.
- **Go to a retail health clinic.** These are small offices in drug stores or other large stores. They are open on weekends, evenings and most holidays. If the clinic can't help you, they'll tell you where to go next and you won't have to pay.
- **Go to an urgent care center.** Urgent care is for when you need to be treated right away, but your problem isn't serious. These centers are typically open late at night, and on weekends and holidays.
- **Visit a doctor using LiveHealth Online.** Board-certified doctors are available 24/7 to see you via video using your computer or mobile device. Use LiveHealth Online for common health issues like the cold, a flu, allergies and pink eye.

Healthiest Cooking Oils: Benefits, Smoke Points & How To Use Them

Hi Everyone, Cerina from Connecticut here! Now that summer is upon us, that means it's backyard grilling season. As a dietitian, I often get asked about the best oils to cook with. This is one topic that is extremely important for my own health.



When you are grilling this summer you want to be mindful of the type of oil you are using on your food on that fiery hot grill. I find people often focus on how to choose a healthy oil. However, the healthiness of an oil when it comes off of the grocery shelf is only part of the story. This is because cooking oils have a range of smoke points, or temperatures at which they're no longer stable. You should not use cooking oils to cook at temperatures above their smoke point. For high heat cooking, it's important to choose oils that maintain their stability. Oils heated past their smoke point break down and can produce unhealthy compounds.

This article reviews healthier cooking oils that tolerate high heat cooking, as well as discusses a few oils that you should avoid altogether for cooking.

Extra-Virgin Olive Oil: Extra-virgin olive oil (EVOO) is the least processed, and therefore has the greatest nutritional benefit, compared to other types of olive oils. Since it is derived from olive berries, it contains large amounts of antioxidants, phytosterols, and vitamins," registered dietitian Titalayo Ayanwola, MPH, R.D., L.D. "It is notably rich in vitamin E, a fat-soluble antioxidant that helps to maintain the integrity of cell membranes and protect it from damage by harmful free radicals," she adds. Studies show the monounsaturated fats in extra-virgin olive oil can reduce bad cholesterol, making it a heart-healthy oil.



Best for: Drizzling on top of salads, toasts, or pasta dishes. Dipping bread or quick light sautés.
Not ideal for: Baking, frying, high-heat roasting, or sautéing.
Smoke point: 325 to 375°F

Coconut Oil: Coconut oil is a saturated fat and is high in medium-chain triglycerides (MCT), a fat source that the body absorbs and turns into energy.

MCTs may help manage weight and body composition. Coconut oil is also high in lauric acid, which can lower bad cholesterol.

Best for: Roasting, baking (butter replacement in vegan baked goods), pan-frying.

Not ideal for: Deep-frying.

Smoke point: 350 (unrefined) to 450° F (refined)



Avocado Oil: Similar to olive oil, avocado oil is high in monounsaturated fats, low in saturated fat, and contains moderate amounts of vitamin E, and high in antioxidants and carotenoids. says Mascha Davis, R.D., MPH. Carotenoids are important in the prevention of chronic disease and have been shown to decrease the risk of certain cancers and the development of eye diseases. The quality of the oil depends on the avocado's origin and extraction methods, so make sure to check for unrefined oil. It also tends to be on the expensive side.



Best for: Grilling, searing, baking, sautéing, dipping bread into, salad dressing.

Not ideal for: Deep-frying.

Smoke point: 480 to 520°F

Sesame Oil: Sesame oil is rich in polyunsaturated and monounsaturated oils. It resists oxidation so its going to be more stable and will keep longer in the pantry, according to registered dietitian Maggie Moon, M.S., R.D., though scientists aren't exactly sure why. It's also packed with antioxidants and has been shown to lower blood pressure, Moon adds. This is particularly true when you combine it with rice bran oil, according to research.

Best for: Toasting spices, sautéing.

Not ideal for: Dishes that wouldn't pair well with a sesame taste (the flavor can be strong).

Smoke point: 350 to 410°F



Flaxseed Oil: Flaxseed oil is a rare plant-based source of omega-3 fatty acids, which is good for brain health.

