



Southwestern Quinoa Breakfast Bowl

Hungry for breakfast? Skip the donuts and sweet cereal. It takes just a few minutes to cook this tasty and healthy meal.⁷

Ingredients

- ¼ C raw quinoa
- ½ avocado, diced
- 2 medium tomatoes, chopped
- 1 C frozen corn (thawed)
- ¼ C chopped green onions
- ½ C cilantro
- 4 eggs (or egg substitute)

Directions

1. Cook quinoa according to the package. Remove from heat.
2. Divide quinoa between 4 bowls. Arrange the avocado, tomatoes, corn, scallions, and cilantro in each bowl.
3. Coat a nonstick skillet with cooking spray and warm over medium-high heat. Scramble or crack each egg into the skillet and season with salt and pepper.
4. Cover and cook until egg whites and yolk are firm. Top each bowl with a cooked egg.
5. Serves 4. 244 calories per serving

To Drink or Not to Drink? The Right Mix for Health and Happiness

April is Alcohol Awareness Month. How much is safe to drink?



Country music star Keith Urban had to fight his way to the top of the charts as a struggling artist. But it's not the only thing he's struggled with. He also overcame an addiction to alcohol after decades of heavy drinking.

"I was going to lose it all," Urban said, reflecting on his years battling alcohol addiction. It took three separate stints in treatment to finally quit drinking. Today, he's been sober for 12 years and counting.

How much do you drink? A little or a lot?

About 70 percent of all adults in the United States drink alcohol at least once a year. And 21 percent of them – about 15 million – have a serious drinking problem.⁵ Only 3 million, like Urban, ever seek treatment.

You may not drink too much. And some research shows red wine may support heart health. But even a little alcohol can be harmful to your health.⁶

How much alcohol is safe to drink? If you don't drink, stick with the habit. Not drinking is the best way to protect yourself from the harmful effects of alcohol. If you do drink, follow these guidelines:

MORE
How alcohol affects the body
tinyurl.com/hddk587

Women: No more than 1 drink per day. Zero if pregnant.

Men: No more than 2 drinks per day if under age 65.

Seniors: No more than 1 drink daily for people age 65 and older. @

How much is a drink?

An alcoholic drink is defined as:

- One 12-oz. beer (5% alcohol)
- One 8-½-oz. glass of malt liquor (7% alcohol)
- One 5-oz. glass of wine (12% alcohol)
- One 3-½-oz. glass of sherry (17% alcohol)
- One 1-½-oz. shot of brandy, cognac, or 80-proof liquor (40% alcohol)

References

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Take the April Health Challenge!

Give Your Brain a Workout: Develop habits to keep your brain healthy

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

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