

Health and wellness tips for your work and life—presented by Holmes Murphy & Associates



## Avocados: A Legitimately Healthy Food Craze

According to Telsey Advisory Group, a firm focused on evaluating the consumer market, avocado consumption in the United States has quadrupled since 2000. And, unlike many other health food crazes, avocados are actually good for you.

While it is true that avocados contain more calories and fat than other fruits or vegetables (one-fifth of an avocado contains 50 calories and 4.5 grams of fat), they also have many health benefits. Avocados contain heart-healthy unsaturated fat, which can help lower cholesterol. In addition, they are packed with vitamins, minerals and fiber that are part of a healthy diet.

## 2 Chronic Conditions That Can Cause Cancer

New research suggests that nearly 6 percent of cancers (792,600 cancer cases) can be at least partly attributed to obesity and diabetes. The [study](#), which was published online on The Lancet Diabetes & Endocrinology website, states that diabetes and a high body mass index (greater than 25) are both associated with a higher risk of certain cancers and are increasing in prevalence.

Fortunately, Type 2 diabetes and obesity can be prevented with proper lifestyle changes, which include the following:

- Avoiding tobacco
- Exercising regularly
- Maintaining a healthy weight
- Eating a healthy diet and limiting your intake of unhealthy foods
- Managing your stress
- Regularly checking your cholesterol and blood pressure
- Visiting your doctor for routine preventive care

Implementing the above prevention tips can help you remain healthy and avoid developing chronic conditions like obesity and Type 2 diabetes, which, in turn, can help lower your risk of certain cancers. For more information, please review the full-text version of the [study](#).



## Mexican Chicken Soup

3 pounds chicken pieces (skin removed)  
2 cups tomatoes (chopped)  
1 clove garlic (minced)  
½ cup onion (chopped)  
¼ cup mild canned chilies (diced)  
2 cups canned pinto or garbanzo beans (drained)

### PREPARATIONS

1. Place chicken pieces in a large saucepan and add enough water to cover.
2. Cook until tender, about 25 minutes.
3. Remove chicken pieces from the broth.
4. Add tomatoes, garlic, onion and chilies.
5. Remove chicken meat from the bones and return meat to broth.
6. Add beans, and salt and pepper to taste. Simmer for about 15 minutes.

Makes: 6 servings

### Nutritional Information (per serving)

Total Calories	390
Total Fat	14 g
Protein	49 g
Carbohydrates	16 g
Dietary Fiber	5 g
Saturated Fat	4 g
Sodium	460 mg
Total Sugars	2 g

Source: USDA

## A Common Cold Can Be Contagious for Longer Than You Think

The winter months are commonly associated with decreasing temperatures and increasing cases of the common cold. Typically, symptoms of the common cold come on gradually, and may start with a sore throat or irritated sinuses.

According to Healthline, when you have a cold, you're contagious approximately one to two days before symptoms start and can continue to be contagious for up to seven days after you've become sick. Unfortunately, many people can't stay home for that long of a time to fully recover. Consider the following suggestions to help avoid becoming ill or passing on a cold to a co-worker, friend or family member:

- Wash your hands with warm water and soap often.
- Avoid touching your eyes, mouth and nose.
- Sanitize commonly touched surfaces.
- Always cough and sneeze into your elbow—not your hands—to prevent spreading germs.

## IS IT A COLD OR THE FLU?

