

healthy cooking & lifestyle



NUTRITION INFO FOR 2021 | TIPS FROM A PERSONAL TRAINER | HEALTHY RECIPES

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Walnut Hill College

Founded in 1974 as The Restaurant School

Healthy New Year!

2021: YOUR HEALTH AND WELLNESS YEAR

Important Notice:

Walnut Hill College is extending this information as a simplistic reader-service. It is not to be considered professional or medical advice. Decisions regarding your health, including your diet, vitamins, exercise and other considerations must be discussed directly with your doctor.

A new year's resolution? There is a rumor that you want 2021 to be a year of health and wellness. The team at Walnut Hill College joins you in this plan. We have done some research and consulted the experts. We gathered this material in an easy-to-read format. Keep this in your files to refer to throughout the year.

Feel free to share this information with your family, friends, neighbors and co-workers. This is no better way of wishing them a Happy New Year than to wish them a Happy and Healthy New Year.





Fresh Ginger, Lemon and Honey Tea

FROM THE HARVEST KITCHEN

This fresh ginger root, lemon and honey tea is a warm and soothing immune booster. There's also important ginger tea benefits worth noting. It's rich with antioxidants, anti-inflammatory and detoxifying properties.

This immune-boosting tea is a popular drink during cold and flu season. But it's also a great herbal tea to add as part of a daily detox diet to help keep your immune system strong and aid with our body's natural detoxifying process.

Recipe:

To make good ginger root tea, stir in honey and lemon and sip while still piping hot and aromatic.

- 2 tbsp. peeled and sliced fresh ginger root
- 4 cups of water
- honey and lemon for serving
- lime is also a nice alternative to the lemon

1. Bring the water and fresh ginger slices to a boil
2. Reduce the heat and simmer for ten minutes
3. When serving add honey to the hot ginger tea; to taste and your choice of lemon or lime.



Tips and Tricks for Healthy Living in the Age of COVID-19

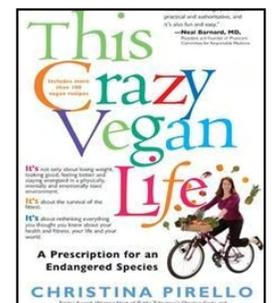
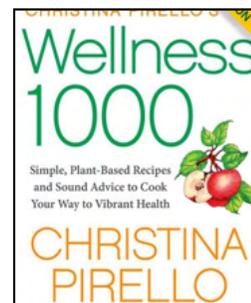
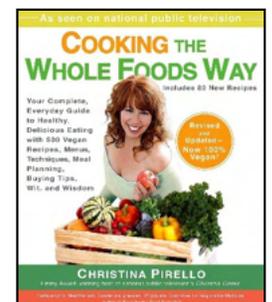
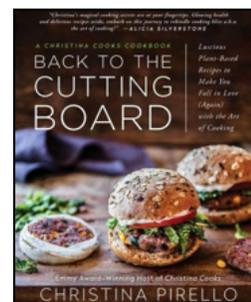
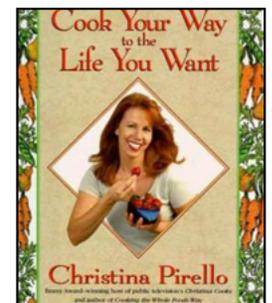
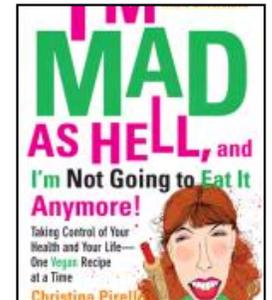
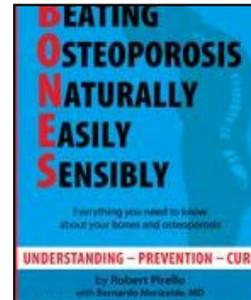
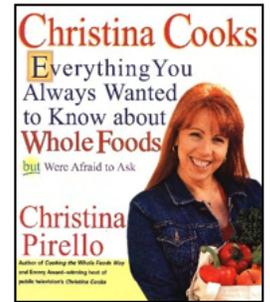
BY CHRISTINA PIRELLO, EMMY-AWARD WINNING TV HOST, COOKBOOK AUTHOR
AND MASTER-IN-RESIDENCE AT WALNUT HILL COLLEGE

We live in challenging times; that's for certain. Statistics show that 88% of us are not metabolically fit to fight infection, so here are a few ways to keep your immune system fighting-fit:

- Skip white sugar. It robs your blood of minerals needed to stay strong. Use alternative natural sweeteners instead like coconut sugar and maple syrup.
- Skip white flour. It acts like paste in your intestines leaving you feeling bloated and lethargic.
- Ditch dairy products. They create mucus in your sinus cavities, ears and throat. A touch of dairy here or there is okay, but gallons of milk, ice cream and processed cheese will rob you of your wellness.
- Eat your greens. Studies show that regular consumption of 2-3 cups of leafy greens daily (think kale, broccoli, bok choy and watercress) boost immunity better than almost any food.
- Go for garlic. Garlic contains compounds that help the immune system fight germs because of a compound called alliin. When garlic is crushed or chewed, this compound turns into allicin, which is unstable, so it quickly converts to other sulphur-containing compounds thought to give garlic its medicinal properties, like the disease-fighting response of some types of white blood cells in the body when they encounter viruses, such as the viruses that cause the common cold or flu.
- Eat an anti-inflammatory diet. A diet rich in fruit and vegetables, whole grains and good fats like olive oil supports immune function which is activated when your body recognizes anything that is foreign, like a microbe, plant pollen, or chemical. This often triggers a process called inflammation. Occasional bouts of inflammation directed at truly threatening invaders protect your health.

- Avoid refined carbs, fatty foods, soda, red meat, processed meats and hydrogenated fats (like margarine or coconut oil) cause chronic inflammation in the body and weaken the body's ability to respond.
- Eat sprouts. These tender veggies contain compounds that protect against disease.
- An apple a day. Enjoying an apple each day helps protect us from disease because of pectin, a fiber that can reduce our chances of getting sick.
- Eat "avos." Avocados help protect us from disease because of their rich concentration of folate.
- Try flax seeds- these little seeds are a great source of essential fatty acids and fiber, but it's their concentration of lignin, a powerful antioxidant that makes them a great disease fighter.
- Quinoa is queen. Of all the whole grains, quinoa is one of the most super of super foods. As a complete protein, it helps repair muscle and tissue, it's also a great source of magnesium, an essential compound for our immune system.
- Simply orange. Oranges are one of the best source of vitamin C, a powerful anti-oxidant that protects us from disease. Skip the juice and eat the whole orange to avoid taking in too much sugar in the form of fructose (it messes with metabolism).
- Sleep. I know sleep is a luxury in our business but lack of sleep compromises immune function almost as much as inflammatory foods.
- Exercise. I know we work hard, lots of hours on our feet. But that's not exercise. Exercise means maximum effort to stimulate circulation and increase your heart rate. Exercise boosts immune function (and mood) like nothing else.

These little tips are just some of the ways you can ensure that your immune system is firing on all cylinders, giving you the best protection against disease you can have.



Christina Pirello's Emmy award-winning television show is filmed at Walnut Hill College. Chef Pirello is a Master-in-Residence and a member of the Board of Trustees.

Thoughts on Boosting an Immune System

FROM THE HARVARD MEDICAL SCHOOL
OF HARVARD UNIVERSITY

How can you improve your immune system?

On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and boost your immune system? What if you improve your diet? Take certain vitamins or herbal preparations? Make other lifestyle changes in the hope of producing a near-perfect immune response? What can you do to boost your immune system? The idea of boosting your immunity is enticing, but the ability to do so has proved elusive for several reasons. The immune system is precisely that – a system, not a single entity. To function well, it requires balance and harmony. There is still much that researchers don't know about the intricacies and interconnectedness of the immune response. For now, there are no scientifically proven direct links between lifestyle and enhanced immune function.

