In This Issue

- Eating Right
- Caffeine content for coffee, tea, soda and more
- Quick and easy breakfasts
- Alcohol use: If you drink, keep it moderate
- Menu planning made simple

This Month’s Focus: Eating Right

Sometimes, we avoid making a healthy change - such as eating healthier - because that change may seem too big to tackle. We may not know where to start.

But, as the saying goes, "A journey of a thousand miles starts with a single step."

This month’s edition of Member Matters can help you take those first few steps toward eating healthier. Eating right can make a big difference in how you look and feel - from having more energy to reaching a healthy weight.
Caffeine content for coffee, tea, soda and more

If you're like most adults, caffeine is a part of your daily routine. But do you know the caffeine content of your favorite drink?

You may want to take a look at just how much caffeine you get in a typical day, especially if you're bothered by headaches, restlessness or anxiety. If your caffeine habit totals more than 500 milligrams (mg) a day, you may want to consider cutting back.

With the growing popularity of energy drinks, many parents have become concerned about how much caffeine their kids are getting. The American Academy of Pediatrics recommends that adolescents get no more than 100 mg of caffeine a day. Younger children shouldn't drink caffeinated beverages on a regular basis.

Click the tabs to the left to see the caffeine content in popular drinks, sweets and medications. One note about the numbers: Use them as a guide. The actual caffeine content of the same coffee drink can vary from day to day — even at the same coffee shop — because of various factors, such as roasting and grinding, as well as brewing time. The caffeine content of tea also is affected by how long it's brewed.

### Types of Coffee

<table>
<thead>
<tr>
<th>Types of Coffee</th>
<th>Size*</th>
<th>Caffeine**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Espresso, restaurant-style</td>
<td>1 oz. (30 mL)</td>
<td>40-75 mg</td>
</tr>
<tr>
<td>Espresso, restaurant-style, decaffeinated</td>
<td>1 oz. (30 mL)</td>
<td>0-15 mg</td>
</tr>
<tr>
<td>Generic brewed</td>
<td>8 oz. (240 mL)</td>
<td>95-200 mg</td>
</tr>
<tr>
<td>Generic brewed, decaffeinated</td>
<td>8 oz. (240 mL)</td>
<td>2-12 mg</td>
</tr>
<tr>
<td>Generic instant</td>
<td>8 oz. (240 mL)</td>
<td>27-173 mg</td>
</tr>
<tr>
<td>Generic instant, decaffeinated</td>
<td>8 oz. (240 mL)</td>
<td>2-12 mg</td>
</tr>
<tr>
<td>McDonald’s brewed</td>
<td>16 oz. (480 mL)</td>
<td>100 mg</td>
</tr>
<tr>
<td>McDonald’s Mocha Frappe</td>
<td>16 oz. (480 mL)</td>
<td>125 mg</td>
</tr>
<tr>
<td>Starbucks Latte</td>
<td>16 oz. (480 mL)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Starbucks Pike Place brewed</td>
<td>16 oz. (480 mL)</td>
<td>330 mg</td>
</tr>
<tr>
<td>Starbucks Pike Place brewed, decaffeinated</td>
<td>16 oz. (480 mL)</td>
<td>25 mg</td>
</tr>
</tbody>
</table>

Adapted from Journal of Food Science, 2010; Pediatrics, 2011; USDA National Nutrient Database for Standard Reference, Release 23, 2010; Journal of Analytical Toxicology, 2006; Starbucks, 2011; McDonald's, 2011

*Sizes are listed in fluid ounces (oz.) and milliliters (mL).

