Stop THIS Time Waster to Prevent Heart Disease

Limit TV screen time to less than 1 hour per day

Do you binge-watch your favorite streaming picks in front of a big screen?

Maybe you sit down after dinner to watch a TV show and catch the nightly news for a couple hours.

Or does your schedule include a regular dose of movies at home with popcorn, treats, and soda?

If you use a smartphone or computer for work, chances are pretty good you spend a lot of time staring at a screen. It's become a necessity for a lot of people.

But how much time do you spend in front of a TV screen?

In a recent 12-year study, researchers wanted to find out if there was a connection between TV time and heart disease.[1]

- **The study.** Researchers looked at genetic risk factors for heart disease and TV screen time habits in a group of 500,000 adults.
- **The results.** They found spending less than an hour per day in front of a TV screen may cut the risk for heart disease by up to 16 percent…regardless of genetic risk factors.

"Our study provides unique insights into the potential role that limiting TV viewing might have in preventing…heart disease," says lead researcher Dr. Youngwon Kim. "Limiting the amount of time sat watching TV could be a useful, and relatively light touch, lifestyle change that could help individuals…"

Looking for something good to watch? Turn off the TV. Go for a walk, and just look around.

MORE

Reduce screen time & get active
https://tinyurl.com/3c2e5rbp

Beans: The 'Magical' Way to Beat Hunger

Study: Eating beans for breakfast helps you eat fewer calories

"Beans, beans…the magical fruit. The more you eat, the more you…"

Ahem, you know the rest.

Beans for breakfast

Ever thought about that? Cereal, fruit, toast, donuts, or the coffee shop drive-thru might be your go-to plan for breakfast. Or maybe you skip breakfast.

What you eat (or don't eat) to start the day can have an impact on your appetite, according to a recent study.[2]

The study: Researchers fed a group of 43 people one of three breakfasts over several weeks:

- **Breakfast 1:** Meat patty with mashed potatoes
- **Breakfast 2:** Bean patty with mashed peas
- **Breakfast 3:** Bean potato patty with mashed peas

Three hours after breakfast, the people rated their hunger. Then they were all served the same lunch (pasta with meat sauce). They could eat as much lunch as they wanted, but researchers kept track of how many calories they consumed.

The results: People who had the bean patty with mashed peas for breakfast ate 12 to 13 percent fewer calories for lunch than the other