

Jazz Up Your Breakfast

By Cara Rosenbloom, RD

Your morning meal helps break the fast after a night's rest. Breakfast provides energy to start your day, plus breakfast eaters have a lower risk of developing heart disease and type 2 diabetes compared to breakfast skippers.

Many traditional breakfast foods, such as eggs, yogurt and fruit, offer lots of beneficial nutrients. In fact, studies show that people who eat breakfast get more nutrients in their diet because of their nutrition boost in the morning. Here's how you can plan the best morning meal.

Make sure it contains protein, which provides a feeling of fullness and keeps you satisfied for hours. Aim for 20 to 30 grams of protein from foods including:

- Greek yogurt.
- Eggs.
- Fish, such as smoked salmon or tuna.
- Cheese.
- Beans or tofu.
- Nuts, seeds and nut butters.

Choose foods with fiber, which helps keep you full, helps manage cholesterol levels and keeps you regular. Foods with fiber include:

- Fruits and vegetables.
- Nuts, seeds and nut butters.
- Whole grains, such as oats, whole-grain wheat and brown rice.

Meal ideas: Here are five tasty ways to combine these ingredients into delicious, nutritious breakfast options:

- 1. Overnight oats:** Refrigerate a mix of yogurt, oats and fruit overnight for easy mornings.
- 2. Avocado toast:** Skip butter. Add fiber-rich avocado instead. Top with eggs, cheese or mashed beans for protein.
- 3. Breakfast burritos:** Wrap eggs, black beans, sweet peppers and tomatoes in whole-grain tortillas. Freeze ahead and defrost on busy mornings.
- 4. Panwiches:** Use high-protein pancakes as bread to make sandwiches. Fill with peanut butter and banana, or scrambled eggs and vegetables.
- 5. Smoothie bowls:** Serve smoothies in bowls topped with granola, nuts and fruit.



November is Diabetes Month.

Reverse Type 2 Diabetes?



Type 2 diabetes, the most common type of diabetes, is a long-term condition and occurs when blood sugar is too high. It develops because of insulin resistance, which typically originates from several contributing risk factors, including weight gain, eating habits, a sedentary lifestyle, and/or a hereditary predisposition to insulin resistance.

Type 2 diabetes symptoms usually appear over time. Typical symptoms can include frequent urination, blurry vision, fatigue, excessive thirst and unexplained weight loss. However, diabetes can develop without symptoms as well. Screening tests at your regular checkup can find it.

While type 2 diabetes can't be cured, it can be reversed, according to medical experts. Reversing diabetes involves carefully controlling blood sugar levels by maintaining them through physical activity and a healthy diet without using glucose-lowering medication. Weight loss can also help sustain blood sugar levels. When nutrition and physical activity are not enough to help with weight loss, some health care providers recommend weight loss medication or bariatric surgery.

To reverse or put type 2 diabetes into remission, take these steps:

- 1. Exercise frequently.** Get at least 150 minutes of moderate-intensity physical activity a week. Incorporate cardiovascular and strength training into your routine (e.g., use hand weights while walking briskly). **Note:** Always get your health provider's approval before starting a new exercise routine.
- 2. Eat nutritiously.** Enjoy whole foods (fruits, vegetables, whole grains, lean protein) and reduce ultra-processed foods (e.g., sweets, salty snacks, fast food). Limit sugary drinks, deep fried foods and refined grains (as found in baked goods). **Tip:** Meet with a dietitian to develop a personalized plan.
- 3. Sleep more.** Experts recommend adults get seven to nine hours daily.
- 4. Drink more water.** The Institute of Medicine recommends a daily intake of 13 cups for men and nine cups for women. How much you need depends on your circumstances.



November 21 is the Great American Smokeout.

The Truth About Vaping and Snuff

Contrary to what some believe, vaping and smokeless tobacco are not harmless. They both contain nicotine, which is highly addictive and hazardous to your health. Let's take a look at both.

A popular myth is that vaping is just harmless water vapor, when in fact 99% of vape products sold in U.S. convenience stores — including flavored vape products — contain nicotine.

Note: One of the most popular pod choices among teens for vaping devices contains 100% nicotine, the same amount of nicotine as a pack of cigarettes.

In addition to nicotine, vaping contains harmful ingredients that can lead to serious health conditions. These ingredients include ultrafine particles, diacetyl, heavy metals, such as nickel, tin and lead, and vitamin E acetate. These can cause long-term lung damage, lung disease, such as EVALI (e-cigarette or vaping use-associated lung injury), nicotine poisoning and addiction. Vaping at a young age (teens) can harm the developing brain and cause memory problems and depression. Short-term problems, including wheezing, coughing, sinus infections, asthma and shortness of breath, can also occur.

Snuff tobacco is equally dangerous. People either snort dry snuff through their nose or place it between their gum and cheek or behind their lip (dipping). Prolonged use of smokeless tobacco, such as snuff, can lead to a myriad of problems, such as heart disease, stroke, nicotine poisoning, tooth decay, gum disease and mouth, esophageal and pancreatic cancers, not to mention bad breath and yellow teeth.

The good news? There is help. To quit vaping, smoking or dipping, call the National Cancer Institute's Quit Line at **877-44U-QUIT (877-448-7848)**.

Q: Video game addiction?

A: Many Americans play video games, but overuse can interfere with sleep and daily responsibilities, and may lead to anxiety or depression. An addiction or gaming disorder may be developing when users:

- Can't stop.
- Spend money on games they can't afford.
- Lie about the extent of their gaming.
- Make gaming a priority over other important life activities.
- Continue gaming even after suffering harmful consequences.
- Become anxious or irritable when prevented from gaming.



However, the following strategies may help keep gaming in check:

- Keep video games and other screens out of bedrooms.
- Designate screen-free times, such as meals or during family activities.
- Balance screen time with in-person social activities.
- Install apps to limit screen use or set timers to provide breaks.

Consider a consultation with a mental health professional — preferably one with expertise in addictions — if you need more help. If you are someone who self-harms, please seek professional mental health treatment. — Eric Endlich, PhD

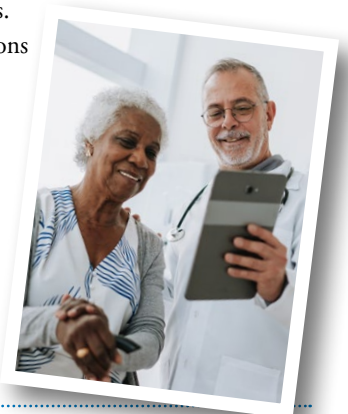
Q: What are off-label meds?

A: Using a drug in a way that is not Food and Drug Administration approved is referred to as "off-label" use. A medication is used off-label when it's employed for a condition that it's not approved to treat, given in a different way, or given at a different dose. Medications approved only for adults that are prescribed for children is another example of off-label use.

Off-label use may pose some risks. Most medications go through a rigorous review of safety and efficacy before the FDA approves them. This process is omitted when drugs are used off-label. The FDA has not determined that the drugs are safe and effective for unapproved uses. There could be long-term side effects, interactions with drugs or diseases, or other unknown risks.

Before using off-labels medications, talk to your health care provider. What other treatment options are available? It's important to weigh the potential risks and benefits for your individual situation with your provider before taking off-label medicine.

— Elizabeth Smoots, MD



The **Smart Moves Toolkit**, including this issue's printable download, **Resisting Antibiotics**, is at personalbest.com/extras/24V11tools.

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