

Wellness Works Coordinators' Bulletin

August 2018

Providing your wellness committee
with updates and relevant health
information!



Combat Mindless Eating

Tips to become a mindful eater.
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Are You Drinking Enough Water?

All this heat and humidity we have been experiencing lately would make a great lead in to offering the **Wellness Your Way hydration challenge.**

We know that water is extremely important for our bodies, not only to weight loss and the prevention of dehydration, but also for the overall performance of your body. Unfortunately, most of us are not drinking enough.

This week-long challenge is designed to encourage employees to drink 64 ounces of water a day and comes ready for you to implement at your worksite with flyers and log cards already created. Contact Amanda Nile at anile@memun.org and she can send you the entire file right to your inbox! A quick, easy and timely wellness program right at your fingertips.





Ways to Combat Mindless Eating: Why smaller plates and slimmer glasses may help you shed pounds

Ever eat a whole bag of chips when you're not even hungry? If so, count yourself among the millions who are victims of mindless eating.



Mindless eating is a phrase used to describe subconscious eating habits that can lead to unnecessary weight gain. The good news is that you can turn mindless eating into mindful eating—and in some cases, weight loss—simply by making little changes such as eating off smaller plates or at a table. When you use a larger plate it usually means a larger meal as well. One problem that most Americans have is that our eyes really are bigger than our stomachs.

Instead of grabbing a large bucket of popcorn for a movie, grab smaller individual containers. Use smaller bowls, plates, glasses and even smaller serving utensils. When we use the larger bowls, plates and glasses we are actually more than doubling our serving sizes, leading to weight gain.

Don't rely on your stomach to tell you when you're full because it isn't always correct if we "rush" when we eat. It takes the brain about twenty minutes to realize it is full and signal the stomach. How many of you actually take your time to eat (over twenty minutes)? Probably not many.

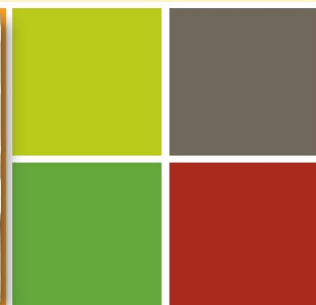


The Solution: Mindful Eating

- To combat mindless eating, get rid of things in your immediate environment that are biasing you toward eating too much at one time.
- As mentioned before, eat off of smaller plates.
- Remove the bad food out of view and place the healthier choices at "eye" level in the pantry and refrigerator.
- Eat in the kitchen or dining room, rather than in front of the TV, where you're likely to lose track of how much you've eaten.

Reference: www.webmd.com

To learn more strategies, contact Danielle
at dyale@memun.org
to schedule her NEW class:



Mindful Eating

Using your senses to enjoy your food and not overeat



grill brush burn out



If you use a wire-bristle grill brush to clean your grill, beware! Small, sharp bristles can break off as you're cleaning and get stuck to your grill's cooking surface. The next time you grill, those stray bristles may adhere to food and be accidentally ingested, posing a serious health risk.

An estimated 1,700 Americans went to an emergency room between 2002 and 2014 after having ingested wire bristles in grilled food, according to a study published in 2016 in the journal *Otolaryngology-Head and Neck Surgery*. One in four of those with grill brush injuries had to be admitted to the hospital. While those are not large numbers, researchers suggest that these numbers may be under reported and the injuries from grill brushes can be serious! Most injuries occur when the wire bristles are ingested and cut or become lodged in the mouth and throat, but in rare instances, people have sustained stomach and intestinal injuries after swallowing a bristle that's hidden in food.

Clean Your Grill Safely

If you use a stainless steel or brass wire grill brush, take extra precautions to avoid injury and a trip to the emergency room, always wipe down the grill after you use it and check your grill brush and its bristles before using it. If some areas of the grill brush have fewer bristles than others or the brush is worn or warped, toss it.

You may want to consider using an alternative cleaning tool as well.

Depending on what type of grill you have, you could try cleaning warm grill grates with a tool such as a pumice stone or a coil-shaped bristle-free brush. You can also brush loose food particles off a warm grate with a wad of crumpled-up aluminum foil. Make sure grill grates are not hot enough to burn you.



Source: Consumer Reports and Health Day News, 2018



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