Consider these seven meaningful strategies:

1. Don't smoke.
2. Eat a diet high in fruits and vegetables.
3. Exercise regularly.
4. Maintain a healthy weight.
5. If you drink alcohol, drink only in moderation.
6. Get adequate sleep.
7. Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
8. Try to minimize stress





An At-Home Guide to Getting Fit

BY ANTHONY MOLINO

Anthony Molino is the Executive Chef of Jefferson Health System at Methodist Hospital. He is also a health and fitness trainer. He teaches and trains clients in individual sessions and in overall plan to eat well, become active and improve your health in 2021. He is also a graduate of Walnut Hill College.

We asked Chef Molino for his “common sense” approach to some physical training and exercise routines to help improve your overall health and well-being. You will quickly learn that his approach is practical and balanced.

2021 Resolutions

- Lose 20 pounds
- Start exercising 5 times per week
- Start eating whole foods and cook healthy meals
- Go to bed by 10 p.m.

Sound familiar? Does it ring a couple bells? You are not alone. Over 77% of Americans make resolutions and statistics show that less than 10% actually stick to them. Why not resolute with attainable short-term goals that will not get you frustrated by the second week of the New Year?

Let's break it down:

Goal # 1 - Lose 20 pounds

Realistic Goal - Lose 4 pounds

It's difficult to see the light at the end of the tunnel when you set unrealistic, unattainable goals for yourself. Be realistic and ask yourself how often in the past 6 months have you worked out regularly or ate reasonably well? If the answer is that you work-out whenever you feel up to it and your diet consists of whatever you can grab via take-out or delivery, then losing 20 pounds may not be in the cards. Losing 4 pounds is a short-term, reasonable goal that you can manage in as little as one month. Also, by losing the weight incrementally you are more likely to keep it off.





Here's the Plan:

- Find out approximately how many calories you are consuming with one of the many fitness apps available online today.
- Let's use 3,000 calories as an example. The approximate science behind it is that 3,500 calories is a unit of fat so if you are currently ingesting 3,000 calories daily, create a deficit by taking in 250 calories less each day. You can easily attain this goal by eliminating that Starbucks latte or soft pretzel with mustard. This brings you down to 2,750 calories.
- Now, pick an expenditure such as walking to work or school instead of driving. If you are working remote, utilize your lunch break for a quick at-home workout. Dust off that stationary bike that's in your basement and do a 30-minute spin class with one of the many free cardio workouts available online. There is your expenditure of 250 calories. That brings you to 2,500 calories.
- Tally that up. 250 deficit + 250 expenditure daily = 500 calories. Multiply that 500 by seven days a week and that adds up to 3,500 calories. Voila! There is your one pound a week and 4 pounds in a month. Results may vary slightly from each individual, but the premise is to jump start your metabolism by eating smarter and exercising regularly.
- These are just estimates and there are many life factors that go into this equation, but it's a basic tool that provides structure and focus for a fitter you.

Let's touch on some potential vehicles to get your fitness in gear. Since 2020 was such a train-wreck and gyms were not as accessible, below is an easy at-home workout that you can gently roll into twice a week with basic items you have around the house. This is a 30-minute total body workout consisting of three main components: Core, cardio and strength.

- For the strength portion, if you do not have dumbbells easily accessible, you can incorporate some at-home tools. You can use two 1-liter water bottles as dumbbells (2 pounds) or if you want to up the ante, use gallon plastic jugs of water which equates to a set of 8-pound dumbbells. A Resist-A-Band or a latex exercise band is just as easy to throw into your duffle bag for a workout on the go.
- For the core portion, you will need a yoga mat, a towel or a rug.
- For the cardio portion, a simple flight of steps is all that is needed.



Cardio

We will begin with 10 minutes of cardio to use as a warm-up to your strength portion and limber up those muscles. Start at the bottom of a flight of steps and walk up and down one flight as fast as you can five times. After your fifth time, do an active rest at the bottom by doing a standing calf raise for 45 seconds or a wall sit with your butt parallel to your knees and your shoulders pinned to the wall.

Recover for 45 seconds then repeat these steps for the 10-minute duration.

Your goal each time you do the workout is to either increase the speed of five flights of stairs or potentially add another flight. These are all positive brain reinforcements that you are getting stronger and fitter.

Core

You will complete ten minutes of basic core work to help tone your abs and strengthen your lower back. Do these 5 bullet points each for 30 seconds followed by 30-seconds rest. Two rotations will take you to your 10 minutes:

- **Basic crunch:** Focus on a good squeeze of your abs at the top of the motion and always keep your head in a neutral position and in line with your spine. This is a basic upper abdominal exercise.
- **Knee-ins:** Lay flat on your back with your hands under your butt to take some pressure off your spine and start with both feet six inches from the ground. Bring them into your chest with both knees together and then fully extend them both out to the original position with your heels about 6 inches off the ground. This is a great lower abdominal exercise.
- **Standing Side Crunch:** Start by standing tall with your fingers loosely touching your temples. Keep your elbows wide with an open tall chest looking forward and twist from left to right keeping your focus straight ahead. As you twist, suck-in or vacuum your core dialing into your oblique muscles or “love handles”. You can increase the intensity by bringing your elbow to your opposing knee in a twisting motion.
- **V-Sit:** Start by sitting on your butt on the floor focusing on sitting nice and tall. Slightly lean back and while keeping your knees together lift your feet one foot off the ground and have your abs hold the lift. Your arms should be out to the sides with your palms facing upwards to elongate the abdominal complex. If it is too difficult, start by spotting yourself by holding your legs up with your hands under your lower thigh. This is a great upper and lower exercise also focusing on core balance.
- **Plank:** Lay flat on your stomach on your forearms and knees and lift to level position. Keep your head in its neutral position. To increase the intensity come off your knees and lift up on your feet and forearms. This hits the entire abdominal complex including the hips, upper and lower abs, obliques as well as the lower back.





Strength

Don't set yourself up for failure by creating resolutions that are quick fixes. Your focus should be on small steps that you could incorporate into your daily routines that will equate to lifestyle changes. Each expenditure, deficit and small chunk of dedicated time add up over the days. Slow and steady wins the race.

Ten minutes of body-part exercises using one liter or gallon plastic water jugs if a dumbbells or resistance bands are not accessible. Perform each exercise for 45 seconds with 15 seconds of recovery:

- Bicep Curls
- Triceps Kickbacks
- Seated Military Shoulder Press
- Standing Bent Over Row
- Chair Squat
- Modified Stiff Leg Dead Lift
- Alternating Stationary Lunges
- Calf Raises
- Wall Sit
- Push-up Hold or Modified Knee Push-up

Techniques That Reduce Stress & Increase Happiness

2021: YOUR HEALTH AND WELLNESS YEAR

‘Know Thyself’ before you can reduce stress.

It is an innate tendency of the human mind to focus on the negative rather than the positive – a phenomenon called negativity bias. Adding to the potential misery is the fact that the mind is trying to focus on and analyze the past or future nearly as often as the present.

Understanding these propensities of the mind and taking proactive, productive action to correct them is crucial for reducing stress and increasing happiness. So, ‘know thyself,’ and make a worthwhile effort to change what you don’t like.

