

Live Well



Prevent Distracted Driving

April is Distracted Driving Awareness Month. It aims to remind drivers of the dangers of distracted driving and how to be attentive when behind the wheel. Read on to learn what you can do to be a safer driver.

Safe Driving Tips

According to the National Highway Traffic Safety Administration (NHTSA), distracted driving has become a leading cause of vehicle crashes in the U.S. In most cases, distracted driving is preventable.

Consider these tips for reducing distractions while driving:

- Put your phone on silent mode.
- Make music selections before embarking.
- Program your GPS before driving.
- Do not eat while driving.
- Ensure pets are secure in the vehicle and not running across your lap.
- Do not drive if you are tired.

For more information about Distracted Driving Awareness Month and additional driving safety tips, visit the [NHTSA website](#).

Walk for Your Health

National Walking Day is April 5 this year. This day serves as a reminder that walking for 30-60 minutes a day can improve your health.

Below are just some of the health benefits of walking:

- Maintain a health weight and lose body fat.
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure and type 2 diabetes.
- Increase energy levels.
- Improve your mood, memory and sleep.
- Improve balance and coordination.
- Strengthen your immune system.
- Reduce stress and tension.

For further guidance, contact us today.





Increasing Nutrient Absorption With Food Pairings

Did you know that some nutrients aren't optimally absorbed if you eat them on their own? Instead, they need to be paired with other nutrients for your body to get the most value out of them. Fortunately, that's as simple as eating certain food combinations together.

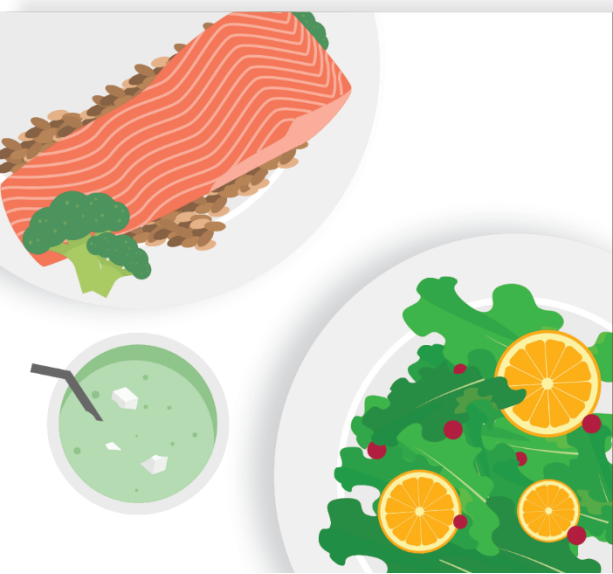
Food Combos to Try

Nutritionists recommend the following common food pairings to aid in the best nutrient absorption:

- **Beans and rice**—Beans and chickpeas are packed with protein and fiber, which can balance out starches like rice. When eaten together, they can help prevent blood-sugar spikes and energy crashes.
- **Leafy greens and avocado**—Healthy fats (e.g., avocado, olive oil and salmon) can increase the absorption of carotenoids in plants. These nutrients are essential for healthy eyes, skin and immune systems. Healthy fats are a great way to dress up salads and get essential nutrients.

- **Spinach and citrus**—Heme iron comes from animal proteins and non-heme iron is found in plant foods. Vitamin C can aid in absorbing non-heme iron, protecting against inflammation and chronic diseases. Pair spinach with citrus fruits or other vitamin C-loaded foods for ideal absorption.
- **Citrus and green tea**—Green tea is rich in epigallocatechin gallate (EGCG), which is associated with increased metabolism and reduced inflammation. When paired with citrus, such as orange or lemon, your body can better absorb EGCG. Drinking tea alone and between meals is also recommended to maximize the amount of catechins you absorb.
- **Fish and broccoli**—Vitamin D and calcium are good for your bones, but they're even stronger with fish high in vitamin D, such as salmon.

Since your ability to absorb nutrients can decrease as you age, it's important to talk to your doctor or a nutritionist about any personal questions or concerns.



Meal Ideas for Increasing Nutrient Absorption

Below are a few meal ideas to incorporate food pairings that increase nutrient absorption:

- Black bean and rice burrito bowl
- Chana masala
- Classic cobb salad
- Berry orange spinach salad
- Iced green tea with lemon
- Sheet pan salmon and broccoli
- Crispy chickpeas and coconut rice bowl