**Caffeine is listed in milligrams (mg).
<table>
<thead>
<tr>
<th>Type of Tea</th>
<th>Size*</th>
<th>Caffeine**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brewed tea</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black tea</td>
<td>8 oz. (240 mL)</td>
<td>14-61 mg</td>
</tr>
<tr>
<td>Black tea, decaffeinated</td>
<td>8 oz. (240 mL)</td>
<td>0-12 mg</td>
</tr>
<tr>
<td>Green tea</td>
<td>8 oz. (240 mL)</td>
<td>24-40 mg</td>
</tr>
<tr>
<td>Iced tea</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AriZona Iced Tea, lemon-flavored</td>
<td>8 oz. (240 mL)</td>
<td>11 mg</td>
</tr>
<tr>
<td>Generic instant, unsweetened</td>
<td>8 oz. (240 mL)</td>
<td>26 mg</td>
</tr>
<tr>
<td>Lipton Brisk Lemon Iced Tea</td>
<td>8 oz. (240 mL)</td>
<td>5-7 mg</td>
</tr>
</tbody>
</table>


*Sizes are listed in fluid ounces (oz.) and milliliters (mL).
**Caffeine is listed in milligrams (mg).

<table>
<thead>
<tr>
<th>Soft drink</th>
<th>Size*</th>
<th>Caffeine**</th>
</tr>
</thead>
<tbody>
<tr>
<td>7UP</td>
<td>12 oz. (355 mL)</td>
<td>0 mg</td>
</tr>
<tr>
<td>A &amp; W Root Beer</td>
<td>12 oz. (355 mL)</td>
<td>0 mg</td>
</tr>
<tr>
<td>Barq’s Root Beer</td>
<td>12 oz. (355 mL)</td>
<td>18 mg</td>
</tr>
<tr>
<td>Cola-Cola Classic</td>
<td>12 oz. (355 mL)</td>
<td>30-35 mg</td>
</tr>
<tr>
<td>Coca-Cola Zero</td>
<td>12 oz. (355 mL)</td>
<td>35 mg</td>
</tr>
<tr>
<td>Diet Coke</td>
<td>12 oz. (355 mL)</td>
<td>38-47 mg</td>
</tr>
<tr>
<td>Diet Pepsi</td>
<td>12 oz. (355 mL)</td>
<td>27-37 mg</td>
</tr>
<tr>
<td>Dr. Pepper</td>
<td>12 oz. (355 mL)</td>
<td>36 mg</td>
</tr>
<tr>
<td>Mountain Dew</td>
<td>12 oz. (355 mL)</td>
<td>46-55 mg</td>
</tr>
<tr>
<td>Pepsi</td>
<td>12 oz. (355 mL)</td>
<td>32-39 mg</td>
</tr>
<tr>
<td>Sprite</td>
<td>12 oz. (355 mL)</td>
<td>0 mg</td>
</tr>
</tbody>
</table>

Adapted from Journal of Food Science, 2010; Pediatrics, 2011; Journal of Food Science, 2007; Journal of Analytical Toxicology, 2006

*Sizes are listed in fluid ounces (oz.) and milliliters (mL).
**Caffeine is listed in milligrams (mg).
### Type of Product

<table>
<thead>
<tr>
<th>Energy Drink</th>
<th>Size*</th>
<th>Caffeine**</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-Hour Energy</td>
<td>2 oz. (60 mL)</td>
<td>207 mg</td>
</tr>
<tr>
<td>AMP, regular or sugar-free</td>
<td>8 oz. (240 mL)</td>
<td>72-74 mg</td>
</tr>
<tr>
<td>Cran-Energy</td>
<td>8 oz. (240 mL)</td>
<td>70 mg</td>
</tr>
<tr>
<td>Full Throttle</td>
<td>8 oz. (240 mL)</td>
<td>70-72 mg</td>
</tr>
<tr>
<td>Monster</td>
<td>8 oz. (240 mL)</td>
<td>80 mg</td>
</tr>
<tr>
<td>Red Bull</td>
<td>8.4 oz. (350 mL)</td>
<td>76-80 mg</td>
</tr>
<tr>
<td>Rockstar, regular or sugar-free</td>
<td>8 oz. (240 mL)</td>
<td>79-80 mg</td>
</tr>
<tr>
<td>Vault, regular or sugar free</td>
<td>8 oz. (240 mL)</td>
<td>47 mg</td>
</tr>
</tbody>
</table>


*Sizes are listed in fluid ounces (oz.) and milliliters (mL).