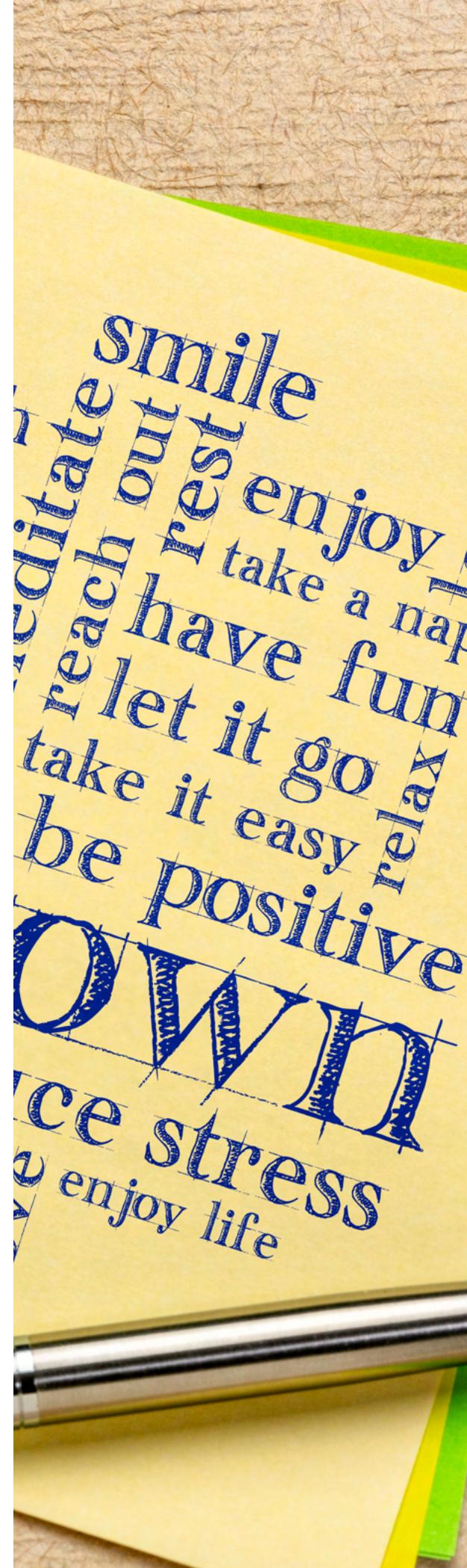
#1. Practice Loving-Kindness:

According to researchers from Iowa State University, offering kindness to others both reduces anxiety and boosts feelings of happiness. Others-focused kindness also strengthens the feelings of social connection between people.

Two researchers, Dawn Sweet and Lanmiao He, practices one of three techniques designed to decrease feelings of anxiety and deepen happiness. The three techniques studies were:

- ‘Downward social comparison’: Observing others and imagining how they may be better off than others.
- ‘Interconnectedness’: Looking at people and thinking of ways that they may be connected.
- ‘Loving-kindness’: “Looking at others and thinking words of well-being such as “I wish this person to be happy.”

The study, published in the Journal of Happiness Studies, concluded that the loving-kindness group “felt happier, more connected, caring, and empathetic, (and) less anxious” than the other groups. The Interconnectedness group were also more connected and empathetic.





#2 Practice Mindfulness:

‘Mindfulness’ has become something of a buzzword in the West, and deservedly so. While there are numerous problems with how many in the West define (and therefore practice) mindfulness, it has nonetheless earned the merits of many in both the academic and contemplative communities.

Thousands of studies have, again and again, reinforced the effective and potent benefits of mindfulness in cultivating a stable, happy, and less stressed mind.

Mindfulness involves both the whole-body-and-mind-awareness of the present moment and mindfulness meditation, or “following the breath.”

#3 Body Scanning to Reduce Stress:

The practice of body scanning involves unifying the breath with progressive muscle relaxation. First, one practices five minutes of deep breathing exercises. The individual then shifts their attention to a particular area of the body or group of muscles, consciously releasing any tension noticed in each area.

Research shows that body scanning reduces stress and promotes feelings of calm and centeredness.

#4 Guided Imagery:

Guided imagery involves focusing on pleasant images to get into a relaxed state. This technique is based on the concept of the mind-body connection and is considered an effective therapeutic tool by psychological professionals.

Research shows that guided imagery may be beneficial for reducing feelings of anxiety, depression, and stress. Guided imagery may also serve as a complementary therapy for these conditions, along with post-traumatic stress (PTSD) and substance abuse problems.

#5 Deep Breathing:

An obvious recommendation? Perhaps, but an effective one. Intentional deep breathing has an innate calming effect on the body and mind. According to the mentalhelp.net, “The body’s primary natural method of stress ... the reduction is to engage the parasympathetic nervous system. Breathing deeply is perhaps the most direct route to parasympathetic nervous system activation.”

One of the better researcher deep breathing techniques is Dr. Herbert Benson’s relaxation response. Here are the steps for one variation of Benson’s technique:

- Choose a relaxing word or phrase like ‘calm’ or ‘breathe.’
- Sit comfortably in a quiet place and close your eyes
- Do a quick body scan, releasing any tension that you notice
- Breathe slowly and deeply into your diaphragm, repeating your word or phrase upon the exhale.
- Practice for 10–20 minutes, or as time is allowed

#6 Try Qi-Gong:

Qi-gong is an ancient set of energy exercises designed to develop peace of mind and concentration. Qigong exercises emphasize the development of breathing, relaxed stretching, and visualization.

Besides promoting clarity, concentration, and happiness, multiple studies have found numerous benefits of the qi-gong practice. A 2010 review of 66 studies published in the American Journal of Health Promotion, found “various positive results” and the “[improvement] of balance and bone health. A 2007 study found that qigong practice also reduced hypertension.

#7 Train Your Attention:

In a 2010 study by Harvard psychologists Daniel Gilbert and Matthew Killingsworth, it was discovered that people engage in mind-wandering for nearly half of their waking hours. “A human mind is a wandering mind, and a wandering mind is an unhappy mind,” write Gilbert and Killingsworth.

When it comes to cultivating happiness and reducing stress, there is perhaps nothing more overlooked, yet vitally important, than training your attention. By ‘training your attention,’ experts simply mean focusing your awareness on what’s going on in the present. As your attention wanders from what you’re doing, gently bring it back.

#8 Just Smile:

Please resist the urge to punch whatever digital screen at which you happen to be staring. Yes, it is annoying when people tell you to “smile” for no reason, but it doesn’t mean that you shouldn’t listen.

Research finds that smiling, even artificially, triggers neural circuitry involved in producing feelings of happiness – both in yourself and the observer. So, the next time you feel like going off the wall, try flashing a smile, and see how you feel!

#9 Give in to Gratitude:

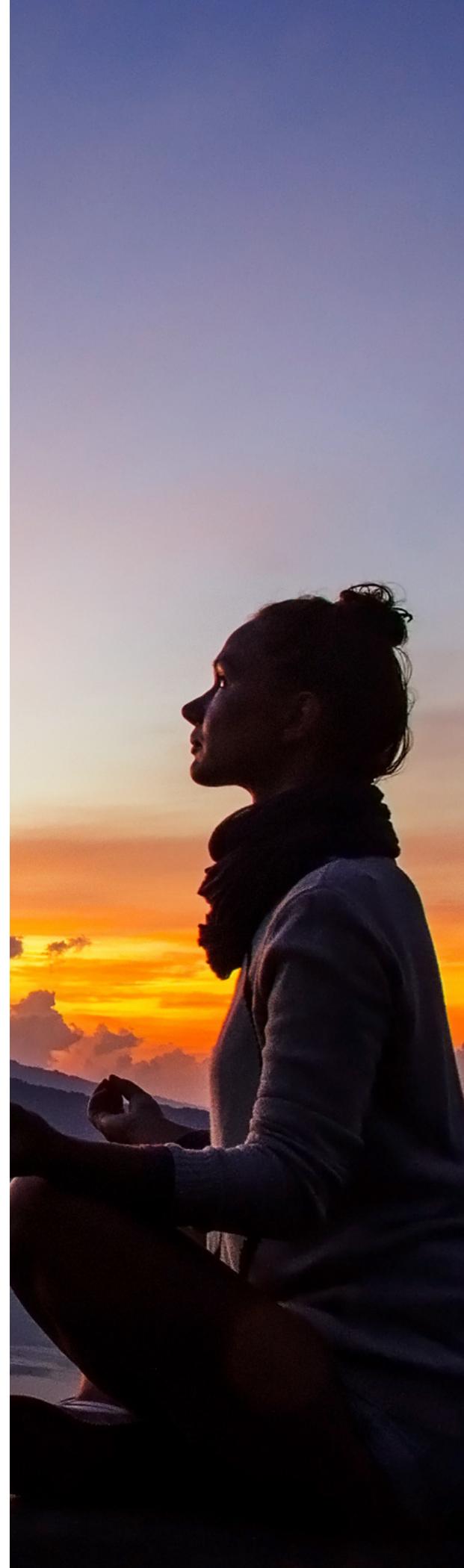
While life has its challenges, the vast majority of us have many things for which to be grateful. A simple daily reflection of focusing on one or more of those things is not only the right thing to do, but it’s also healthy.

