



Try a grilled veggie burger instead of beef.

THE Y AXIS



Play Video Games to Curb Sugar Cravings

Got a sweet tooth? Curb cravings by playing video games.

Sound crazy? Maybe not.

In a recent study, researchers created a video game called Diet Dash.¹ The goal: Fill a grocery cart with healthy foods, and skip junk foods, while a timer ticks down.

About 100 overweight adults with a sweet tooth signed up to play. First, they took a class to learn more about healthy eating. Then they played the game every day for about eight weeks.



The result: Shopping for healthy foods in virtual reality actually retrained their brains to eat better.

Want to improve your diet? Start by training your brain.

COMMENTS?

Send comments to the editor: well@wellsources.com

Red Meat Rules: Eat Less to Live Longer

New study links eating red meat to higher risk of death, even in small amounts

It's that time of year when backyard barbecues, picnics, and grilling dominate the calendar. There's even a long list of contests to see who can grill the tastiest beef.

And there's no shortage of Americans ready to sink their teeth into steak, burgers, hot dogs, and ham. In fact, the average American eats about 222 pounds of meat a year, most of it red meat. And that's a problem.

A recent study found that even small amounts of red meat raises the risk for early death, heart disease, and some kinds of cancer.²

How small? Just two ounces a day may be too much. Researchers looked at the eating habits

of about 8,000 people over 11 years. Those who ate just two ounces a day, were more likely to die early.

Here's what two ounces of red meat looks like:

- 2 slices of bacon
- 2 slices of deli ham
- ½ of a small steak filet
- ½ of a hamburger
- 1 hot dog

MORE

What's the beef with red meat?
tinyurl.com/y62g78s6

If you want to be healthier, live longer, and avoid heart disease and cancer, limit red meat. Better yet, give fish, poultry, or a veggie burger a try when you fire up the grill this summer. @

Want to Be Happy? Take a Break from Social Media

Social media use linked to depression and mental health problems

Everyone is always smiling and happy. Your friends all take dream vacations and dine on gourmet food. Fame, fortune, money, success, good times...Your life might not have all these things, but it looks like everyone else does. You're missing out. And now you're not happy?

Ever felt that way? If you're a regular social media user, you might think all your friends are living the dream lifestyle. But it isn't true. You're only seeing the "highlight reel," according to a recent study.³

Too much social media time is a recipe for feeling unhappy and depressed, says University of Houston researcher Dr. Mai-Ly Steers. "Depressed feelings and lots of time on Facebook and comparing oneself to others tend to go hand in hand."



Social Media Use by the Numbers

- **3.5 billion** People actively use social media
- **7.6** Average number of social media accounts per person
- **142** Number of minutes the average adult spends on social media per day
- **10** Number of times per day social media users check accounts

If you're feeling down, depressed, or unhappy, take a break from social media.

- Try a social media fast for a few days.

- Cut back on how much time you spend on sites like Facebook, Twitter, Instagram, and others.
- Or simply call it quits to your click-tap-and-swipe habits for awhile.