**Caffeine is listed in milligrams (mg).

### Type of Product

<table>
<thead>
<tr>
<th>Type of Product</th>
<th>Size</th>
<th>Caffeine*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate chips, semisweet</td>
<td>1 cup</td>
<td>104 mg</td>
</tr>
<tr>
<td>Dark chocolate-coated coffee beans</td>
<td>28 pieces</td>
<td>336 mg</td>
</tr>
<tr>
<td>Foosh Energy Mints</td>
<td>1 mint</td>
<td>100 mg</td>
</tr>
<tr>
<td>Hershey’s Kisses</td>
<td>9 pieces</td>
<td>9 mg</td>
</tr>
<tr>
<td>Medications</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excedrin, Extra Strength</td>
<td>2 tablets</td>
<td>130 mg</td>
</tr>
<tr>
<td>NoDoz, Maximum Strength</td>
<td>1 tablet</td>
<td>200 mg</td>
</tr>
</tbody>
</table>


*Caffeine is listed in milligrams (mg).
A nutritious breakfast offers many health benefits, says WebMD, such as better focus and more strength. Did you know you can view recipes for quick and easy breakfasts (and much more) through your EAP Wellness Center on the member website (www.members.mhn.com)? Log in using your company code, then go to the Wellness tab > Wellbeing Assessment > Continue > Recipes > Quick and Easy Breakfasts.

Rhubarb & Berry Nut Muffins

*Botanically speaking, rhubarb is considered a vegetable, but it’s most often treated as a fruit — though it’s rarely eaten raw. Just like fresh cranberries, rhubarb is almost unbearably tart on its own and needs the sweetness of sugar, honey, or fruit juice added to it to balance out the acidity.*

**Prep Time:** 15 minutes  
**Cook Time:** 30 minutes  
**Spicy:** Mild  
**Vegetarian:** Yes  
**Difficulty:** Easy  
**Budget:** $ Inexpensive

### Ingredients

1½ cups flour  
1/3 cup applesauce  
¾ cup packed brown sugar  
1 egg  
½ cup buttermilk  
1 cup blueberries, washed  
1 cup blackberries, washed  
1 cup rhubarb, diced  
½ cup chopped walnuts

### Topping:

¼ cup packed brown sugar  
½ cup chopped walnuts  
½ tsp. ground cinnamon
1. In a large bowl, combine flour, brown sugar, baking soda and salt.

2. In a separate bowl, combine applesauce, egg, buttermilk and vanilla; stir into dry ingredients just until moistened. Fold in rhubarb and walnuts.

3. Fill greased or paper-lined muffin cups two-thirds full. Combine topping ingredients; sprinkle over muffins. Bake at 375° for 20–25 min or until muffins test done. Cool 10 min. before removing to rack.

Yield: 6 servings--Serving Size: 1 muffin

Each serving provides:

- Calories: 379
- Fat: 8 g
- Protein: 7 g
- Cholesterol: 32 mg
- Fiber: 4 g
- Sodium: 50 g

Alcohol use: If you drink, keep it moderate

Alcohol use is a slippery slope. Moderate drinking can offer some health benefits. But it’s easy to drink too heavily, leading to serious health consequences.

It sounds like a mixed message: Drinking alcohol may offer some health benefits, especially for your heart. On the other hand, alcohol may increase your risk of health problems and damage your heart.

So which is it? When it comes to drinking alcohol, the key is doing so only in moderation. Certainly, you don’t have to drink any alcohol, and if you currently don’t drink, don’t start drinking for the possible health benefits. In some cases, it’s safest to avoid alcohol entirely — the possible benefits don’t outweigh the risks.

Here’s a closer look at the connection between alcohol and your health.

HEALTH BENEFITS OF MODERATE ALCOHOL USE

Moderate alcohol consumption may provide some health benefits. It may:

- Reduce your risk of developing heart disease
- Reduce your risk of dying of a heart attack
- Possibly reduce your risk of strokes, particularly ischemic strokes
- Lower your risk of gallstones
- Possibly reduce your risk of diabetes
Even so, the evidence about the possible health benefits of alcohol isn't certain, and alcohol may not benefit everyone who drinks.