Studies show that practicing gratitude reduces subjective feelings of anxiety, negativity, depression, and stress. In other words, practicing gratitude not only makes you healthier but happier.

#10 Maintain Present-Moment Awareness:

Instead of leaving your brain on autopilot, choose instead to develop present-moment awareness. Mindful.org defines present-moment awareness as “monitoring and attending to current experience rather than predicting future events or dwelling on the past.”

Research published in the Journal of Research in Personality demonstrates that present-moment awareness enhances stress resilience while enabling helping coping mechanisms. The practice has also been found to reduce anxiety and depression, improve mood, and contribute to overall well-being.



Healthy 100-Calorie Snacks

THREE CRACKERS WITH CHEESE

Choosing whole-grain crackers is the key to this classic snack. The fiber will keep you feeling full between meals, and the cheese provides protein and calcium. To stay under 100 calories, cut up one slice of low-fat cheese and split it over three crackers.

- Saturated Fat: 1.2 g
- Sodium: 397 mg
- Cholesterol: 7 mg

FOURTEEN ALMONDS

When the munchies strike while you're on the go, there are few things more convenient than nuts. You can eat 14 almonds without hitting the 100-calorie mark. Plus, they're rich in fiber and protein, which help keep hunger at bay. "They're a great snack when you're stuck in traffic," Blake adds.

- Saturated Fat: 0.63 g
- Sodium: 0 mg
- Cholesterol: 0 mg

CHEESE-STUFFED PITA POCKET

Here's one that's easy to make and gives you the satisfaction of biting into a sandwich. Grab a whole-grain pita pocket and stuff it with 1/2 ounce part-skim ricotta cheese. The fiber and protein will help fill you up, and the whole snack has less than a gram of saturated fat.

- Saturated Fat: 0.8 g
- Sodium: 149 mg
- Cholesterol: 4 mg

SIX WHOLE-GRAIN PRETZEL STICKS

For those who don't like nuts, pretzels are just as convenient when you're on the move. To stay under 100 calories, stick to six whole-grain pretzel sticks. This snack is cholesterol-free, low in fat and sugar, and provides more than 3 g of fiber to help tide you over.

- Saturated Fat: 0.4g
- Sodium: 257mg
- Cholesterol: 0 m

BAKED APPLE

Apples are still one of the healthiest snacks around, and there are plenty of ways to put a twist on this old standby. Blake recommends enjoying baked apples – they taste like dessert but provide the same vitamins and fiber as their fresh counterparts. You can even sprinkle cinnamon on top without adding calories.

- Saturated Fat: 0 g
- Sodium: 2 mg
- Cholesterol: 0 mg



BLUEBERRY SMOOTHIE

A fruit smoothie offers a scrumptious way to get in some extra calcium and antioxidants during your day. Try blending 1/3 cup of nonfat yogurt with 2/3 cup of frozen blueberries and ice. "It's very refreshing and very cold," Blake says. "That slows down your ability to drink quickly." Snacks that take more time to finish are often more satisfying.

- Saturated Fat: 0 g
- Sodium: 59 mg
- Cholesterol: 2 mg

1/3 CUP EDAMAME

These young soybeans are among the healthiest snacks you can find. A half a cup has more than 8 g of protein and 4 g of fiber to help keep you full. As a bonus, you'll get nearly 10% of your recommended daily allowance of iron. Edamame is available in ready-to-eat containers for a quick snack on the run.

- Saturated Fat: 0.5 g
- Sodium: 4.5 mg
- Cholesterol: 0 mg

3/4 CUP FROZEN MANGO CUBES

You can buy these pre-packaged or make them yourself. "It's like having frozen candy," Blake says. "It's a great way to get beta-carotene and fiber while satisfying your sweet tooth." A 3/4 cup serving has just 90 calories and provides 60% of your recommended daily allowance of vitamin C.

- Saturated Fat: 0 g
- Sodium: 0 mg
- Cholesterol: 0 mg

EIGHT BABY CARROTS WITH HUMMUS

When you're craving a satisfying crunch, Dip eight large baby carrots into 2 tablespoons of hummus. Carrots are an excellent source of vitamin A and beta carotene, while hummus adds protein. Pre-packaged baby carrots are convenient, and there are many varieties of hummus available.

- Saturated fat: 0.4 g
- Sodium: 210 mg

APPLE SLICES WITH PEANUT BUTTER

Mixing sweet with salty is a tried and true way to satisfy the munchies. Measure 3/4 cup of apple slices and spread a thin layer of unsalted peanut butter on each slice. To stay near the 90-calorie mark, don't use more than 2 teaspoons of peanut butter in all.

- Saturated fat: 0.8 g
- Sodium: 2 mg
- Cholesterol: 0 mg

YOGURT WITH SUNFLOWER SEEDS

Stir a teaspoon of sunflower seeds into 1/2 cup of nonfat plain yogurt. The seeds add plenty of texture but only 19 calories. The yogurt is a good source of protein, and the entire snack has less than half a gram of saturated fat. Make sure to use unsalted sunflower seeds, especially if you are watching your sodium.

- Saturated Fat: 0.26 g
- Sodium: 0 mg
- Cholesterol: 0 mg



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- Sodium: 0 mg
- Cholesterol: 0 mg

20 PISTACHIOS

Don't let the high fat content in pistachios scare you off -- most of the fat is unsaturated or "good" fat. Eat 20 pistachios, and you'll only take in 80 calories and less than a gram of saturated fat. Plus, they're rich in protein, fiber, and several key vitamins and minerals. To avoid an unhealthy dose of sodium, eat them raw or dry roasted without salt.

- Saturated Fat: 0.8 g
- Sodium: 0 mg
- Cholesterol: 0 mg

FROZEN BANANA POP

If you're looking for a creative way to add more fruit to your diet, try frozen banana pops. Slice several peeled bananas in half and insert popsicle sticks. Coat each half with an ounce of low-fat plain yogurt. Put the pops in the freezer, and soon you'll have ready-to-eat low-calorie treats. At just under 80 calories a pop, this is a snack you can feel good about.

- Saturated fat: 0.35 g
- Sodium: 3 mg
- Cholesterol: 7 mg

1 CUP TOMATO SOUP

Tomato soup is full of disease-fighting nutrients, but contains as little as 74 calories per cup, no cholesterol, and less than 1 gram of saturated fat. Just keep in mind that there are many varieties. Cream of tomato is significantly higher in fat and calories. When buying canned soup, look for labels that say "low sodium" and check the calorie count.

- Saturated Fat: 0.19 g
- Sodium: 471 mg
- Cholesterol: 0 mg

1/3 CUP DRY OAT SQUARES CEREAL

If you're a cereal fan, try leaving out the milk for a convenient, low-calorie snack. Pour 1/3 cup dry oat squares cereal into baggies you can keep in the car or at your office. Each serving has 70 calories and barely any saturated fat. Other types of whole-grain cereals also work well. Just stay away from overly sweetened varieties.

- Saturated fat: 0.17 g
- Sodium: 83 mg
- Cholesterol: 0 mg

1 Cup Grapes

Grapes are loaded with water, which means that a just under a cup full is 100 calories. The water content helps provide a feeling of fullness and keeps you hydrated. Grapes are also a terrific source of vitamin K and manganese, and contain some fiber to boot. They're great eaten fresh or frozen.

- Saturated Fat: 0.1 g
- Sodium: 2 mg
- Cholesterol: 0 mg

SMOKED SALMON PINWHEEL

For a savory snack under 60 calories, spread 1 tablespoon of low-fat cream cheese onto a slice of smoked salmon (lox) and roll it up. This salmon pinwheel is high in protein and heart-healthy omega-3 fatty acids, though the salt used to cure the salmon boosts the sodium content. Use a little less cream cheese and you can have two pinwheels for under 100 calories.

- Saturated Fat: 1.6 g
- Sodium: 495 mg
- Cholesterol: 13 mg

ONE CUP JICAMA STICKS AND SALSA

Jicama root is one veggie that's often overlooked. Yet, it is incredibly low in calories and offers a satisfying crunch. Slice the jicama into French-fry sized sticks and dip them in salsa. You can munch on an entire cupful for only 54 calories.

