WebMD – A great tool to help with those New Year’s Resolutions

http://www.livingwell.utsystem.edu/

Manage My Weight; Eat Healthy

With a wide range of online tools and information, you can better manage every aspect of health and wellness for you and your family with programs for UT System employees, retirees and their dependents. Start by visiting the Living Well Health Manager powered by WebMD resources to better understand the resources and tools available for you to manage your weight; and eat healthy.

Your Eat Right plan starts with a customized approach to match your unique circumstances and health improvement goals. Planning meals? It’s no problem, thanks to the Meal Planner tool to help you build daily menus or enter your own food choices. Either way, Meal Planner does the math by graphing your daily calories and food servings then comparing them to what’s recommended for you. And you can create grocery lists from your menus, too. See below details on how to access the Living Well Health Manager powered by WebMD resources:

1. Simply go to www.webmdhealth.com/ut
2. Log onto or register
3. Enjoy the benefits

FREE Weight Management Program

Sometimes a little extra support is all it takes to stay on track with weight loss goals. The UT SELECT Weight Management Program provides just that. When our members decide to make positive lifestyle changes by managing their weight, we’re ready with resources to help make the journey successful! Read more about this free program available to all UT SELECT members (PDF) at: http://www.utsystem.edu/benefits/newsletter/pubs/Weight_Management_Tool_Kit_08.pdf

INSIDE THIS ISSUE

1 Weight Management - WebMD
2 Facts about Iron
3 Facts about Iron cont’d.
4 Foods to Help you Feel Better
5 Foods to help you Feel Better (cont.d)
6 Correction to Benefits Guide
7 Slow Cooker Chicken and Dumplings

RETRIEVAL MANAGER

UT Retirement Manager enables you to enroll and make changes to your Retirement Account and provides excellent financial tools.

UT System Retirement Programs Website:
http://www.myretirementmanager.com/?utsystem

Contact your Benefits Office at ext. 7741 for your unique identification number
Facts about Iron (January is National Blood Donor Month)

From Stewart Blood Center

Iron is a constituent of the body’s red blood cells (hemoglobin). Its function is to carry oxygen throughout the body.

The hemoglobin level varies from day to day. It is affected by the amount of fluid consumed, kinds of foods eaten, shifts in body fluid, physical activity, temperature and humidity. If depletion of iron reserves occurs, the body cannot make hemoglobin. The result is anemia.

Recommended Daily Allowances (RDA) states that men should have 10 mgs of iron each day and women should have 18 mgs.

Our most common nutritional deficiency, vitamin or mineral, is iron. 75% of women ages 18-44 get only about half the RDA of iron.

Possible Reasons for Deficiencies:

- **DIETING**
  - Food intake is less
  - Red meat intake is less

- **BLOOD LOSS**
  - Menstruation – especially if the flow is heavy or prolonged, extensive oral surgery, peptic ulcers, colitis, diverticular disease, hemorrhoids

- **MEDICATIONS**
  - Antacids- especially in large amounts – block iron absorption

- **FOODS**
  - These items are widely used and are known to reduce iron absorption.
    - Tannic acid (found in tea)
    - Food additives like phosphate (found in baked goods, candy, beer, soft drinks and ice cream), and EDTA (a food preservative found on almost every food label)

**IRON SUPPLEMENTS**

There are two kinds of iron in foods. Heme iron, which is found in meats, is readily absorbed by the body. Nonheme iron, found in green vegetables, nuts, dry beans, raisins and other fruits, needs a boost for proper absorption. That boost can come from meat, poultry, fish or vitamin C.

One of each type of iron should be included in each meal. Adding 60 mgs. of vitamin C (about ½ cup orange juice) can triple absorption from a meal.

- **Highest Sources of Vitamin C**
  - (75 mgs. or more per serving)
    - Cantaloupe – ½ melon
    - Orange juice – 1 cup
    - Peppers, diced – ½ cup
    - Strawberries – 1 cup
    - Grapefruit juice – 1 cup

- **GOOD SOURCES OF VITAMIN C**
  - (25-75 mgs. per serving)
    - Cabbage – ½ cup
    - Tomato – large
    - Tomato juice – 1 cup
    - Sweet potato – 1 baked
    - Potato – 1 baked
    - Broccoli, chopped, cooked – ½ cup
    - Spinach, cooked – ½ cup

