

HAPPY NEW YEAR!



Employee Wellness Newsletter

WINTER 2017

In this Issue:

Page 1

Thyroid Health

—

Page 2

Nutrients That
Support Your Thyroid

—

Page 3

Why do we Sleep,
Anyway?

—

Page 4

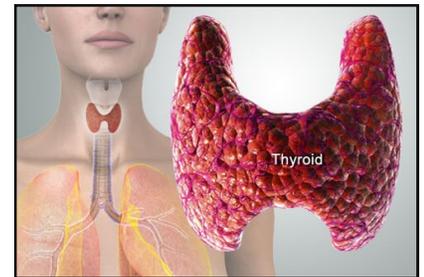
Roasted Broccoli
Parmesan

—

The Power of Soy



A Well-Functioning Thyroid is Key to Overall Health



The thyroid gland is located in the front of your neck and resembles the shape of a butterfly. This gland is the production center for various thyroid hormones in your body. The hormones made by the thyroid travel through the blood to other parts of the body, affecting other systems. One main function of the thyroid is to regulate your metabolism, which is how your body uses food for energy.

The food you eat each day is the fuel for your body to function properly and efficiently. What you eat affects the rate you burn that fuel and differs from person to person. When your thyroid is under or overactive and either produces too much thyroid hormone or too little, your overall health becomes affected in a variety of different ways.

When your thyroid function is underactive, the result is hypothyroidism. Feeling tired and having no energy are conditions strongly linked to this disorder, along with a much slower metabolism leading to weight gain. With an underactive thyroid, it can have an impact on the levels of the “feel good” hormone, serotonin, in the brain causing a feeling of depression or sadness.

When your thyroid is producing too much thyroid hormone, the result is hyperthyroidism. An increased appetite can be a sign your thyroid is producing too much thyroid hormone and may cause you to feel like you're hungry all the time. Eating the right foods can have a large impact on your thyroid function, in both hypothyroidism and hyperthyroidism.

Nutrients That Support Your Thyroid

Lack of key nutrients leads to thyroid symptoms

Lack of iodine, selenium, and other nutrients

Problems with metabolism, energy, weight gain, skin and more

Thyroid has trouble making and regulating its hormones

Iodine: the body relies on this element for the production of thyroid hormone. If your body does not have enough iodine, you cannot make enough thyroid hormone. Top food sources for iodine include shrimp, sardines, asparagus, garlic, seaweed, and iodized sea salt.

Selenium: helps remove thyroid-harming substances and supports normal thyroid structure. It is needed to produce a critical thyroid hormone, T3, which regulates metabolism. Top food sources for selenium include Brazil nuts, tuna, mushrooms, beef, soybeans, and sunflower seeds.

Iron: low iron can prevent iodine from working effectively for the thyroid. Top food sources for iron include clams, oysters, soybeans, pumpkin seeds, lentils, and spinach.

Sources: Webmd; Everyday Health; Health; Endocrine Web

DID YOU KNOW?

Consuming omega 3 fatty acids found in salmon, eggs, nuts, and grains can help decrease inflammation and can increase absorption of the thyroid hormone.

Foods to Eat For Hypothyroidism:

Almonds



Beans



Spinach



Eggs



Dairy



Foods to Eat For Hyperthyroidism:



Cabbage

Berries



Salmon



Walnuts



Broccoli



Why Do We Sleep, Anyway?

Sleep is one of the most desired activities in society. Whether you live in New Hampshire or California, sleep is beneficial and essential for every body to function at its best. It's crazy to think that an activity where we are not awake, can be a necessity for good health! Going without sleep for too long can make us feel terrible, however getting a good night's sleep can make us feel on top of the world and ready to take on whatever comes our way!

Sleep plays a critical role in our bodies immune system function, metabolism, memory, learning, and other vital functions. Sleeping is a process that our body regulates the same way it regulates eating, drinking or breathing. When our bodies get enough sleep we tend to feel more alert, more energetic, happier, and able to function more efficiently. The amount of sleep a person needs depends on the age of individual. There is no one-size-fits-all when it comes to sleep, babies need about 14 to 15 hours whereas many older adults need about 7 to 8 hours.