A tablespoon contains 7 grams of omega-3s but only about 10 to 15% are converted into active forms in the body. "That works out to about 700 mg per serving, which is a decent portion of the gram per day that conveys benefits according to research on heart and brain health, including mental health," Moon says. Heat can alter the properties of flaxseed oil, changing the nutritional value.



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An oil's smoke point is the temperature at which the oil starts to break down from the heat and won't offer the same benefits. For optimal taste and nutrition, oil shouldn't be used above its smoke point.



Wellness Corner

Best for: Adding into smoothies, salad dressing, drizzling on top of pastas, adding to dips or sauces.

Not ideal for: Anything high-heat.

Smoke point: 225°F

Almond Oil: Almond oil has a distinctive nutty flavor and is high in monounsaturated fatty acids. It also contains anti-inflammatory properties, which also benefit the skin when used cosmetically. "It has been used to improve complexion and skin tone through its emollient properties, which means it helps to balance the absorption of moisture and water loss in the skin. The fat makeup is similar to olive oil and helps lower bad cholesterol.

Best for: Low heat baking, drizzling on top of salads or as finishing oil on top of a dish to add extra flavor and nutrition.

Not ideal for: When unrefined, it won't do well with high heat.

Smoke point: 430°F



Walnut Oil: Like flaxseed oil, walnut oil is a great source of plant-based omega-3 fatty acids. It also contains antioxidants and small amounts of vitamin K. When exposed to heat, walnut oil can become bitter.



Best for: Drizzling over cooked foods, salad dressings, dipping bread into.

Not ideal for: High heat.

Smoke point: 320°F

Peanut Oil: Peanut oil, also referred to as groundnut oil or arachis oil, is a vegetable-derived oil made from the edible seeds of the peanut plant. Though the peanut plant flowers above ground, the seeds or peanuts actually develop underground. This is why peanuts are also known as groundnuts. Peanuts are often grouped with tree nuts like walnuts and almonds, but they are actually a type of legume that belongs to the pea and bean family.

Peanut oil contains up to 50% monounsaturated fats and is a good source of vitamin E, an antioxidant that has many health benefits like protecting the body from free radical damage and reducing the risk of heart disease. The considerable amount of monounsaturated fat found in this oil makes it a go-to for frying and other methods of high-heat cooking. However, it does contain a good amount of polyunsaturated fat, which is less stable at high temperatures.



Best for: Frying, sautés, stir-fries, cooking popcorn.

Not ideal for: Dishes that wouldn't pair well with a peanut taste (the flavor can be strong).

Smoke point: 450°F

Grapeseed Oil: Grapeseed oil has become a popular alternative cooking oil and has similar properties to oils like vegetable or olive oil. Grapeseed oil is made from grape seeds, which are byproducts from the winemaking process.

There are not many key nutrients in grapeseed oil. However, it's very high in polyunsaturated fats, mainly Omega-6 fatty acids and contains vitamin E. One tablespoon provides 3.9 mg of vitamin E, which is 19% of the RDA. In addition, grapeseed oil has become a popular addition to many beauty products for its all-natural benefits. Most experts recommend using grapeseed oil that has been cold-pressed because this process does not involve any chemicals.



Best for: Sautéing, searing, roasting, baking and salad dressings

Not ideal for: Due to its clean, light taste, and high polyunsaturated fat content, it may not be used for deep frying.

Smoke point: 420 degrees F

Trans Fats – The worst oil for your heart!

- Man-made, listed as "partially hydrogenated oil" in the ingredients list of packaged foods.
- Increase risk of heart disease more than any other type of oil.
- Examples are margarine, shortening, some peanut butter brands, powdered coffee creamer and packaged bakery items

Storage and Shelf Life

Storage and shelf life are crucial with cooking oils. Store in dark, not clear bottles and keep in a cool dark place away from light and heat. Don't store oils on kitchen counters or next to the stove. Always close the lid tightly and immediately store oils after using them because oxygen contributes to rancidity.

Whenever you choose, always go for organic, unrefined, cold-press or expeller pressed oils because they are naturally extracted, undergoing minimal processing and therefore retaining maximum nutrients and flavor components from the fruit or seed. Do your research and don't be afraid to contact a company directly to ensure its products are truly cold-press. Organic production prohibits GMOs and the use of hexanes for extraction in oils.



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