- Saturated Fat: 0.03 g
- Sodium: 235 mg
- Cholesterol: 0 mg

POPCORN

Some microwave brands have just 100 calories in 6 cups. "You have to chew it, so it's satisfying," says Joan Salge Blake, RD, a spokesperson for the Academy of Nutrition and Dietetics. It's also high in fiber, which can help you stay full longer.

- Saturated Fat: 0.5
- Sodium: 220 mg
- Cholesterol: 0 mg
- Carbs: 24 g
- Fiber: 6 g



100 Healthiest Foods to Satisfy Your Hunger

COURTESY OF TIME MAGAZINE

1. ACORN SQUASH

One of the sweeter squashes thanks to the high fiber content. It's also low in calories and high in vitamin A.

2. ALMONDS

High in monosaturated fats which helps keep cholesterol at healthy levels; great source of calcium which provides muscle support, strengthens and bones and teeth.

3. AMARANTH

Great source of plant protein containing all of the essential amino acids; high in filling fiber which helps keep digestion on track. It's also gluten-free. It contains 30% of your daily recommended iron that's essential for moving oxygen through the body affecting energy levels, skin, nail health and more.

4. APPLES

Apples contain Pectin, a compound that slows digestion and promotes fullness. A recent study found that regular apple eaters used fewer prescription medications than those that eat them less often. They have naturally present antioxidants and gut-healthy fiber.

5. ARTICHOKE

Artichokes are one of the most antioxidant-rich vegetables; also high in gut-friendly fiber and promote healthy gut bacteria. They are a great source of calcium, vitamin K and vision-promoting vitamin A.

6. ASPARAGUS

Four asparagus spears contain 22% of your recommended daily amount of folic acid.

7. AVOCADOS

Half an avocado contains 14 grams of healthy mono-saturated fat. It also has 14 grams of filling fiber.

8. BANANAS

Full of resistant starch which is a special type of fiber that improves gut health, keeps blood sugar under control and increases feelings of fullness. They also contain prebiotics which feed healthy gut bacteria.

9. BARLEY

A cup of cooked barley has 6 grams of filling fiber, 17 grams of calcium, and various other micronutrients like magnesium which confers 61% of daily magnesium intake. Its high fiber content and small amount of healthy polyunsaturated fat making it heart-protective.

10. BEETS

The deep red and purple colors come from betalains, a class of pigments that also work as inflammation lowering antioxidants. One cup of beets contains less than 60 calories. They are also full of potassium.

11. BLACK BEANS

They are one of the most fiber-rich foods around. They also help keep the colon healthy and digestion on track and prevent dramatic dips in blood sugar. One cup has 15 grams of fiber and are a good source of folate.

12. BLACKBERRIES

They are high in a kind of antioxidant that can help keep cells healthy. Blackberries are also high in vitamin C which is thought to have a role in cancer prevention and aid wound healing. High in fiber and low in sugar.

13. BLACK PEPPER

Pepper contains piperine which has shown evidence to slow the maturation of fat cells. Studies show that black pepper may have some fat-burning properties. It also contains protein, fiber and iron.

14. BLUEBERRIES

Blueberries are a great source of vitamin C. They're suspected to be a powerful weapon in fighting heart disease since they are a rich source of phytonutrients; a naturally occurring plant chemical that's thought to have disease-preventing capabilities. They contain anthocyanins which improve heart health by combating plaque.

15. BOK CHOY

High in vision-supportive vitamin A, Bok choy is a cruciferous vegetable meaning it's high in fiber and linked to a lower risk of certain cancers like colorectal, lung and breast cancer. It has also been shown to help reduce inflammation.

16. BROCCOLI

Broccoli is extremely rich in cancer fighting properties. It's also high in fiber and very low in calories. It's high in vitamin K, B6 and C; fiber; folate; potassium and countless other nutrients.

17. BROWN RICE

It's higher in nutrients than white rice with a serving size that contains nearly all the cell-protective magnesium that is recommended daily. It's also less likely than white grains to spike blood sugar. Brown rice also contains resistant starch – this can tamp down hunger and help regulate blood sugar.

18. BRUSSELS SPROUTS

Brussels Sprouts are effective at lowering cholesterol and fighting cancer. Just one cup contains well over a day's worth of vitamin C – essential for bone and skin strength. It's also a great source of fiber among other nutrients.

19. BUCKWHEAT

Buckwheat is a gluten-free complete protein. It's very high in magnesium, a nutrient that helps regulate muscle and nerve function as well as blood pressure and blood-sugar control.

20. BUTTERNUT SQUASH

Butternut squash is relatively low in carbohydrates, high in fiber and has some protein. It's a heart-healthy food that's a great source of potassium that can help undercut the effects of a high sodium diet.

21. CARDAMOM

In scientific studies, cardamom has been linked to slightly elevate body temperature and rev up metabolism – helpful for losing weight. Cardamom, which is in the same family as ginger, can help ease digestive discomfort.

22. CARROTS

Carrots may taste sweet, but they're actually very low in sugar. They're high in antioxidants like beta-carotene and lycopene, the latter of which has been linked to a lower risk of certain cancers. They're also rich in vitamin K.

23. CAULIFLOWER

Cauliflower is highly fibrous and high in vitamin C and fiber. It can be very helpful for people with digestion problems. It also boasts more folate than broccoli.

24. CHERRIES

Cherries are high in vitamin C and potassium which helps keep the heart and kidneys in tip-top shop. Cherries can also reduce inflammation in the body by lowering the production of a C-reactive protein produced in the body. They also have fiber. Tart cherries may promote sleep since they contain the hormone melatonin.

25. CHIA SEEDS

Chia seeds are full of good fat and protein. They are also high in calcium and phosphorus which work together to strengthen bones and teeth. Two tablespoons of chia seeds contain 5 grams of omega 3 fatty acids.

26. CHICKEN

Chicken is high in protein and low in fat. The fat present in dark poultry meat contains a hormone called cholecystokinin which plays a role in satiety – keeping you fuller and more satisfied, longer. Chicken is also a good source of vitamin B12, a hard to get nutrient that provides healthy blood–cell function.

27. CHICK PEAS

Studies find that adding chick peas or other legume to a meal can help people feel up to 31% fuller. They are for gut and bowel health and they are a great source of vitamin B6, which is involved in metabolism.

28. CINNAMON

This spice has been shown to help balance blood sugar. And unlike table sugar, cinnamon contains nutrients like calcium, fiber and iron.

29. COD

A single fillet contains fewer than 200 calories and, like most fish, its high protein content makes it a filling dinner option. Studies suggest cod to have a greater satiety than chicken or beef. The fat in cod is the good kind, making it appropriate to eat regularly. Its also an excellent source of vitamin D.

30. COLLARD GREENS

Just one cup provides a third of daily recommended vitamin A and a quarter of daily recommended vitamin C. Collards are a cruciferous vegetable which means they may also be cancer-protective. They are very nutrient-dense greens.

31. CORN

Corn is high in lutein and zeaxanthin, phytochemicals that aid in healthy vision. A cup of corn has nearly the same amount of potassium as a small banana.

32. COTTAGE CHEESE

This cheese is a champion when it comes to appetite suppression. One cup has 25 grams of protein - that's more than half the amount in a cup of chopped chicken. It's a great source of calcium and its low in fat when compared to its protein content.

33. CRANBERRIES

They are low in fat and sugar and have a healthy dose of vitamin C and fiber. There is also evidence that compounds in cranberries may lower the risk of cardiovascular diseases. This fruit's vitamin E content can improve over-all immune-system health.

34. CUMIN

Cumin is high in phytosterols, Compounds that can inhibit the absorption of cholesterol in the body. There's evidence that it may increase your metabolic rate in the short term and also help digestion.

35. CURRANTS

Currants are a great source of plant protein and fiber. One cup contains more than a quarter of daily recommended iron.

36. DATES

One cup of chopped dates has nearly 50% of daily recommended fiber. Though they are one of the more sugary fruits, they're also high in potassium. Dates contain virtually no fat.

