



Homemade Popcorn with Olive Oil

Skip the microwave popcorn or the movie-theater kind lathered in butter. It's easy to make your own. It costs less, too. Popcorn can be a healthy, low-calorie snack.⁵

Ingredients

- 1/2 C popcorn kernels
- 1 T extra virgin olive oil
- 1/4 tsp salt

Directions – Stovetop Popcorn

- Place olive oil and popcorn kernels in large pot on medium heat. Cover with lid.
- When kernels begin to pop, turn up the heat. Move the pan back and forth, until all kernels are popped or pot is full.
- Sprinkle with salt and mix well.
(83 calories/ serving. Serves 7)

Try This Fresh Recipe to Improve Your Mood

Fruits and vegetables support mental health



Eat it raw. No, we're not talking about oysters or runny eggs. Those are foods you should avoid, especially raw, for a lot of reasons. But there are some foods where raw is the right choice.

In a recent study, researchers found that people who eat more raw fruits and vegetables are less likely to develop depression and mental health problems.³

What's the connection? Fruits and vegetables have the most nutrients when they're raw. In a few cases, nutrient density increases by cooking (e.g., tomatoes, broccoli, and asparagus). But most are healthiest when they're raw.

Top 10 raw fruits & vegetables

Researchers rated fruits and vegetables highest in nutrients for mental health.

The top 10 include:

- | | |
|----------------------|---------------|
| 1. Apples | 6. Cucumber |
| 2. Bananas | 7. Grapefruit |
| 3. Berries | 8. Lettuce |
| 4. Carrots | 9. Oranges |
| 5. Dark Leafy Greens | 10. Spinach |

Are you eating enough fruits and vegetables? Here's what most adults need:

- **Vegetables:** Eat 2 to 3 cups of vegetables a day
- **Fruit:** Eat 1.5 to 2 cups of fruit a day

If you're not getting enough fruits and vegetables, a few simple changes to your diet can make a difference.

Try this: Eat a banana or berries with breakfast. Have a leafy-green salad for lunch. Grab an apple for a snack. Include a vegetable with dinner.

Stick with it. In just a week or two, you'll feel better and be healthier.

MORE

How to eat more fruit and vegetables
<https://tinyurl.com/ybrkzgf>

How to Beat High Blood Pressure Like a Super Bowl Pro (continued from page 1)

- He cut back on salt.
- He put exercise back into his schedule for 30 minutes a day.
- And he started taking medication.

Within a year, he managed to get his blood pressure back to normal.

How's your blood pressure?

Make a snap decision to get it checked. If it's higher than normal, talk to your doctor to work out a game plan to lower it. And you'll be in the same league as Joe Montana.

MORE

10 ways to control blood pressure
<http://tinyurl.com/ls75sw3>

References

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Ask the Wellness Doctor:

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