

TANK TIMES

Brought to you by HealthChoice

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NUTRITION FACTS ABOUT POPCORN

According to the Popcorn Board, popcorn is considered to be a wholesome snack by many leading medical and nutritional organizations such as the National Cancer Institute (NCI) and the American Dental Association (ADA). It's sugar-free, fat free and low in calories. Below are some interesting nutritional facts.

- * Popcorn is a whole grain that contains 40 or more nutrients.
- * The germ in the popcorn kernel contains all of the B complex vitamins, plus vitamin E, Riboflavin and Thiamine.
- * Popcorn has more protein than any other cereal grain.
- * It has more iron than eggs, peanuts, spinach, or roast beef.
- * The hull and outer layers are rich in iron, phosphorous and protein.

If you eat unbuttered, no oil, air-popped popcorn, it only contains about 93 calories per serving size (a serving size is equal to three cups from the grain group). Oil-popped popcorn with butter has around 250 calories per serving size.

Buttered microwave popcorn has 11 grams of fat for per serving size, whereby reduced-fat microwave popcorn has only 3 grams of fat per serving size.

What you mainly need to watch out for if you're trying to have the healthiest snack possible, besides adding oil and butter, is salt. Popcorn is usually served salted and has a significant amount of sodium of around 270 to 330 mg of sodium.

Instead of a candy bar, pop some popcorn and enjoy a filling and healthy snack!

Resource: Popcorn.org



Quote:

" If you put butter and salt on it, it tastes like salty butter."

Terry Pratchett, *Moving Pictures (regarding popcorn)*

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THE HEALTH BENEFITS OF BLACK PEPPER

Black pepper has both antioxidant and antibacterial properties. It has many medicinal uses as well, the most common of which is relieving digestive problems.

It is an excellent source of manganese, a very good source of iron and vitamin K, and a good source of dietary fiber.

It is also said to help enhance circulation and to get oxygen to the brain, as well as keep your joints and respiratory system healthy.

It is also one of the most important spices for healing purposes. It is believed that pepper can be used for treating insect bites, minor cuts, insomnia, liver problems, gangrene, hernia, lung disease, heart disease, liver problems, sunburn and last but not least, toothaches!

On the other hand, black pepper has been known to be an annoyance to your nose, it's made of piperine which makes it quite pungent. If you have an ulcer or stomach problems, you may want to stay away from it since it can cause irritation.

Pepper, unlike its counterpart salt, is generally healthy for you. You do need to watch your salt intake because of the problems it can cause with swelling of the body, however, black pepper is said to be just the opposite in that it actually acts as a diuretic.

So, enjoy the health benefits of black pepper and add it to your favorite recipes!

Resource: Learninginfo.org



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FUN FACTS ABOUT TEETH

According to the American Academy of Periodontology, there are many fun facts about your teeth that include:

- The average person has 32 teeth. That number includes 4 wisdom teeth, 8 incisors, 4 canines, 12 molars and 8 pre-molars.
- Colgate Total toothpaste is the best selling toothpaste in the United States.
- The tooth fairy is paying around \$2 per tooth.
- Seventy-three percent of Americans would rather go grocery shopping than floss.
- You get 2 sets of teeth in your lifetime. The first set is your baby teeth, which you will lose around 6-7 years of age. By the time you're 21, you will have all permanent teeth.
- Teeth are made of a hard enamel called a crown. Inside of your tooth is dentine and the pulp of your tooth. Each tooth is attached to your jaw socket and has blood vessels and nerves, with most of your tooth located in the gum.
- The enamel in a tooth is the hardest thing in your body.
- Forty percent of people over 65 don't have all of their teeth.
- Americans buy 14 million gallons of toothpaste per year.
- An average American will use 14 inches of dental floss per year.
- According to government statistics, an average middle aged or younger American will pay 1/2 of all dental costs out of pocket.
- An average American spends 38.5 days brushing their teeth over a lifetime.
- Millions of people can crack a walnut with their teeth. Most adults exert about 20 to 40 pounds of pressure when their teeth make contact.

Having healthy teeth is an important part of your daily life and overall health, you need them to digest your food. Brush and floss at least twice a day and maintain a healthy diet to help maintain those pearly whites!

Resource: Perio.org



Quote:

"If you can't bite,
don't show your teeth."

Yiddish Proverb

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PERIPHERAL NEUROPATHY

Your body has sensory nerves that carry information from the brain and spinal cord to the rest of your body. If the nerves become damaged, you may develop peripheral neuropathy. Sensations will start to change in the toes and move toward the center of the body. Other areas may start to become involved, such as your hands, as the condition gets worse.

Peripheral neuropathy is very common and physician's don't always agree on the exact cause, however, your nerves can become damaged in many different ways which can then lead to developing this nerve problem such as:

- ◆ Certain diseases that run in families, mainly Charcot-Marie-Tooth disease and Friedreich's ataxia
- ◆ Diseases that affect the whole body such as cancer and diabetes
- ◆ Infections or inflammation like rheumatoid arthritis and Lyme disease
- ◆ Exposure to poisonous substances such as industrial chemicals
- ◆ Neuropathy secondary to certain medications
- ◆ Miscellaneous causes that include but are not limited to compression of a nerve by a cast, splint or brace, or trauma to a nerve

There are many different types of symptoms associated with peripheral neuropathy. You may feel some numbness, tingling, pinching, sharp deep stabs, electric shocks, or buzzing, that seems to be worse at night, or you may feel nothing at all, in other words you can't feel the item you are trying to pick up, or your feet touching the floor.

The main thing to remember, is if you feel any type of strange sensation, contact your doctor and schedule an appointment. With early treatment, the chances of controlling symptoms are much greater than if you let it go which can develop into quite a painful disorder.

Resource: NIH.gov



Quote:

"Why isn't there a special name for the tops of your feet?"

Lily Tomlin

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