



Banana-Nut Bread

Hungry for a healthier sweet bread recipe? Try this moist banana-nut bread recipe made with low-fat buttermilk.⁵

Ingredients

- 1 C bananas, mashed
- 1/3 C low-fat buttermilk
- 1/2 C brown sugar
- 1/4 C margarine
- 1 egg or egg substitute
- 2 C flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 C pecans

Directions:

1. Preheat oven to 350° F. Lightly oil a 9x5-inch loaf pan.
2. In small bowl, mix bananas and buttermilk.
3. In large bowl, mix brown sugar and margarine. Beat in egg. Then add banana mixture.
4. In another bowl, mix dry ingredients. Then add to liquid ingredients. Stir until blended. Then mix in nuts.
5. Spoon mixture into loaf pan.
6. Bake for 50 to 55 minutes. Cool 5 minutes in pan.
7. Remove from pan and complete cooling on wire rack before slicing.

Avoid or Limit Alcohol to Protect Your Health

Follow guidelines to avoid or limit alcohol

Spending a lot more time at home during COVID-19? It's become a popular time to drink more alcohol.

Three weeks after stay-at-home orders closed most bars and restaurants, store sales of alcohol jumped 55 percent compared to last year. But that might not be the best way to pass the time.

“Alcohol compromises the body’s immune system and increases the risk of adverse health outcomes,” according to the World Health Organization.³ “People should minimize their alcohol consumption at any time,



and particularly during the COVID-19 pandemic.”

A few more reasons to avoid or limit alcohol:

- It’s loaded with empty calories
- Stimulates appetite
- May lead to weight gain
- Interferes with judgment

- Frequently linked to driving-related accidents
- Raises risk for chronic health problems and certain types of cancer

If you do drink, follow these guidelines:

- **Men:** No more than 2 drinks per day.
- **Women:** No more than 1 drink per day. Zero if pregnant.
- **Seniors:** No more than 1 drink per day for people over age 65.
- **A standard drink is:** 12 ounces of beer or wine cooler, 5 ounces of wine, or 1-1/2 ounces of distilled spirits.⁴

MORE

Alcohol’s effects on the body
<https://tinyurl.com/ycitsfxm>

Sniffles and Sneezes? 6 Tips to Manage Seasonal Allergies (continued from page 1)

5. Keep your windows closed, and use an air conditioner in your house and in your car. This keeps pollen from circulating in the air you’re breathing.

6. Hire someone to mow your lawn and do yard work to limit exposure to pollen.

MORE

Check the pollen count in your area
<http://www.pollen.com>

Still stuffy and congested after trying to control seasonal allergies on your own? Check with your doctor for other treatment options that can provide relief. @

References

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2. National Center for Health Statistics. (2017). Allergies and hay fever. Centers for Disease Control and Prevention. From: <https://tinyurl.com/y7gz3t9b>
3. World Health Organization. (2020). Alcohol does not protect against COVID-19; access should be restricted during lockdown. From: <https://tinyurl.com/t6f8sog>
4. Park, Y.M., et al. (2019). Association of exposure to artificial light at night while sleeping with risk of obesity in women. *JAMA Internal Medicine*, 179(8): 1061-1071. From: <https://tinyurl.com/y9mulhga>
5. National Heart, Lung, and Blood Institute. (2020). Banana-Nut Bread. From: <https://tinyurl.com/y9mthcaq>



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