



#### IN THIS ISSUE:

**Eat Well, Stay Young, Feel Great!**

**Say CHEESE!**

**Feeling Blue? The Sunshine Vitamin can help.**

**Yummy, Yummy. Recipe of the Month**



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# SCARE *free* SNACKS

### They're coming!

The HOLIDAYS! Whether we like it or not, that time of year is upon us and it all begins with Halloween. You may or may not take part in this cultural phenomenon but you can't escape the shelves upon shelves of neatly wrapped, deliciously tempting, candies and Trick-Or-Treat goodies. But don't panic (like I'm doing internally as I finish the last of my Snickers bar) as there is good news on the horizon. 30 foods that not only taste good but help you LOOK YOUNGER!

**AVACADOS:** The oil found in avocados works to toughen your skin while also hydrating it. Plus they are full of monounsaturated fatty acids which is the healthiest type of fat for the cardiovascular system because it doesn't promote inflammation.

**BERRIES:** Stocked with antioxidants, these yummy snacks neutralize damaging free radicals and help the body manufacture collagen, leaving your skin firm and smooth.

**LOW FAT YOGURT:** You already know it's full of protein and calcium, but yogurt contains other vital nutrients as well. The vitamin B in yogurt is essential for multiple body functions, including cell growth and division. Just one cup of yogurt has 450 milligrams of calcium, more than a cup of fat-free milk.

**WATER RICH FOODS:** Foods high in water content, such as cucumbers, watermelon, apples, peaches, melons, and celery, are some of the best hydrating solutions for your skin. They keep away wrinkles and therefore keep you looking fresh-faced.

**WILD SALMON:** This fish is an anti-aging remedy for your mental health. The omega-3 fatty acids improve your memory and brain function while reducing inflammation.

**ZINC, COPPER, AND SELENIUM:** These minerals are required for collagen production. To stock up, choose foods like chicken, lean beef, walnuts, chickpeas, and dried fruits. Zinc is essential for a healthy immune system, and selenium helps your skin retain its natural elasticity.

**OYSTERS:** Not only are oysters full of zinc and selenium, the high levels of these minerals serve as an antioxidant and help protect you against eye-related disease.

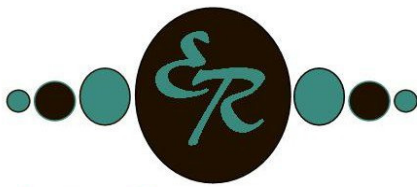
**CARROTS & TOMATOES:** These bright veggies are stocked with phytonutrients and antioxidants, both of which protect against damaging free radicals. The beta carotene and lycopene found in them also protect your skin from sun damage and repair skin cells.

**DARK CHOCOLATE:** Resveratorol and flavanols. These two compounds are the good stuff in dark chocolate that promote circulation and can even protect against moderate sun damage.

**KIWI:** Eating kiwifruit will not only help maintain clear skin, it will also promote healthy bones. One cup peeled kiwifruit contains more vitamin C than the equivalent amount of oranges. Plus, it neutralizes free radicals that could lead to things like cancer and heart disease.

**SWEET POTATOES:** The beta-carotene in this Thanksgiving favorite is a powerful antioxidant and is fat-soluble. You might notice smoother skin after munching on sweet potatoes regularly, as our bodies turn beta-carotene into vitamin A, which helps smooth skin and ward off wrinkles

**Want more? Find all 30 foods, plus numerous recipes for each, at <http://health.msn.com> and search for "33 Foods To Stay Young".**



Erin Romans

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### DATES TO REMEMBER

**2nd**

Toy Show @ Buffalo Mall

JC Homecoming Events

**3rd**

Jazz Arts Big Band @ JC Denault

Auditorium

**4th-5th**

State Class A Girls Golf Tourny

**8th-10th**

Korean Veteran's Reunion

**9th-10th**

Fall Craft Show @ Buffalo Mall

**22nd-23rd**

Bullarama @ Civic Center



### **NEWS FLASH:**

An article in The Wall Street Journal acknowledges that indoor tanning provides UVB rays, which aid in promoting the presence of beneficial vitamin D in the human body. It also mentions that UVB has been tied to endorphin stimulus, which triggers pleasant results in terms of brain messaging.

Winter can often spur on the incidence of seasonal affective disorder (SAD), which yields depression-like symptoms including anti-social behavior. A global condition, it does tend to offer sufferers respite in the spring and summer months.

Some of the options for treating

SAD include indoor tanning, medication, supplementation, light therapy, behavior modification, diet, exercise and negative ion treatment.

The group most widely impacted is women between the ages of 18 and 30. Genetics and geography have also been implicated. Because it is considered a behavior disorder, consulting a mental health professional is advised. Additional related health concerns include irregularities in demeanor and sleep.

For more information, visit the source. Go to [www.wsj.com](http://www.wsj.com) and search for the story titled "Bright Ideas for Treating the Winter Blues."

[www.lookingfit.com](http://www.lookingfit.com)

### **RECIPE OF THE MONTH:**

Here's a classic comfort food you and the whole family can enjoy!

**Mac and Cheese Lite : Makes: 4 servings**

#### **Ingredients**

Nonstick cooking spray, Salt, 4 ounces whole wheat macaroni, 1/2 cup onion-garlic puree (see "Rocco's Secret Weapon," below), 1/2 teaspoon dry mustard, pinch cayenne pepper, 1 cup shredded 50 percent reduced-fat cheddar, 1/3 cup nonfat Greek yogurt

1/4 cup whole wheat panko bread crumbs, 1/4 cup grated Parmesan cheese.

#### **Directions**

Preheat the oven to 425 degrees. Mist an 8-by-8-inch baking dish with cooking spray; set it aside. Bring a large pot of salted water to a boil. Add macaroni and cook according to package directions, drain. Meanwhile, bring onion-garlic puree, mustard, and cayenne to a simmer in a small saucepan over medium heat, stirring often. Whisk in cheddar until melted. Remove from heat and whisk in yogurt. In a medium bowl, toss the macaroni with the cheese sauce. Season with salt to taste. Pour the mixture into the prepared baking dish and sprinkle panko over the top. Top with Parmesan. Bake until Parmesan is melted and macaroni is hot throughout, about 10 minutes.

**Nutrition facts per serving (about 2/3 cup):** 237 calories, 17g protein, 31g carbohydrate, 7g fat (4g saturated), 3g fiber

**Healthy Cooking Tip: Flour Power:** Whole wheat macaroni keeps you satisfied longer, says award-winning chef Rocco DiSpirito.

*Recipe courtesy [www.fitnessmag.com](http://www.fitnessmag.com)*