Getting enough sleep on a daily basis can improve our lives in a variety of ways. Sleeping affects your emotional state: when you lose sleep you may have noticed you may be a little on edge or cranky. Not only does adequate sleep play a role in your mood, it also affects your ability to think clearly. Sleep loss affects how you think which ultimately affects many day-to-day processes. Without enough sleep to support daily activities, a sleep-deprived person cannot focus their attention optimally, affecting their learning ability.

Tips to Combat Common Sleep Problems:

- Put down smart phones and other electronics at night
- Stick to a sleep schedule
- Make exercise a habit throughout the week
- Find sleep rituals such as reading a book or taking a shower before bed
- Cut out caffeine-especially at night
- Avoid large meals before bedtime which can lead to indigestion

5 Stages of Sleep



Stage 1: Between wake and sleep, a very light sleep where it is easy to wake up; usually only lasts between 5 to 10 minutes.



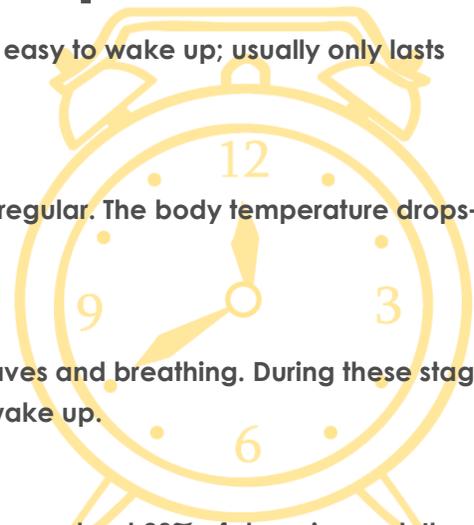
Stage 2: A light sleep where breathing and heart rate become regular. The body temperature drops—50% of our sleep occurs during this phase.



Stage 3 & 4: A deep sleep characterized by very slow brain waves and breathing. During these stages tissue growth and repair takes place and it is often difficult to wake up.



Stage 5: REM Sleep, Rapid Eye Movement, a dreaming state where about 20% of sleep is spent. It occurs about every 90 minutes of sleep and tends to increase each cycle.



ROASTED BROCCOLI PARMESAN

Recipe: Skinnytaste

Nutrition Facts:

Servings: 4 • Size: 1 piece • Calories: 168 • Total Fat: 10.5 g
• Carbohydrates: 13 g • Fiber: 5 g • Protein: 9 g • Sugar: 2 g
• Sodium: 397 mg • Cholesterol: 11 mg

INGREDIENTS:

- 1 medium bunch broccoli with stems (about 20 oz)
- 6 cloves garlic, peeled and smashed
- 2 Tablespoons extra virgin olive oil
- 1/2 teaspoon kosher salt
- 1 cup homemade or jarred marinara sauce
- 1/2 cup shredded mozzarella cheese



DIRECTIONS:

Preheat oven to 450°F.

Trim about 1 inch off broccoli stems and discard. **Slice** the broccoli stalks in half lengthwise to have 4 pieces total.

Place the broccoli and the garlic cloves in a 9-by-13-inch baking pan and **drizzle** both sides of the broccoli florets and stems with olive oil. **Season** both sides with salt and roast cut side up about 10 minutes, until the broccoli is browned on the bottom. **Turn** the broccoli and garlic and roast an additional **10 minutes** until tender and browned and crisp.

Top with marinara sauce and mozzarella. **Return** to the oven and **bake** until hot and the cheese is melted, about **10 minutes**.



Sources: Mindbodygreen; Cancer Center

The Power of Soy

Soy is a complete protein – meaning it contains all 9 of the essential amino acids our body needs to function. Soy is considered to be almost equivalent in protein quality to animal proteins.

Soybeans: A cup of boiled soybeans offers about **29 grams** of protein—equivalent to 1 cup of Greek yogurt!



Tofu: A half cup of tofu provides about 10 grams of protein and comes in various types including silken, soft, and firm.



Soy Milk: An alternative to cow's milk offers about **8 grams** of protein in one cup—the same as cow's milk.



Tempeh: A type of semi-cooked fermented soy product which offers **31 grams** of protein per one cup!



Miso: Made from fermented soybeans, it contains **32 grams** of protein in one cup!



New Hampshire Interlocal Trust

(1 (888) 960-6448
PO Box 4090
Concord, NH 03302
www.nhitrust.org