Over-absorption of iron from food is not a common event. Our bodies use iron very effectively. If reserves are low, the body will absorb more. If the reserves are adequate, the body will absorb less.
Facts about Iron cont’d. (January is National Blood Donor Month)
From Stewart Blood Center

**FOOD SOURCES OF IRON**

The overall best source of iron is liver, followed by red meats, beans, dark meat, poultry, green leafy vegetables and whole wheat grains. Blackstrap molasses, often called “black gold,” is also very high in iron.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>PORTION</th>
<th>IRON (mgs)</th>
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<tbody>
<tr>
<td>Total</td>
<td>1 oz.</td>
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<tr>
<td>Product 19</td>
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<tr>
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<tr>
<td>Wheat Chex</td>
<td>1 cup</td>
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<tr>
<td>Post Raisin Bran</td>
<td>1 cup</td>
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<tr>
<td>All Bran Flakes</td>
<td>1 cup</td>
<td>8.9</td>
</tr>
<tr>
<td>Life</td>
<td>1 cup</td>
<td>6.6</td>
</tr>
<tr>
<td>Kellog's Raisin Bran</td>
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<tr>
<td>40% Bran Flakes</td>
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<td>calves liver</td>
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<tr>
<td>hamburger (lean)</td>
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<tr>
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<td>ham</td>
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<td>turkey meat, dark</td>
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<td>cucumbers</td>
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<tr>
<td>broccoli, raw</td>
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<td>peas, fresh, cooked</td>
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<td>oysters</td>
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<tr>
<td>clams</td>
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<tr>
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<td>prune juice</td>
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<td>sunflower seeds</td>
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<td>apricots, dried</td>
<td>1/4 cup</td>
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<tr>
<td>raisins</td>
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<tr>
<td>peanuts (roasted)</td>
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<td>peanut butter</td>
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<tr>
<td>eggs (poached)</td>
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<td>1.2</td>
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<td>potato chips</td>
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<tr>
<td>chocolate, bittersweet</td>
<td>1 oz.</td>
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</table>

Recommended Daily Allowances of iron:
Women - 18 mgs.
Men - 10 mgs.

America’s Blood Centers:
SERVING COMMUNITIES NATIONWIDE.
For more information, call (903) 535-5449.
Foods to Help You Feel Better - 6 ways to add mood-boosting foods to your diet
By Elaine Magee, MPH, RD (WebMD Feature)

Are you feeling down in the dumps? Are you irritated at how often you’ve been irritable? Perhaps it's time to look at the foods and drinks you consume to see if they are trashing your mood. Nutrition experts say that the foods you eat can help you feel better -- or feel worse -- in the short-term and the long-term.

Meal-to-meal and day-to-day, keeping your blood sugars steady and your gastrointestinal (GI) tract running smoothly will help you feel good and energetic. If your blood sugars are on a roller-coaster ride -- hitting highs and lows from too much sugar and refined flour -- you are more likely to feel out of sorts. This is also true if your gastrointestinal system is distressed due to intense hunger from a fad diet or constipation because you aren’t getting enough fiber and water.

Week-to-week and month-to-month, keeping your body healthy and disease-free makes good moods more likely. For example, key nutrients you get in certain foods can influence the levels of feel-good hormones such as serotonin. Other nutrients can help prevent inflammation so blood circulates well to all of your organs.

“Eating a heart healthy diet -- high in fiber and low in saturated fat -- is a great place to start to boost your mood. There isn’t any question about it,” says Diane M. Becker MPH, ScD, director of the Center for Health Promotion at the Johns Hopkins School of Medicine. Conversely, “a high-fat, high-glycemic load meal can make you physically feel dysfunction in your body. People who eat this type of meal tend to feel bad and sleepy afterwards,” she says.

6 Tips for Foods and Beverages That Help You Feel Good

1. Seek out foods rich in vitamin B12 and folic acid (folate). What’s special about chili made with kidney beans and lean beef? Or a light chicken Caesar salad made with skinless chicken breast and romaine lettuce? Or grilled salmon with a side of broccoli? All these dishes feature one food that is rich in folic acid (folate) and another that is rich in vitamin B12. These two vitamins appear to help prevent disorders of the central nervous system, mood disorders, and dementias, says Edward Reynolds, MD, at the Institute of Epileptology, King’s College, London.

The link between higher food intakes of folate and a lower prevalence of depressive symptoms crosses cultures, too. A recent study confirmed this association in Japanese men.

