



### Fresh Salsa

Want to spice up your menu a little and improve your health? Research shows eating spicy foods can be good for your health. Give this fresh salsa recipe a try.<sup>5</sup> All it takes is seven simple ingredients and a few minutes of prep time. Try it with whole-grain crackers or chips, fresh-cut vegetables, or brown rice.

#### Ingredients

- 2 medium tomatoes, chopped
- 1-1/2 C onion, chopped
- 1/3 C cilantro, chopped
- 3 jalapeño peppers, seeded and chopped
- 2 cloves garlic, finely chopped
- 2 T lime juice
- 1/4 tsp teaspoon salt

#### Directions

1. Chop and prepare tomatoes, onion, cilantro, peppers, and garlic.
2. Combine in a medium bowl.
3. Add lime juice and salt. Mix well.

Serve immediately, or refrigerate up to 3 days.

Serves six. 34 calories per serving.

# Got a Caffeine Craving? Here's What You Need to Know

FDA: Limit caffeine to 400 mg per day

It might seem like a harmless way to give yourself a boost of energy or help you stay awake, but too much caffeine can be dangerous. It can cause arrhythmia or irregular heart beat.

In one recent case, a teenager drank a latte, soda, and energy drink, all within two hours. His heart started racing, and he died a short time later.

### Caffeine guidelines for adults

The U.S. Food and Drug Administration says drinking up to 400 mg of caffeine a day is safe for most adults.<sup>3</sup>



That's the amount of caffeine found in four to five 8-ounce cups of coffee. But some specialty coffee drinks or energy drinks have as much as 300 mg of caffeine in a single serving.

Research suggests there may be some health benefits to drinking small amounts of caffeine. But it can also cause problems for women who are pregnant or those taking medicine.

Caffeine can have other side effects than just a boost of energy like:

- Headaches
- Sleep problems
- Upset stomach
- Nervousness
- Irritability
- Rapid heartbeat

If you drink coffee, tea, soda, or energy drinks, keep tabs on how much caffeine you're consuming to protect your health. @

#### MORE

Test your caffeine IQ  
<https://tinyurl.com/u4fv2m6>

## Practice Yoga to Keep Your Brain Healthy (continued from page 1)

recall. It may also help lower the risk for dementia and Alzheimer's disease.

**Want to keep your brain healthy as you age?** Take a yoga class. Watch a yoga video and follow along. Practice yoga at work, at the park, or at home.

#### MORE

Try this 20 minute yoga routine for beginners  
<https://tinyurl.com/nqw7pr6>

Mishler hopes to turn yoga into an every-day practice as common as brushing your teeth or taking a shower. Why? It's good for your body and your brain. *Namaste.* @

### References

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2. Gothe, N., et al. (2019). Yoga effects on brain health: A systematic review of the current literature. *Brian Plasticity*, 5(1): 105-122. From: <https://tinyurl.com/tncoff>
3. U.S. Food and Drug Administration. (2018). Spilling the beans: How much caffeine is too much? From: <https://tinyurl.com/yxdcqjc7>
4. Grippo, R., et al. (2020). Dopamine signaling in the suprachiasmatic nucleus enables weight gain associated with hedonic feeding. *Current Biology*, 30(2): 196-208. From: <https://tinyurl.com/sn9h7qw>
5. California Department of Public Health. (2019). Fresh salsa. From: <https://tinyurl.com/v8gyo6o>



## Take the February Health Challenge!

Reboot Your Resolutions: Take action to achieve healthy goals day

### Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
How much do I need to exercise?

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