



eat crunchy veggies.

healthy changes
everything.®



BlueCross BlueShield
of Western New York

Wellness News

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Attention Deficit Hyperactivity Disorder (ADHD)

ADHD affects people of all ages. While its cause is not clear, health professionals believe it may be linked to the following:

- Certain brain injuries
- Smoking and alcohol consumption during pregnancy
- Certain food additives, such as colorings and sodium benzoate



Some common signs that a person may have ADHD include:

- Having trouble finishing tasks
- Impatience
- Poor control over emotions
- Losing belongings

Did you know?

Many people believe eating a lot of refined sugar causes ADHD, but researchers have found no link between the two.

Do one thing.

If you notice your child has any of the signs of symptoms above, contact his or her pediatrician. You may be referred to a specialist who will evaluate your child before making a diagnosis.

Eat Fit – Grab an ear of corn and don't let go (of summer)

We spend all winter cooped up inside just waiting for that first delicious barbecue of the season. Then, we wait patiently for the first fresh sweet corn of the season. Nothing tastes better!

As we look toward fall—and gear up for all the wonderful fruits and vegetables that season has to offer—know that you can still enjoy the sweet taste of corn on the cob well into October.

By making the season last, you will also get plenty of these important nutrients:

- Fiber
- Thiamin
- Vitamin C
- Folate
- Phosphorus
- Magnesium



Did you know?

Each ear of corn has an average of 800 kernels!

Do one thing.

Make Golden Summer Squash and Corn Soup (featured recipe) a part of your next barbecue menu.



Live Fit – Arm yourself against the flu



Summer's end is near, and that means more than just back to school. It also means the flu season is coming. Everyone over the age of 6 months should be vaccinated against the flu. Vaccines work with the body's natural defenses to help it safely develop immunity.

Did you know?

200,000 people in the U.S. are hospitalized each year with the flu, and up to 49,000 people die each year from flu-related causes.

Do one thing.

Getting a flu shot is the best way we can protect ourselves from the harmful—and sometimes deadly—effects of flu.

Get Fit – There's an App for That

You've probably heard that keeping a food and exercise journal can help you stay on track with your health and fitness goals. It's easier to stick with it when you have reminders, motivation, and encouragement.

Today's technology gives us the luxury of being able to choose from a variety of mobile apps to help. Some of the top-rated apps include:

- My Fitness Pal
- Sleep Cycle Alarm Clock
- Fooducate
- GymPact
- Garmin Fit
- RunKeeper
- Moves



Did you know?

BlueCross BlueShield of Western New York has a healthy app called HealthyNow.

Do one thing.

Visit bcbswny.com and register with Online Services. From there, you can login to My Health, and download the HealthyNow app.

Golden Summer Squash and Corn Soup



Ingredients (makes 4 servings):

- 1 tablespoon extra-virgin olive oil
- 1 medium shallot, chopped
- 2 medium summer squash, (about 1 pound), diced
- 3 teaspoons chopped fresh herbs, such as thyme or oregano, divided
- 1 can (14-ounces) reduced-sodium chicken or vegetable broth
- 1/4 teaspoon salt
- 1 cup fresh corn kernels
- 1 teaspoon lemon juice
- 1/4 cup crumbled feta cheese

Preparation:

1. Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until the squash begins to soften, 3 to 5 minutes.
2. Add broth and salt; bring to a boil. Reduce heat to a simmer and cook until the squash is soft and mostly translucent, about 5 minutes more. Transfer to a blender and puree until smooth. (Use caution when pureeing hot liquids.)
3. Return the soup to the pan and stir in corn. Bring to a simmer over medium heat and cook, stirring occasionally, until the corn is tender, 3 to 5 minutes more. Remove from the heat; stir in lemon juice. Serve garnished with the remaining 2 teaspoons herbs and feta.

Nutrition (per serving):

111 calories, 5g protein, 24g carbohydrate, 6g fat, 6mg cholesterol, 2g fiber, 462mg sodium

Source: *EatingWell*, July/August 2009