



Roasted Brussels Sprouts with Shallots

Hungry for a cold-weather dish packed with vitamin C, fiber, and antioxidants to improve your health? Give this Brussels sprouts recipe a try.⁴

Ingredients

- 1 pound Brussels sprouts
- 1 shallot, peeled and chopped
- 2 T olive oil
- 1 tsp walnut oil
- Salt and pepper to taste (optional)

Directions

1. Preheat oven to 350° F.
2. Remove the outer leaves of Brussels sprouts. Wash, and cut off the ends of stems.
3. Toss sprouts with 1 T olive oil.
4. Bake in dish for 20 to 30 minutes, or until tender.
5. Remove from the oven. Sprinkle with the chopped shallots.
6. Add 1 T olive oil to the pan. Toss using a spoon or spatula. Return to the oven. Roast until shallots are browned.
7. Remove from oven. Drizzle with walnut oil, and season.

Serves 4. 110 calories per serving.

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Start the New Year Off on the Right Foot

Walk 30 minutes a day for better health



When Maine resident Nate Damm walked across America, he covered more than 3,200 miles on foot. It took almost eight months to go the distance. And he says it was worth it. "The trip changed my life completely," says Damm, author of the book *Life on Foot: A Walk Across America*.

You may not be planning a cross country adventure on foot. But even a few minutes of walking a day is good for your health. Research shows walking can help you:³

- Maintain a healthy weight, or lose weight if you need to
- Prevent heart disease

- Lower the risk for a stroke
- Prevent or manage type 2 diabetes
- Improve mood
- Reduce stress
- Prevent certain types of cancer
- Strengthen bones and muscles
- Live longer

HEALTH BENEFITS OF WALKING BY THE MINUTE

Health experts recommend 30 minutes of walking at least 5 days a week for best health. Here's what happens by the minute when you walk:

1 minute of walking can extend your life by 1.5 to 2 minutes.

10 minutes of brisk walking burns an average of 50 calories.

20 minutes of walking a day will burn an average of 7 to 10 pounds of body fat in a year.

30 minutes of walking 5 days a week cuts the risk for heart disease and diabetes in half.

45 minutes of daily walking cuts the risk of catching a cold by 50 percent.

If walking is already part of your daily routine, keep it up. If you've been thinking about getting more exercise, it doesn't have to be complicated. Get up and go for a walk. *Now* is always the best time to start.

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MORE

Walking: Your steps to health
<https://tinyurl.com/ybzykkt8>

Chop Down Cancer & the Common Cold with Garlic (continued from page 1)

- **Stir-fry** Your dish might have a garlic flavor. But after 1 minute of stir-frying garlic, it has zero cold-and-cancer prevention benefits.
- **Raw chopped garlic** provides the maximum benefits to help fight colds and cancer. The next best option...roasting.

MORE

Health benefits of garlic
<https://tinyurl.com/y8llq7od>

Want to drive a stake through the common cold and cancer? Eat more garlic...fresh. After cooking your entrée, soup, or favorite dish, add fresh-chopped garlic for the biggest benefit.

References

1. Zander Schellenberg, T., et al. (2020). Does laughing have a stress-buffering effect in daily life? An intensive longitudinal study. *PLOS ONE*. From: <https://tinyurl.com/y7jhmj4>
2. Greger, M. (2020). Benefits of garlic for fighting cancer and the common cold. Nutrition Facts. From: <https://tinyurl.com/yaqm44nv>
3. Centers for Disease Control and Prevention. (2020). Benefits of physical activity. From: <https://tinyurl.com/ycps6a68>
4. Harvard University. Roasted Brussels sprouts with shallots and walnut oil. From: <https://tinyurl.com/y92nr0u5>
5. Zhang, C.Q., et al. (2020). The big three health behaviors and mental health and well-being among young adults. A cross sectional investigation of sleep, exercise, diet. *Frontiers in Psychology*. From: <https://tinyurl.com/y87hvclo>



Take the January Health Challenge! Boost Vitamin D: Get adequate vitamin D

Ask the Wellness Doctor: This month Dr. Don Hall answers the question: Why is eating fiber good for you?