37. EDAMAME

Edamame are young soybeans and that means they're high in protein and fiber. They also boast nearly a quarter of daily recommended magnesium which can tamp down inflammation. They're also high in enzymes and phytochemicals that fight disease.

38. EGGS

Yolks make eggs' fat-soluble nutrients easier for the body to digest. They also don't raise cholesterol as doctors previously thought. One egg contains 35% of daily choline, which is important for cognitive function and may protect against Alzheimer's disease. Eggs are a complete protein and contain all nine amino acids.

39. FAVA BEANS

They are one of the most fiber rich vegetables available. One cup contains 9 grams of fiber for less than 15 calories. They're also a great source of calcium.

40. FIGS

Figs are high in fiber. That fiber slows the release of sugar into the bloodstream, which means figs won't leave you with a sugar crash later in the day like other sugary foods will. They're a good source of vitamin C, vitamin B6 and calcium.

41. FLAX SEEDS

Flax seeds are a good source of plant-based fats and are especially high in heart-healthy omega-3. One tablespoon of whole seeds contains 10% of your daily recommended magnesium, which can help increase energy.

42. FULL-FAT MILK

For years, we've been told to drink skim over full-fat milk, but the latest science shows that people who drink more full-fat dairy have a lower risk of diabetes and obesity-related health problems. One cup of full fat milk packs 8 grams of protein.

43. GARLIC

Antibacterial properties from garlic have been linked to a lower risk for certain cancers, like stomach, colon, esophagus, and pancreas. Using garlic toward the end of a recipe helps it retain more of its nutrients.

44. GOAT CHEESE

Goat cheese is easier to digest than other varieties of cheese. Goat milk has also been shown in some studies to increase absorption of iron more than cow's milk. One ounce of goat cheese has 6 grams of protein.

45. GRAPEFRUIT

By keeping blood sugar stable, grapefruit can lower levels of hormones that increase feelings of hunger. A study found that grapefruit juice was just as effective as the Type 2 diabetes drug metformin at lowering blood glucose in mice. Half a fruit has 60% of your vitamin C content.

46. GRASS-FEED HAMBURGER

Grass-feed beef has a healthier balance of fat than grain-feed beef. Eaten occasionally, burgers are a great source of vitamin B12 and iron. Grass-feed meat is more expensive than grain-fed, but it packs more nutrition.

47. GRASS-FEED STEAK

Consumed in moderation, red meat can be a part of a healthy diet and keep you full. Beef is high in protein, at 22 grams for three ounces. Meat from grass-fed cows has less saturated fat and more heart-healthy omega-3 fatty acids.

48. GUAVA

Guava has a low glycemic index, which means it's higher in fiber and takes longer to digest than other fruits and won't cause your blood sugar to spike. It keeps your blood sugar stable. One guava contains more than 600% the amount of recommended daily vitamin C and it's also high in the antioxidant lycopene.

49. HALIBUT

Just half a fillet of halibut has more than double the vitamin D recommended per day. It's also high in healthy omega-3 fat that can benefit the heart and brain. It's also high in both polyunsaturated and mono-saturated fat.

50. JALAPENO PEPPERS

Research has shown that spicy food can increase satiety, and researchers have also found that peppers may encourage the body to burn more calories. Capsaicin, the compound found in peppers, may lower inflammation and improve gut bacteria.

51. KIDNEY BEANS

Nearly every kind of bean tends to top lists of super-filling foods, thanks to their digestion-slowing fiber and high protein content. A study found that when people add beans to their diet, they lose weight. A cup of boiled kidney beans has 11 grams of fiber – fiber is healthy because it feeds the good bacteria in our digestive system.

52. KIWI

Kiwi is actually a member of the berry family. Like other berries, it's full of antioxidants and other nutrients, including vitamin C and fiber. It's also naturally low in calories. One kiwi has all the vitamin C you need in a day.

53. LENTILS

One cup of Lentils contains a whopping 16 grams of fiber and 18 grams of protein, making it one of the most filling foods available. They also contain more than twice the amount of folate as spinach.

54. LIMA BEANS

Lima beans are low on the glycemic index, so they are ideal for people with insulin sensitivity and Type 2 diabetes. They also have a good amount of protein and fiber, which balances out their carbohydrate content. Like other fiber foods, lima beans may help lower cholesterol.

55. MOZZARELLA

A one-ounce slice of mozzarella boasts 8 grams of protein and about half that many grams of fat. Eating cheese in moderation doesn't increase blood pressure and may help the heart. Plus, full-fat dairy can curb binging.

56. MUSTARD GREENS

Mustard greens are in the same family as cabbage, broccoli, and radishes and contain many of the same compounds that make those foods nutritious. They are high in vitamin K and some compounds in the greens are being studied for cancer prevention.

57. OAT BRAN FLAKES

Bran flakes contain vitamins A and D, which are both fat-soluble. This means they are more easily digested if eaten with a fat, such as that in milk. If eaten in the morning, bran flakes can help keep your digestion on track for the rest of the day. They have lots of fiber and a good dose of protein.

58. OATMEAL

Oats are one of the most fiber-rich foods on the planet. When cooked with milk or water, the oats swell in size and take longer to digest, which slows the onset of hunger. The fiber in oatmeal can help stabilize blood sugar.

59. ORANGES

Just one fruit has 85% of your daily recommended intake of vitamin C. They also contain fiber and a high amount of heart-healing potassium. Fiber in the fruit is key – it prevents blood-sugar spikes that come with juice.

60. OYSTERS

Oysters are a very low-calorie source of protein and are also a great source of vitamin B12. One dozen oysters confer more than a quarter of the daily recommended amount of iron. Like other ocean foods, they're also high in trace minerals that can be hard to get otherwise.

61. PARMESAN CHEESE

A daily serving of cheese has been linked to a lower risk of cardiovascular disease. Eating a moderate amount may even increase the likelihood of living longer. Parmesan is also high in protein and the bacteria in cheese may improve gut health.

62. PASSION FRUIT

Passion fruit is low in calories but has a significant amount of fiber and vitamin C. It's also a good source of the compound lycopene, an antioxidant that is thought to lower risk for heart disease and improve immunity.

63. PEACHES

Studies show that potassium and certain compounds found in peaches can ward off some obesity related health problems like diabetes and heart disease by lowering inflammation and unhealthy cholesterol.

64. Peanut Butter

Peanut butter is packed with protein and fiber. It also high in niacin, which helps the body harvest energy and improves circulation and inflammation levels.

65. PEARS

Pears are a very fibrous fruit – about 6 grams per pear – which means they contain around the same amount of fiber as half a cup of almonds, but they are far lower in calories. Pears are high in antioxidants that can prevent damaging free radicals.

66. Pecans

The disease-fighting antioxidants and healthy-fat omega-3s from pecans can improve overall health and help keep the heart in tip-top shape. One cup of pecans has as much as 10 grams of fiber.

67. PINEAPPLE

Pineapples are high in fiber, protein, and vitamin C. the fruit also contains manganese, which is partially responsible for metabolizing fats and carbohydrates. They have lots of nutrients for eye health and preventing vision loss. They also contain a compound called bromelain which can help digestion.

68. PISTACHIOS

As many as 50 pistachios contain fewer than 200 calories. They're lower in fat than most other nuts. Eating pistachios can curb hunger and support healthy insulin levels. Pistachios contain healthy fats that regulate blood sugar.

69. PLUMS

Plums are not only low in calories and fat but are also a low-glycemic-index food. There sweet but don't spike your blood sugar. They also help modulate fat-gene expression – meaning they're less likely to cause weight gain than other sugary foods. They contain heart healthy potassium as well.

70. POMEGRANATE SEEDS

A chemical compound in pomegranate fruit called punicalagin may slow the progression of diseases like Alzheimer's and Parkinson's by treating inflammation in the brain. One pomegranate meets half the daily calcium recommendation.

71. POPCORN

Popcorn is an antioxidant-filled grain that helps soothe appetite. It's also high in fiber.

