



Zucchini Lasagna

Wondering what to do with an end-of-summer supply of zucchini? Give this recipe a try:⁵

Ingredients

- ½ pound lasagna noodles, cooked
- ¾ C mozzarella cheese, grated
- 1-½ C cottage cheese
- ¼ C Parmesan cheese, grated
- 1-½ C raw zucchini, sliced
- 2-½ C tomato sauce
- 2 tsp basil, dried
- 2 tsp oregano, dried
- 1 clove garlic, minced

Directions

- Preheat oven to 350°F. Grease 9x13-inch baking dish.
- Combine ¼ C mozzarella and 1 T Parmesan. Set aside.
- Combine remaining mozzarella and Parmesan with cottage cheese. Set aside.
- Combine tomato sauce, basil, oregano, and garlic. Spread thin layer of sauce in dish. Add a layer of noodles. Spread half of cottage cheese mixture on top. Add layer of zucchini.
- Repeat layering. Top with sauce and cheese mixture. Cover with foil. Bake 30 to 40 minutes.

Serves 6. 200 calories per serving.

Gulp This Down: Sugary Drinks May Shorten Lifespan

Study: Sugary drinks increase risk for heart disease, early death

Pop open a can. Twist off the cap. Pour yourself a drink. The fizzy sound might be music to your ears if you're a daily soda drinker. Or the sweet taste of sugary drinks might give your brain a buzz.

But if sugary drinks are part of your daily diet, it's time for a big gulp of truth.

Do you consume sugary drinks?

New research shows sugary drinks raise the risk of dying from heart disease.⁴ Heart disease is the leading cause of death in the United States. Sugary drinks also raise the risk for early death and other chronic diseases.

Sugary drinks include carbonated and non-carbonated drinks like: Soda, juice, energy drinks, sweet tea, lemonade, fruit drinks, and sports drinks.



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Just two or more sugary drinks per day is all it takes to raise your risk. The study found that you're 31 percent more likely to die early from heart disease if you drink two or more per day, compared to someone who doesn't drink as much.

Rethink your drink

Maybe it's time to rethink your drink and cut back on sugar-sweetened beverages. Drink more water. Add a lemon or lime for flavor. Or replace soda with 100-percent fruit juice. Anything you can do to reduce your risk of heart disease and early death is worth the effort. @

Fight High-Blood Pressure Zombie-Brain Drain (continued from page 1)

Here are some things you can do to control blood pressure:

- Maintain a healthy weight, or lose weight if you need to.
- Exercise at least 30 minutes a day.
- Eat a healthy diet (fruits, vegetables, whole grains, nuts, seeds, legumes, and plenty of water)

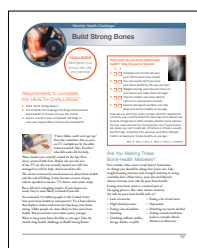
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- Avoid or limit high-sodium foods.
- Avoid or limit alcohol.
- Don't smoke, or quit if you do.
- Manage stress in healthy ways.
- Get a check-up and talk to your doctor. @

References

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Take the September Health Challenge!

Build Strong Bones: Strengthen your bones with diet and exercise

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

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