Folic acid is usually found in beans and greens. Vitamin B12 is found in meats, fish, poultry, and dairy. Other dishes that feature B-12 and folic acid-rich foods include: a burrito or enchilada made with black beans plus beef, chicken, or pork, a spinach salad topped with crab or salmon or an egg white or egg substitute omelet filled with sautéed spinach and reduced-fat cheese

2. Enjoy fruits and vegetables in a big way. Fruits and vegetables are packed with key nutrients and antioxidant phytochemicals, which directly contribute to your health and health-related quality of life.

In a one study, eating two more servings of fruits and vegetables a day was associated with an 11% higher likelihood of good functional health. People who ate the highest amount of fruits and vegetables felt better about their health.

3. Eat selenium-rich foods every day. Selenium is a mineral that acts like an antioxidant in the body. What do antioxidants have to do with feeling better and minimizing bad moods? Research suggests that the presence of oxidative stress in the brain is associated with some cases of mild to moderate depression in the elderly population.

One study evaluated the depression scores of elderly people whose daily diet was either supplemented with 200 micrograms of selenium a day or a placebo. Although more research is needed to confirm the findings, the group taking selenium had higher amounts of selenium circulating in their blood and significant decreases in their depression symptoms. Try to get at least the recommended daily allowance for selenium: 55 micrograms a day for men and women.

Whole grains are an excellent source of selenium. By eating several servings a day of whole grains such as oatmeal, whole-grain bread, and brown rice, you can easily get 70 micrograms of selenium. Other foods rich in selenium include: beans and legumes, lean meat (lean pork or beef, skinless chicken or turkey), low-fat dairy foods, nuts and seeds (especially Brazil nuts) and seafood (oysters, clams, crab, sardines, and fish).

4. Eat fish several times a week. Several recent studies have suggested that men and women have a lower risk of having symptoms of depression if they eat a lot of fish, particularly fatty fish like salmon, which is high in omega-3 fatty acids. Omega-3s from fish seem to have positive effects on clinically defined mood swings such as postpartum depression, says Jay Whelan, PhD, head of the department of nutrition at the University of Tennessee. Good sources of omega-3 fatty acids include: herring, rainbow trout, salmon, sardines and tuna.
5. **Get a daily dose of vitamin D.** Does a little time in the sun seem to make you feel better? The sun’s rays allow our bodies to synthesize and regulate vitamin D.

Four recent studies showed an association between low serum levels of vitamin D and higher incidences of four mood disorders: PMS, seasonal affective disorder, nonspecified mood disorder, and major depressive disorder. Researcher Pamela K. Murphy, PhD, at the Medical University of South Carolina says people can help manage their moods by getting at least 1,000 to 2,000 IU of vitamin D a day. That’s significantly more than the RDA for vitamin D, which is 200 IU for adults under 50, 400 IU for ages 51 to 70, and 600 IU for people over 70.

Very few foods naturally contain vitamin D. So she recommends we get vitamin D from a variety of sources: short periods of sun exposure, vitamin D supplements, and foods.

Vitamin D can be found in: Fatty fish such as salmon, tuna, mackerel, beef liver, cheese and egg yolks. But our primary source of dietary vitamin D is fortified foods, such as breakfast cereals, breads, juices, and milk.

6. **Treat Yourself to 1 oz of Chocolate.** Small amounts of dark chocolate can be a physical upper,” says Becker at Johns Hopkins. “Dark chocolate has an effect on the levels of brain endorphins,” those feel-good chemicals that our bodies produce. Not only that, but dark chocolate also seems to have a heart-healthy anti-clogging effect in our blood vessels.

In one study from the Netherlands, Dutch men who ate 1/3 of a chocolate bar each day had lower levels of blood pressure and lower rates of heart disease. The chocolate also boosted their general sense of well-being.

**How Foods and Beverages May Make You Feel Bad**

Just as some foods can help you feel better, others can make you feel down. Here are ways to reduce the harmful effects of three foods that can drag you down.

1. **Reduce foods high in saturated fat.** Saturated fat is well known for its role in promoting heart disease and some types of cancer. Now researchers suspect saturated fat also play a role in depression.

The link was found in a study called the Coronary Health Improvement Project, which followed 348 people between the 24 and 81. A decrease in saturated fat over a six-week period was associated with a decrease in depression.

