



THE Y AXIS



## Your Mom Was Right...Chew Your Food

You're hungry. You're in a hurry. So you grab a bite to eat.

And you practically inhale the food on your way out the door, in the car, or at the office. Chomp, chomp, gulp.

Stop right there.



Here comes the chew-your-food lecture.

Research shows that eating fast may raise the risk for type 2 diabetes.<sup>1,2</sup> Diabetes is one of the top 10 causes of death in the United States.

Next time you're hungry, slow down. Take small bites. Chew your food. Enjoy it. Then call your mom and tell her she was right.

### COMMENTS?

Send comments to the editor: [well@wellsources.com](mailto:well@wellsources.com)

## The Scary Truth About the Halloween-Candy Haul

Average trick-or-treater brings home 9,000 calories

If you came face to face with Pennywise the Clown from Stephen King's epic horror novel *It*, you'd probably turn and run. That just might happen at a costume party or trick-or-treating. But there's something a little scarier than that... Halloween candy.

About 93 percent of kids in the United States will trick-or-treat this month. The typical haul...about 250 pieces of candy. That's a load of about three pounds of sugar packed with 9,000 calories. Scary, right?

Here's the other scary thing. Research shows that if some of that candy ends up at work, you're a lot more likely to chow down and eat more than you should.<sup>3</sup>

5 ways to make Halloween a little healthier<sup>4</sup>

**1. Sort it out.** If you take kids trick-or-treating, sort through the haul when you get back home. Toss out the taffy, hard candy, and sour treats first. These candies are more acidic, break down tooth enamel, and cause cavities.

**MORE**

How to handle Halloween-candy leftovers  
[tinyurl.com/yxruz4ac](http://tinyurl.com/yxruz4ac)

**2. Keep the dark chocolate.** It's lower in sugar than milk chocolate. It's also higher in antioxidants that support heart health and your brain.

**3. Hand out healthy treats.** When goblins come to your door give them healthier options or toys. Examples: Fruit leather, nuts, toy cars, yo-yos, puzzles, stickers, or bracelets.

**4. Brush before bed.** Halloween night or not, brushing your teeth for two minutes before bed should be a regular thing.

**5. Treat co-workers to health.** Create a fruit and vegetable "monsterpiece" for your office party. Or go easy and bring fresh veggies with hummus, fruit, or popcorn seasoned with olive oil and garlic or chili powder.

The Halloween-candy haul doesn't have to be scary. Make smart choices to protect your health, your teeth, and your waistline. And you won't turn and run when you look in the mirror. @

## Want to Live Longer? Limit Screen Time on All Devices

Risk for chronic disease and early death rises with screen time

How many hours of TV do you watch a day? Using a tablet or smartphone to browse social sites, listening to playlists, or binge-watching movies counts too.

The average adult spends about 3.5 hours a day or more in front of a screen in their free time. And that's a problem. Studies show that people who watch a lot of TV have a higher risk for serious health problems and early death than those who don't.<sup>5</sup>



Health risks rise with TV time

In a 14-year systematic review of data from 221,000 people, researchers found that the more TV people watched, the more likely they were to die from:

- Heart disease
- Cancer
- Diabetes

People who viewed more than three to four hours of TV a day were more likely to die from these causes than people who watched less TV.