72. PORK TENDERLOIN

It's high in protein and vitamin B12. It's also one of the most concentrated food sources of zinc. Go organic, studies show it's healthier.

73. POTATOES

As long as they are not fried, they're healthy, especially the skins.

74. PUMPKIN

Eating pumpkin is good for your vision - just one cup has nearly 200% of the recommended amount of vitamin A per day. It's also low in calories and high in fiber. The antioxidant beta-carotene in pumpkin is thought to have anti-cancer effects.

75. PUMPKIN SEEDS

The pumpkin seeds contain Phytosterols that can help regulate cholesterol. Like most seeds, pumpkin seeds contain heart healthy fats. They are high in magnesium and contain tryptophan which improves mood.

76. QUINOA

Quinoa is one of the only plants that contain a complete protein, which means it has all the necessary amino acids needed for good health. One cup of cooked quinoa has more protein than a large egg.

77. QUINOA PASTA

Quinoa pasta actually packs more fiber than the wheat version. It contains more folate than other common gluten-free grains like rice and corn. It's also a good source of iron and fiber and may help lower inflammation and allergy symptoms.

78. RADISHES

Radishes are high in fiber. They also contain glucosinolates, sulfur-containing compounds that can reduce the risk for cancer. The vitamin C in radishes and also prevent cellular damage and helps the body absorb nutrients like iron and aid digestive issues.

79. RASPBERRIES

Compounds in raspberries known as anthocyanins may lower insulin resistance and improve blood-sugar. They may be sweet but don't cause your sugar to spike. Eating berries has also been linked to a lower risk for heart diseases.

80. ROMAINE LETTUCE

It's full of nutrients like fiber and potassium. One serving has more vitamin A than you need in a day and it contains antioxidants that may help prevent certain cancers. It's also a good source of folate which encourages healthy cell division.

81. RYE BREAD

Rye bread is a good source. Rye is high in magnesium, which keeps blood sugar healthy. It's also whole-grain which is heart-healthy.

82. SALMON

It's a rich source of protein healthy fats. It has omega-3 fatty acids which are linked to better memory and blood health. It's also high in vitamin D which is important for nutrient absorption.

83. SCALLOPS

Packed full of Protein - 3 ounces or about 4 scallops - has about 17 grams. Scallops also tend to be one of the more sustainable seafood options, with low amounts of mercury

84. SEAWEED

It's low in calories and contains a good amount of protein. It is also high in iodine iodine is important for thyroid health and hormone regulation.

85. SESAME SEEDS

Sesame seeds boast a trifecta of fiber, protein and fat.the seeds are high in copper which is thought to help tame some of the pain and swelling accosted with some diseases. They are also a good source of calcium, magnesium and iron.

86. SOY MILK

It's a protein rich alternative to cow's milk making ideal for people sensitive to dairy. It also contains less sodium than other milk alternatives. It's a good source of vitamin B6, which is important for both metabolism and preventing brain disorders in infants. One cup has 8% of your daily potassium.

87. SPELT

It has a higher amount of protein than other types of grain. It is high in iron and magnesium. One cup of spelt has 25 grams of protein.

88. SPINACH

It is high in zinc, fiber, thiamine, folate, calcium, iron, magnesium, phosphorus, potassium, copper, manganese, and vitamins A,C,K,E and B6

89. SPLIT PEAS

Low in sugar and high in both fiber and protein they are also a potent source of potassium, which can keep blood sugar levels stable. They contain more then 30% of daily protein

90. STRAWBERRIES

Compared with some fruits strawberries are low in sugar. They are full of antioxidants.

91. SUNFLOWER SEEDS

Eating sunflower seeds is a great way to get dietary vitamin E which functions as a antioxidant helping to reduce inflammation and promote a health immune system. The healthy fats in the seeds help keep your appetite more regular. Hearth healthy and cholesterol low.

92. SWEET POTATOES

Especially high in vitamin A which is a vision supportive nutrient. They are low on the glycemic index scale, meaning they do not spike your blood sugar. They contain glutathione, an antioxidant that can improve immunity.

93. TUNA

The high levels of omega-3's in tuna can keep blood pressure under control. Tuna's protein is also low in added fat.

94. TURKEY

Turkey is high in lean protein, which breaks down into amino acids to help the body repair cells and repair muscle. The niacin content in turkey may help lower the risk of heart disease.

95. TURMERIC

Its compounds may drive down inflammation eating turmeric and a variety of other spices can have real health benefits.

96. WALNUTS

Walnuts are high in fiber, which means they can help keep cholesterol down. Thanks to their healthy fats, walnuts can also improve blood vessel health and circulation. That combination of fiber and fat can also lower the risk of hunger pangs. Studies suggest it may help combat memory loss when eaten regularly.

97. WHOLE- FAT GREEK YOGURT

A study has found higher yogurt consumption was linked to a lower risk for Type 2 diabetes due to probiotics that lower inflammation and insulin sensitivity. One cup of Greek yogurt can also contain as many as 20 grams of protein.

98. WHEAT GERM

The germ is the most notorious part of the wheat kernel. It is also high in folate. It is high in B vitamins, which can improve mood and energy.

99. WHOLE- GRAIN BREAD

It is a good source of resistant starch, which will keep you more full longer than refined carbohydrates.

100. WHOLE-WHEAT PASTA

Are high in vitamins, minerals, protein and fiber. Fiber in whole wheat pasta has a probiotic effect that spurs healthy bacteria growth in the gut.



What Happens When You Quit Smoking?

THIS TIMELINE WILL CONVINCEN
EVEN THE MOST ARDENT
SMOKER TO QUIT!

FROM HEALTHLINE.COM

Make 2021 the year that sets you free. You'll be amazed what improves almost from the first moment. Tell the tobacco companies and nicotine-pushers to stuff it! In 2021, be smarter, healthier, save some money AND save your life!



20 MINUTES AFTER YOUR LAST CIGARETTE

- Positive effects of quitting begin 20 minutes after your last cigarette.
- Blood pressure and pulse will start to return to normal levels.
- Bronchial tubes improve.
- Fibers help move irritants and bacteria out of the lungs, helping reduce the risk for infection.

8 HOURS AFTER YOUR LAST CIGARETTE

- Carbon monoxide levels will return to a more normal level. Carbon monoxide lowers the amount of oxygen your tissues receive.
- Oxygen levels start to increase to more normal levels.

24 HOURS AFTER YOUR LAST CIGARETTE

- Decreased your risk of heart attack.
- Better function of veins and arteries
- Increased oxygen levels to your heart.
- Nicotine levels in bloodstream decreased.

48 HOURS AFTER YOUR LAST CIGARETTE

- Damaged nerve endings start to regrow.
- Dulled senses begin to improve.

72 HOURS AFTER YOUR LAST CIGARETTE

- Breathing will be more easy.
- Bronchial tubes will relax and open up more.
- The lungs to can now fill up with air easier.

ONE WEEK AFTER YOUR LAST CIGARETTE

- This is a significant milestone for quitting.
- You are now nine times more successful.
- Quitting for good increases with each attempt.

TWO WEEKS AFTER YOUR LAST CIGARETTE

- Breathing and walking will be easier due to improved circulation and oxygenation.
- 30 percent increase in lung function.

ONE MONTH AFTER YOUR LAST CIGARETTE

- Higher energy levels.
- Decrease in sinus congestion and shortness of breath with exercise.
- Fibers in the lungs that help reduce excess mucus buildup and protect against bacterial infections have regrown.

THREE MONTHS AFTER YOUR LAST CIGARETTE

- Female fertility and premature birth risks reduce.

SIX MONTHS AFTER YOUR LAST CIGARETTE

- Stressful situations no longer create the urge to smoke.
- Less mucus and phlegm. Less inflammation in the airways due to less exposure to chemicals in cigarettes.

ONE YEAR AFTER YOUR LAST CIGARETTE

- Dramatic health improvements in terms of lung capacity and functioning. Breathing easier and coughing less.
- Dramatic amount of money saved. If you smoked a pack a day, quitting for Smoking cigarettes is expensive. If you smoked a pack of cigarettes per day, you'll have saved thousands of dollars at the one-year mark.

