



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. Try this simple recipe:⁵

Ingredients

1/2 C popcorn kernels

1 T extra virgin olive oil

1/4 tsp salt

Directions – Air Popcorn Machine

1. Pour in the popcorn kernels. Place a large bowl beneath the chute. Turn on the popcorn machine, and wait until all the kernels are popped.
2. Drizzle with olive oil. Sprinkle with salt. Mix well.

Directions – Stovetop Popcorn

1. Place olive oil and popcorn kernels in large pot on medium heat. Cover with lid.
2. When kernels begin to pop, turn up the heat. Move the pan back and forth, until all kernels are popped or pot is full.
3. Sprinkle with salt and mix well.

(83 calories/ serving. Serves 7)

Orange Theory: The Fruit to Fight Chronic Disease

Aim to eat 1.5 to 2 cups of fruit per day

“Incoming!” Watch out for flying oranges if you’re in Ivera, Italy. Every year the city hosts the annual Battle of the Oranges.

The event dates back to the Middle Ages when townsfolk overthrew a tyrant. But no clubs or swords are swung around.

Instead, thousands of people throw oranges in a friendly battle to relive the victory. About 500,000 oranges are used. And it’s a juicy mess.

Looking for a sweet way to improve your health?

New research suggests oranges can help fight chronic diseases, like:³

- Heart disease
- Obesity
- Diabetes

The Juicy Details About Oranges

What makes oranges healthy? Here are a few juicy details:

Vitamin C: One orange has about 116 percent of the daily amount of vitamin C your body needs.



Fiber: This citrus fruit is also a good source of fiber. It has about 12.5 percent of the fiber you need per day.

Getting enough vitamin C and fiber in your diet can help:

- Strengthen the immune system
- Lower the risk for heart disease and stroke
- Reduce bad cholesterol
- Control blood sugar
- Prevent certain types of cancer

Pick up some oranges the next time you’re at the grocery store. But don’t throw them at people. It’s better for your health to eat the fruit.

Aim to eat about 1.5 to 2 cups of fresh fruit a day, along with 2 to 3 cups of fresh vegetables.

MORE

Oranges vs. orange juice: Which is better? <https://tinyurl.com/ybc4z8jv>

Rethink Your Drink: Daily Soda Habit Raises Diabetes Risk (continued from page 1)

Thirsty? Drink More Water

If you want to cut your risk for diabetes, drink more water. Just one soda a day may raise the risk for diabetes and other health problems.

A recent study found that people who drink 1 to 2 sodas a day or more are more likely to

develop diabetes than those who don’t.² And it doesn’t really matter if it’s regular or diet soda.

Do you drink soda? The real deal or diet? If you’re thirsty, skip the soda and drink more water. And if you want a little flavor, add lemon, lime, kiwi or cucumber slices.

MORE

Learn more about soft drinks & disease <https://tinyurl.com/hwd8kcy>

References

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3. Morrow, N., et al. (2020). From: The citrus flavonoid nobiletin confers protection from metabolic dysregulation in high-fat-fed mice independent of AMPK[S]. *Journal of Lipid Research*, 61(3): 387-402. From: <https://tinyurl.com/3uh3a9t5>
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Take the October Health Challenge!

Breathe Healthy: Practice breathing to improve your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What should I do if I’m always tired?