

## Surviving the Summer Heat – Tips for staying cool

Summer heat can be more than uncomfortable — it can be a threat to your health in the form of heat exhaustion and heat stroke, especially for older adults and children. Whatever your age, don't let the summer heat get the best of you. These tips can help you stay cool.

- Drink plenty of water. In hot weather, drink enough water to quench your thirst.
- The average adult needs eight 8-ounce glasses of water a day, and more during heat spells.
- Dress for the weather. When outside, wear light-weight clothing made of natural fabrics and a well-ventilated hat.
- Stay inside if possible. Do errands and outside chores early or late in the day.
- Eat light. Replace heavy or hot meals with lighter, refreshing foods.
- Think cool. Take a cool shower or apply a cold compress to your pulse points. Or, spend time indoors at an air-conditioned mall or movie theater.



## Trans Fat: The Worst Fat

Trans fat is vegetable fat that has been chemically altered by a process called hydrogenation. This process turns healthy fat, such as corn oil or soy bean oil, into a solid, unhealthy fat. Trans fat is linked to increased "bad cholesterol", decreased

"good cholesterol" and increased triglyceride levels which all contribute to heart disease and insulin resistance. A good doctor will tell you to avoid trans fat altogether as even just three grams of trans fat daily actually doubles your risk of heart disease.

## What Type of Foods Have Them?

Here's the top ten list of where you are most likely to get trans fats:

- Margarine. Check for ones with no hydrogenated oil and the least amount of both trans and saturated fat. If you choose butter, use small amounts and those that are whipped or mixed with canola oil.
- Packaged foods. Cake mixes, pancake mixes etc. have added fat. Bake homemade instead.
- Soups. Dried and liquid soups both contain very high levels of trans fat.
- Fast foods. Anything deep fried has trans fat. Order food grilled instead.
- Frozen foods. Check the label. Even frozen foods listed as 'low fat' may contain trans fat.
- Baked goods. Donuts, cookies, cake are loaded with trans fat. Bake your own instead.
- Candy and desserts. Tons of trans fat hides here too. Choose jelly beans or licorice over chocolate.
- Chips and crackers. Go for baked or whole grain. Have popcorn instead of pretzels.
- Breakfast foods. Cereals and breakfast bars are included. Choose whole grain granola instead.
- Toppings, dips and condiments. Salad dressing, gravy, mayonnaise, whipped toppings, non-dairy creamers, hot fudge etc. Use oil and vinegar or low-fat milk creamers instead.

## The Average American Spends 18 Years in Retirement. These Tips Will Help You Prepare.

- 1. Know Your Retirement Needs.** Retirement is expensive. Experts estimate that you'll need about 70 percent of your pre-retirement income – lower earners, 90 percent or more – to maintain your standard of living when you stop working.
- 2. Find Out About Your Social Security Benefits.** Social Security pays the average retiree about 40 percent of pre-retirement earnings. Find out more about your benefits at [www.socialsecurity.gov](http://www.socialsecurity.gov).
- 3. Contribute to a Tax-Sheltered Savings Plan.** If your employer offers a tax-sheltered savings plan, such as a 401(k), sign up and contribute all you can. Your taxes will be lower, your company may kick in more, and automatic deductions make it easy. If your employer does not have a plan, open an individual retirement account.
- 4. Don't Touch Your Savings.** Don't dip into your retirement savings. You'll lose principal and interest, and you may lose tax benefits. If you change jobs, roll over your savings directly into an IRA or your new employer's retirement plan.
- 5. Start Now, Set Goals, and Stick to Them.** Start early. The sooner you start saving, the more time your money has to grow. Remember, it's never too early or too late to start saving. So start now, whatever your age!

## Barbecue Basics: How to Prevent Food-borne Illness

It's the season for picnics, cookouts, and other outdoor parties. But eating outdoors in warm weather presents a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F, so summer heat makes the basics of food safety especially important. Fortunately there are a lot of steps you can take to keep family and friends from becoming ill.

- **Wash hands.**
- **Keep raw food separate from cooked food.**

- **Marinate food in the refrigerator, not out on the counter.**
- **Cook food thoroughly** - hamburgers to 160°, chicken to at least 165°F
- **Keep hot food hot** - Hot food should be kept at or above 140°F.
- **Keep cold food cold** - Cold food should be held at or below 40°F.

## Healthy, Fresh, Easy and Perfect for Patio Dining.

### Peachy Avocado Salsa

2 to 3 fresh ripe peaches  
1 ripe avocado, diced  
1 tablespoon lime juice  
2 cups diced, seeded tomato  
1/4 cup diced onion  
2 tablespoons fresh minced cilantro  
1 tablespoon cider vinegar  
1 teaspoon seeded chopped jalapeno pepper  
1 garlic clove, minced  
1/4 teaspoon salt

Directions: In a bowl, combine the peaches, avocado, and lime juice. Add the remaining ingredients and toss. Refrigerate for at least 30 minutes. Serve with tortilla chips, grilled fish, or chicken.



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