Moderate alcohol use may be of most benefit only if you're an older adult or if you have existing risk factors for heart disease, such as high cholesterol. If you're a middle-aged or younger adult, some evidence shows that even moderate alcohol use may cause more harm than good. In fact, if you're a woman and drink alcohol, talk to your doctor about taking supplemental folate to help reduce the risk of breast cancer associated with alcohol use. You can take other steps to benefit your cardiovascular health besides drinking — eating a healthy diet and exercising, for example.

GUIDELINES FOR MODERATE ALCOHOL USE

The 2010 Dietary Guidelines for Americans recommend that if you choose to drink alcohol you do so only in moderation — up to one drink a day for women or two drinks a day for men.

Examples of one drink include:

- **Beer:** 12 fluid ounces (355 milliliters)
- **Wine:** 5 fluid ounces (148 milliliters)
- **Distilled spirits (80 proof):** 1.5 fluid ounces (44 milliliters)

WHEN TO AVOID ALCOHOL USE

Keep in mind that moderate use of alcohol doesn't mean that using alcohol is risk-free. For example, if you binge drink — such as having four or five drinks in the space of a few hours — you face serious health problems. Likewise if you drink and drive.

Here are other situations in which the risks of alcohol use may outweigh possible health benefits:

- You're pregnant or trying to become pregnant
- You take medications that can interact with alcohol
- You've had a previous hemorrhagic stroke
- You've been diagnosed with alcoholism or alcohol abuse
- You have liver or pancreatic disease
- You have heart failure or you've been told you have a weak heart or dilated cardiomyopathy
- You're planning to drive a vehicle or operate machinery

Some situations are less clear-cut. Use alcohol only with great care and after consulting your doctor if:

- You have a family history of alcoholism
- You take prescription medications for a health problem
- You use over-the-counter pain relievers or fever reducers
- You have a family history of breast cancer
- You have precancerous changes in your esophagus, larynx, pharynx or mouth
CONSEQUENCES OF HEAVY ALCOHOL USE

Although moderate alcohol use may offer some health benefits, heavy drinking — including binge drinking — has no health benefits. Excessive drinking can cause potentially serious health problems, including:

- Certain cancers, including breast cancer and cancers of the mouth, pharynx, larynx, esophagus and liver
- Pancreatitis
- Sudden death if you already have cardiovascular disease
- Heart muscle damage (alcoholic cardiomyopathy) leading to heart failure
- Stroke
- High blood pressure
- Cirrhosis of the liver
- Suicide
- Accidental serious injury or death
- Fetal alcohol syndrome and other health problems in an unborn child

DRINK ALCOHOL ONLY IN MODERATION — OR NOT AT ALL

The latest dietary guidelines make it clear that no one should begin drinking or drink more frequently on the basis of potential health benefits. So don't feel pressured to drink alcohol. But if you do drink alcohol and you're healthy, there's probably no need to stop as long as you drink responsibly and in moderation.

Menu Planning Made Simple

It's 5:00 - do you know what you're having for dinner? If so, congratulations! You're probably less stressed, with the ingredients ready and waiting for a healthy meal you actually have time to prepare. If not, you may be dreading coming home to an empty refrigerator, tempting you to give in to pleas for fast food or pizza.

Preparing healthy meals during the week really can be easy if you have a good plan. Here are some tips to help you get started. To find recipes for all of the dishes mentioned below, plus hundreds of other healthy recipes, click on the resources tab in the Wellness Resource Center.

WHAT IS A HEALTHY MEAL, ANYWAY?

The USDA's current dietary guidelines can be found on ChooseMyPlate.gov, along with a sample menu for adults, specialized tips for kids of all ages and plenty of recipes. The biggest change? Research now suggests that over half of our plate should be filled with fruits and vegetables, and that at least half of the grains we eat should be whole grains. The Harvard School of Public Health has weighed in with a recommendation that we add refined grains and red and processed meats to our “use sparingly” category, along with butter, sugar and salt.
DON'T FORGET ABOUT BREAKFAST!

