



### RECIPE

#### Avocado, Mango, and Bean Salad

Hungry for a healthy salad? Here's an easy-to-make bean salad with avocados, lettuce, and lots of tasty flavors.<sup>5</sup>

- 15 oz. black beans, canned (drained, rinsed)
  - 15 oz. corn, canned (drained)
  - 1 C avocado, cubed
  - 2 mangos, cubed
  - 2 green onions, sliced
  - 1 head romaine lettuce (chopped)
  - 3 T lime juice
  - 1 T olive oil
  - 2 T fresh cilantro (chopped)
  - ½ tsp. chili powder
  - ¼ tsp ground black pepper
  - ¼ tsp salt
1. Tear lettuce into 2-inch pieces. Divide into six bowls or plates.
  2. In a medium-sized bowl, add black beans, corn, avocado and mango. Do not mix.
  3. In a small bowl, combine lime juice, olive oil, cilantro, chili powder, black pepper and salt. Mix well. Pour over the mango and avocado mixture.
  4. Toss gently to coat. Serve over the lettuce and mixed greens.

Serves six. 218 calories per serving.

## Want to Live Longer? Clean Up Your Diet

Research shows 1 in 5 deaths linked to poor diet

How's your diet? If you're thinking of sugar-coating the truth, you're not alone.

About 75 percent of adults think they're eating well. But new research shows an estimated 1 in 5 deaths worldwide are linked to poor diet.<sup>4</sup>

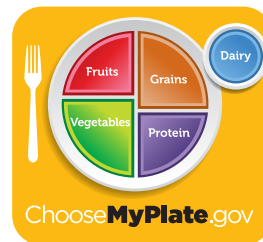
Here's another way to put it. You might be eating yourself to death. Diets high in sodium and low in whole grains, fruits, and vegetables cause half of all nutrition-related deaths. The major killers: heart disease, diabetes, and cancer.

If your diet regularly includes fast food, sugary drinks and snacks, and processed foods, it's time to give your menu a makeover.

Here's a guide to help you clean up your diet. Eat:

- 1.5 to 2 cups of fruit per day
- 2 to 3 cups of vegetables per day
- 3 to 5 servings of whole grains per day
- 1.5 ounces (a small handful) of nuts and seeds per day
- 2 to 3 servings of seafood a week
- 6 to 8 glasses of water per day (more in hot climates, or if you are physically active)

What are Americans eating the most of? Red meat, sugary drinks and snacks, fast food, processed meals, high-sodium foods, and other foods high



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in calories with little to no nutritional value. It's a diet that will subtract years from your life and life from your years.

But it doesn't have to be that way. Now is always the best time to start eating healthier. Take it one bite at a time. You'll feel better, be healthier, and live longer. @

### The Glass-Half-Full Secret to Prevent Heart Disease (continued from page 1)

Here are some things you can do to feel happier:

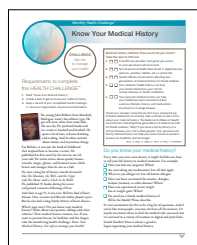
- Identify your character strengths.
- Recognize your successes.
- Keep a journal of what you're grateful for.
- Write down your achievements.

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- Identify things you do well.
- Talk to yourself positively.
- Help other people.
- Ask for help.
- Laugh more. @

### References

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2. Ostendorf, D., et al. (2019). Physical activity energy expenditure and total daily expenditure in successful weight loss maintainers. *Obesity*, 27:496-504. From: <https://tinyurl.com/y357fl6o>
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4. Murray, C., et al. (2019). Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*, From: <https://tinyurl.com/yy5e58fy>
5. American Heart Association. (32019). Mango, avocado and black bean salad. From: <https://tinyurl.com/y2aqvqxs>



## Take the May Health Challenge!

Know Your Medical History: Get info to manage your health

## Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

Why should I see a doctor once a year?

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