



Skinny Pizza

Hungry for pizza without all the extra carbs and calories? Give this Skinny Pizza recipe a try! Yum!

Ingredients

- 4 6-inch tortillas
- 1/2 tsp olive oil
- 2 C mushrooms (sliced)
- 1 bell pepper (sliced)
- 1 red onion (sliced)
- 2 tsp garlic (minced)
- 1/2 C low-sodium tomato sauce
- 1/2 C mozzarella cheese (shredded)
- 2 tsp Parmesan cheese (grated)

Directions

- Heat oven to 400°F.
- Place tortillas on 2 large baking sheets.
- Cook 5 minutes. Flip. Cook 5 more minutes. Set aside.
- Heat oil in skillet over medium heat. Add mushrooms, peppers, onions, and garlic.
- Cook until vegetables soften, about 10 minutes. Set aside.
- Spread tortillas with: 2 T tomato sauce, 1/4 C vegetable mixture, 2 T mozzarella cheese and 1/2 tsp of Parmesan cheese.
- Place pizzas back in the oven. Cook until cheese is melted, about 10 minutes.

Serves 4. 190 calories per serving.



6 Sunny-Day Habits to Protect Your Skin

Follow these simple tips to protect your skin from the sun

When summer temps start to sizzle, you probably look for ways to stay cool, like...

- Eat ice cream.
- Enjoy a cold drink.
- Crank up the air conditioning.
- Or take a trip to the pool, lake or beach

Sounds pretty good, right? Summer can be a great time to be outdoors. But too much time in the sun can be dangerous. Want to boost your immune system and protect your health? Hop on a treadmill and go. Or get outside for a walk. You'll feel better, be healthier, and live longer.

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What's the big deal about a little sunburn?

It might only hurt for a few days, but it can also increase your risk for:

- **2** types of skin cancer, basal cell carcinoma and melanoma³
- **2X** - Your risk for melanoma doubles if you've had five or more sunburns in your life.
- **87,000** new melanoma cases are diagnosed every year.
- **10,000** people a year die from this type of skin cancer.

6 WAYS TO PROTECT YOUR SKIN FROM THE SUN

Here are some things you can do to avoid a sunburn this summer:



1. Go indoors or get in the shade when the sun's ultraviolet (UV) rays are the strongest (10 a.m. to 4 p.m.).



2. Wear a wide-brimmed hat to protect your nose, ears, and neck from too much sun.



3. Dress in loose-fitting clothes (long-sleeved shirt, long pants).



4. Wear sunglasses that provide 100-percent UV protection from the sun.



5. Use sunscreen with an SPF-30 rating or higher. Reapply every two hours.

MORE
Protect your skin from the sun
<http://tinyurl.com/Yc47yxu9>

6 Unhealthy COVID-Eating Habits on the Rise (continued from page 1)

Being overweight or obese raises the risk for heart disease, diabetes, and other chronic diseases.

But it's the rapid rise in eating disorders health officials are the most worried about. Why?

Every 52 minutes, someone in the U.S. dies from complications tied to an eating disorder.

The goal for a healthy diet: Eat more fruits, vegetables, whole grains, legumes, nuts and seeds.

And less sugary drinks, snacks, processed foods and red meat. But sometimes it's not that simple.

If you're struggling with eating well, ask for help to change your eating habits. Your doctor, counselor, therapist, or nutritionist can help you get back on track.

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<https://tinyurl.com/3wm4j4rh>

References

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2. Marigliano, E., et al. (2016). Walking for heart health: A study of adult women in rural New York. Creative Nursing, 22(4):268-275. From: <https://tinyurl.com/c8mckvyc>
3. Skin Cancer Foundation. (2021). Skin cancer facts and statistics. From: <http://tinyurl.com/7hgqad9>
4. Miranda, R.C. & Schaffner, D.W. (2016). Longer contact times increase cross-contamination of Enterobacter aerogenes from surfaces to food. Applied and Environmental Microbiology. From: <https://tinyurl.com/2h53hmkj>
5. U.S. Department of Agriculture. (2021). Skinny Pizza. My Plate. From: <https://tinyurl.com/n7kepvyc>



Take the May Health Challenge!
Sleep Better: Aim for 7 to 8 hours of sleep a night
Ask the Wellness Doctor:
This month Dr. Don Hall answers the question:
What's so great about eating leafy greens?