If you have kids, you've probably explained the importance of eating a healthy breakfast many times. Do you follow your own advice? Whole grain cereal with milk and fruit is a healthy, easy choice, but here are some ideas to make breakfast a bit more interesting:

- Have homemade muffins in your freezer, made with whole grains and fruit or vegetables (check out recipes for rhubarb and berry nut muffins, blueberry muffins with hazelnuts and pumpkin spice muffins).
- Make a smoothie with fat-free or low-fat yogurt, a banana, and your choice of fresh or frozen fruit.
- For a low-fat breakfast packed with protein and vitamins, try a frittata or omelet with egg whites and veggies left over from last night's dinner.

BEYOND PB&J

With a little creativity, sandwiches or wraps with whole grain bread or tortillas can be nutritious and convenient brown bag staples. Swapping bananas, raisins and/or apple slices for jelly can transform a peanut butter sandwich into a nutritional powerhouse. Shredded carrots, sliced cucumbers and grilled eggplant or zucchini will liven up your turkey sandwich, or perhaps convince you to skip the turkey altogether.

Lunch doesn't have to come between two slices of bread, though. Instead, you can try:

- Salad in a jar - Layer salad ingredients in a glass jar, putting the salad dressing and sturdiest ingredients (shredded carrots, beans, lentils, etc.) at the bottom and the most delicate ingredients (lettuce, spinach) at the top. When it's time for lunch, upend the jar into a bowl and enjoy.
- Take a dip - Prepare a healthy, high-protein dip (such as black-eyed pea hummus, white bean spread with spinach and red peppers, or creamy feta spread) and pack it with cut up vegetables and whole-grain pita wedges.
- Warm up - If you have a microwave at work, leftover casserole, chili or soup can make a hearty lunch the next day. If you'd like to pack soup or chili in an insulated container, the USDA recommends filling the container with boiling water first, to heat it thoroughly, and then (after pouring out the water) adding the food while it's piping hot. Close the container quickly and keep it closed until lunchtime to keep the food at 140°F or above.

DINNER IN ADVANCE

Buying dinner from your store's freezer section is convenient, but commercially prepared frozen meals are often high in sodium and nutritionally out of balance. Why not make your own frozen meals? You'll save money, and you can control the ingredients and add a salad for a tasty, well-balanced meal. Here are some dishes that freeze well:

- Soups and stews - Check out recipes for powerhouse white bean soup, lentil barley stew, and emerald spinach soup with tomato.
- Chili - Go vegetarian, with black bean or sweet potato chili, or add lean cuts of chicken, turkey or beef.
- Casseroles and one-pot meals - In addition to your family's favorites, try some new additions, like barley, turkey and butternut squash casserole; spicy pumpkin curry with black-eyed peas or black bean and chicken enchiladas.
A few warnings:

- Watch out for ingredients that don't freeze well, like potatoes, cream and ricotta cheese, sour cream and salad greens.
- Wrap, label and date foods carefully before freezing. Frozen foods will taste better if they're frozen quickly, so avoid stacking items in the freezer during the freezing process.
- Move frozen foods to the refrigerator in the morning or the night before to thaw for that night's dinner. Never thaw frozen food at room temperature.

**SALADS WITH A SHELF LIFE**

A green salad with fresh vegetables is healthy, tasty and convenient, but leftovers don't keep too well. Here are a few nutritionally rich salads that you can make ahead of time and keep in your fridge for a few days:

- Quinoa salad with roasted autumn vegetables
- Black beans with corn and tomatoes
- Mediterranean lentil salad

**MAKE IT WORK**

Now that you have some ideas, it's time to make a plan. Involve family members in menu planning, shopping and ahead of time prep - teamwork makes everything more fun. The [Wellness Resource Center](#) has some very yummy (and healthy) dessert recipes, too!

**Getting Started is Easy!**

**Call your EAP for more information**