THREE YEARS AFTER YOUR LAST CIGARETTE

- Risk of a heart attack has decreased to that of a nonsmoker.
- Smoking not only limits oxygen flow to the heart. It also damages the lining of the arteries. Fatty tissue starts to build up, making it more likely that a person will experience a heart attack or stroke.

FIVE YEARS AFTER YOUR LAST CIGARETTE

- Risk of death from lung cancer has dropped by half.

TEN YEARS AFTER YOUR LAST CIGARETTE

- Risk of dying due to lung cancer has decreased to that of a nonsmoker. Precancerous cells are now replaced with healthy cells.
- Risk of developing smoking-related illnesses goes down. This includes a reduced risk for cancers of the:
 - mouth
 - esophagus
 - bladder
 - kidneys
 - pancreas

FIFTEEN YEARS AFTER YOUR LAST CIGARETTE

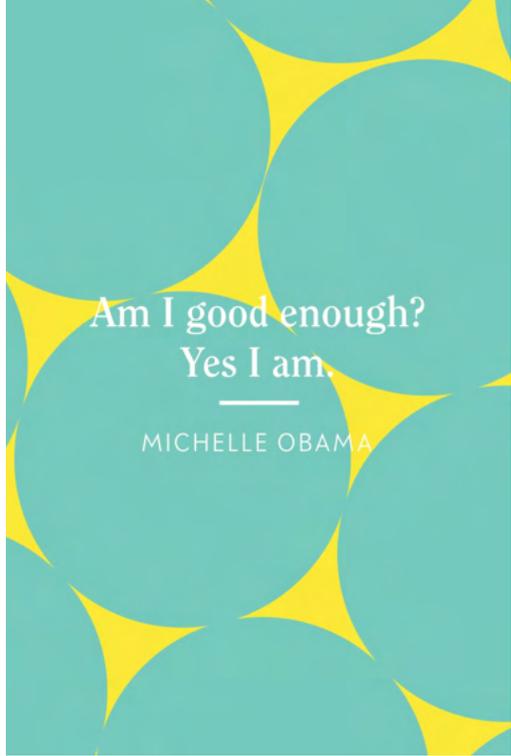
- Risk for heart attack and stroke has decreased to equal that of a person who's never smoked before.

THE TAKEAWAY

The time to quit is now. You can start by making a plan using resources from the Centers for Disease Control and Prevention Trusted Source and talking to a smoking cessation counselor by calling 1-800-QUIT-NOW.

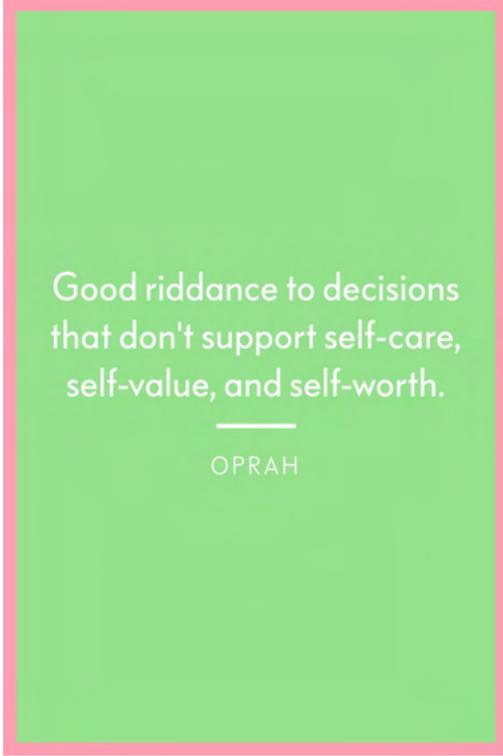
- Enlist your doctor, family, and friends to support you in your quest to live a healthier, smoke-free lifestyle. Be sure to celebrate each time milestone along the way — you're worth it.





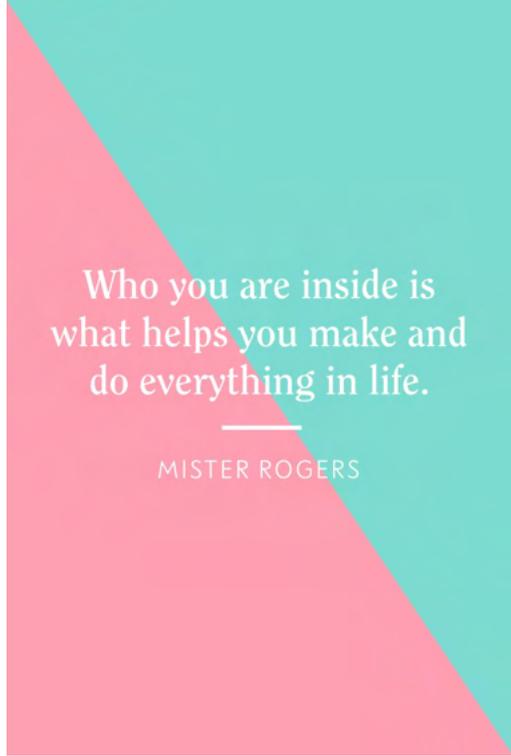
Am I good enough?
Yes I am.

MICHELLE OBAMA



Good riddance to decisions
that don't support self-care,
self-value, and self-worth.

OPRAH



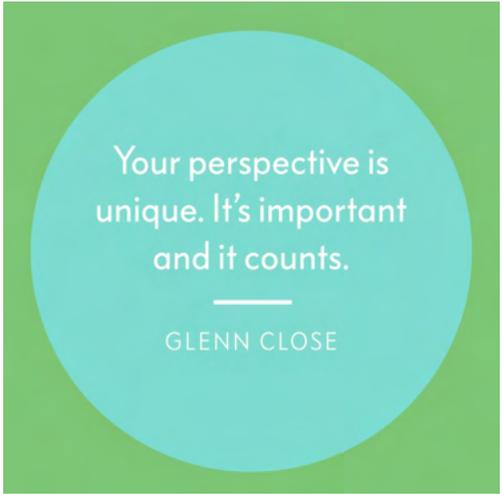
Who you are inside is
what helps you make and
do everything in life.

MISTER ROGERS



If you have good thoughts
they will shine out of your
face like sunbeams and you
will always look lovely.

ROALD DAHL



Your perspective is
unique. It's important
and it counts.

GLENN CLOSE



We must accept finite
disappointment, but never
lose infinite hope.

MARTIN LUTHER KING JR.



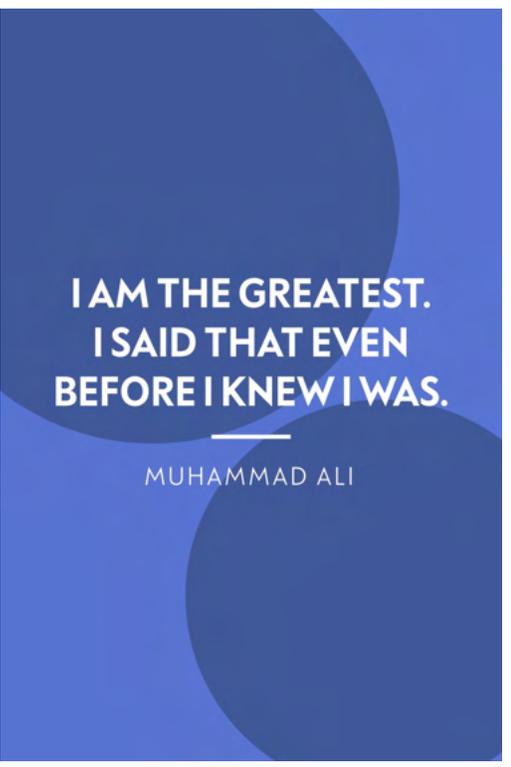
GRATITUDE IS
A CELEBRATION
WE ARE ALL
INVITED TO.

CLEO WADE



Nothing can dim
the light that shines
from within.

MAYA ANGELOU



I AM THE GREATEST.
I SAID THAT EVEN
BEFORE I KNEW I WAS.

MUHAMMAD ALI



Stay Healthy, Walnut Hill College Community!