

Making a Healthy Snack List

By: Josef Bichler

Each of us is looking for new ways that we can do more for our body in terms of health and that is why it's only natural that we try to eat as healthy as possible. If you're curious about some of the foods that are widely considered healthy and you would like to incorporate them into your daily lifestyle, below you will find a list of healthy snacks that will help you cut through the confusion and make better choices. Let's take a closer look at them and see how healthy they really are.

Nuts: Nuts are certainly a snack that will make it onto any healthy snack list. Many people love the way peanuts, walnuts, cashews, and almonds taste and eat them as often as possible. If do you like them or have never had them before, you should know they are actually packed with healthy fat and protein which helps to ward off hunger. There are also many studies that suggest that eating them regularly can reduce the risk of heart disease, diabetes, and many other dangerous ailments.

However, because this snack is quite delicious, you may find that you can easily overeat nuts and that is why it's a good idea to eat them in small portions. For instance, including a portion of nuts with one hundred calories on your healthy snacks list, you will know exactly how many of them you can eat, and this will help you with staying in good health, while not overeating.

Fresh Fruit: The good news is that many varieties of fruit are available at a relatively low price. This means that fruit can easily be included on your healthy snack list. Nowadays you are not limited to oranges, apples, bananas, and so forth, you can also buy lychee, blueberries, dragon fruit, kiwi, and other types of exotics fruit that will keep your health in check. All fruits contain minimum levels of fat, and are fibrous, filling, and packed with nutrients.

If you decide to eat a medium-sized apple or a pear these will generally contain around 60 calories each. However, you might enjoy strawberries more and having 1 cup of them, will contain 10 calories less, stacking up at 50. If instead, you choose to eat 1 cup of blueberries, they will contain only 40 calories, which is great. You can eat quite a bit of fruit and still consume minimal calories.

If you'd like to experiment, you could cut up several types of fruit together and make a nutrient-dense fruit salad. Adding whipped cream is not recommended because adding the cream will turn this healthy snack into an unhealthy one. Just enjoy the fruit with no added ingredients and you'll be impressed by the taste. Keep it simple to maximize the nutritional benefits of fruit.



Salads: Fresh vegetables are one of the best snacks you can add to your healthy snack list. In general, people think of having them in the form of a salad, but you can also simply eat them. You may decide to eat a small cucumber or have it with a bit of salad. You can also make a delicious salad with tomato, onion, cucumber, bell pepper, and spinach and this snack will contain vitamins, protein, and minerals to fuel your body with healthy nutrients.

If you're working on a healthy snack list, then this is the one you should consider. Enjoy the new change in diet and the way you feel when you eat better foods!

Quick Tips for Summer Wellness

Drink Plenty of Water!
Proper hydration is critical on hot summer days.

Remember the Sunscreen!
Protect your skin from the sun's damaging rays.

Keep Moving!
Summer is a great time to get out in nature.

What is a normal pulse rate?

by: Jacob Walters

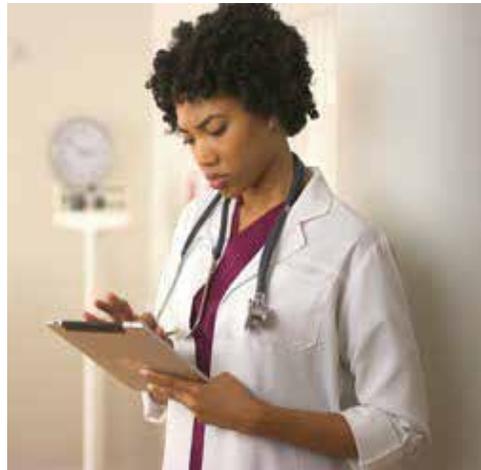
The question always comes up as to what is a normal pulse rate. Well there really is no specific answer to this question because the notion of a normal pulse rate really depends on so many factors.

Some of the most important factors that play a part in determining a healthy pulse rate are age and weight.

Some of the most important factors that play a part in determining a healthy pulse rate are age and weight. If for example you use a pulse oximeter to measure the pulse rate you will actually find that it gives you very different rates for different age groups. For example, there are some pediatric pulse oximeter devices that are made specifically for measuring the heartbeat of children. Well, it is common medical knowledge that children's hearts beat at a much higher rate and as a result this will sometimes even seem alarming. However, because of the physiological nature of their age it is quite normal and as such there is no need for concern. On the other hand, if you use the pulse rate measuring device on an elder individual you will actually notice that their reading will be lower than most people. Again, this has to completely do with the age of the individual which has a direct effect on the readings.

Another fact that has a lot to do with the heartbeat is any specific medical conditions that the person may have. Certain health conditions directly effect the pulse and as a result they tend to give you unusual readings on even accurate measuring devices like a pulse oximeter. Such conditions as heart arrhythmia is a prime example because it can actually give you unstable readings as there is no steady beat.

You may be wondering what exactly causes a pulse rate and what makes your wrist or neck seem like it is palpating. The way that it works is that when the heart works properly it pushes oxygen rich blood throughout the body. As that blood enters the various tissues throughout the body this causes the palpitation that you may feel when you place your fingers on your neck or your wrist. If you are running and working out you will find that the intensity of the palpitations goes higher and this is because your heart is working harder to push more oxygen rich blood through your body. In the end, there really is no normal pulse rate and it really depends on several factors one of the main ones being age.



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BHPI Calendar of Events

JUNE

PTSD Awareness Month

June 10

Summer Glow

The Guidance Center

6 p.m., Grosse Ile
(734) 785.7700

June 11

Neighborhood Beautification Day

Southwest Solutions

8 a.m.-Noon, Detroit, MI
(313) 297.1381

JULY

National Minority Mental Awareness Month

July 16

River Splash Dash

Development Centers

9:00 a.m., Rivard Plaza, Detroit
(313) 531.2500 ext. 1218

July 18

Fore the Kids Corporate Golf Challenge

The Judson Center

8:00 a.m., Franklin, MI
(248) 837.2020

July 20-23

MAHP Summer Conference

Come see BHPI at the conference!

Acme, MI



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