2. **Limit alcohol carefully.** That “feel-good” drink, alcohol, is actually a depressant. In small doses, alcohol can produce a temporary feeling of euphoria. But the truth is that alcohol is a chemical depressant to the human brain and affects all nerve cells.

Depending on the amount of alcohol consumed, people can go quickly from feeling relaxed to experiencing exaggerated emotions and impaired coordination. It’s no coincidence that depressive disorders often co-occur with substance abuse, and one of the main forms of substance abuse in this country is alcohol.

3. **Don’t go crazy with caffeine.** Caffeine can increase irritability a couple of ways.

If the caffeine you consume later in the day disrupts your nighttime sleeping, you are likely to be cranky and exhausted until you get a good night’s rest. Caffeine can also bring on a burst or two of energy, often ending with a spiral into fatigue. Some people are more sensitive than others to the troublesome effects of caffeine. If you are sensitive to caffeine, decrease the amount of coffee, tea, and sodas you drink to see if this helps uplift your mood and energy level, particularly in the latter part of the day.
“Your UT Select Health Benefits Guide” Correction

It was brought to OEB’s attention by Blue Cross and Blue Shield of Texas (BCBSTX) that the benefits summary charts in “Your UT SELECT Health Benefits Guide” did not accurately reflect the Preventive Care benefits for child immunizations up to age 6 for both In-Area Non-Network (page 3) and Out-of-Area benefits (page 8). For both In-Area Non-Network and Out-of-Area benefits, child immunizations up to age 6 are covered in full by the UT SELECT plan with no copayment applied.

While the immunization benefits for children up to age 6 have been paid correctly by BCBSTX, the benefit description was not accurately recorded in the online or printed version of the UT SELECT Health Benefits Guide. The online UT SELECT Health Benefits Guide has been updated, and the benefits summary charts in the UT Benefits Handbooks for Employees and Retired Employees will be updated by the close of business Monday in order to accurately reflect the childhood immunization benefit for children up to age 6.

Life Insurance Carrier has a new name

Great news! Fort Dearborn Life® has created a new brand name—Dearborn National®. The new brand reflects our growing and changing company. Dearborn National is part of a campaign to reinforce the core values that differentiate us from our competitors as well as leverage the strength of our affiliated companies. Our values are summed up in the tagline: Strength. Independence. Solutions.

More than just a tagline, it defines how we do business.

You’ll be hearing more from Dearborn National as we transition to our new brand. More important, we hope you see and experience the core values that set us apart.

Another Great Way to reach those New Year’s Resolutions!

YOGA CLASSES

Yoga is a great wellness tool for the mind and body. The yoga class is taught by Debbie Tompkins. Classes are held on Tuesdays & Thursdays from 5:15PM to 6:30PM. The cost is $30 a month. Contact Caryn Vorsas for more information at ext. 7293
Slow Cooker Chicken and Dumpling Recipe for Crock Pots

Recipe Ingredients

4 boneless, skinless chicken breast
2 tablespoons butter
2 small cans cream of chicken soup
1 medium onion, finely diced
1 can chicken broth
1-2 cans water
2 packages refrigerated biscuit dough (about 10 ounces each)

Cooking Directions

1. Cut chicken breast into bit sized pieces and set aside.

2. In a slightly greased crock pot or slow cooker, add ingredients consisting of chopped chicken, butter, cream of chicken soup and onion. Next pour chicken broth and water into crock pot to cover the ingredients. Cover the Crockpot and cook 5 hours on low heat.

3. To make dumplings, just roll your refrigerator biscuit dough out into small pancake sizes and cut into strips. Add dumplings to your crock pot, stir in well, turn heat to high and cook for an additional hour or until dumplings are tender and ready to eat.

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Office Hours: Monday – Friday 8am – 5pm

UT Health Science Center at Tyler Benefit Provider Numbers:

**UT Select/Blue Cross Blue Shield**
1-866-882-2034 or www.bcbstx.com/ut

**Medco Health Prescription Plan**
1-800-818-0155 or www.medco.com

**UT Flex**
1-866-887-3539 or www.utflex.com

**Dearborn National (Long Term & Short Term Disability)**
1-866-628-2606 or www.fdl-life.com/ut

**Teachers Retirement System of Texas**
1-800-223-8778 or www.trs.state.tx.us

**Delta Dental Premier**
1-800-893-3582 or www.deltadentalins.com/universityoftexas

**Superior Vision**
1-800-507-3800 or www.superiorvision.com

**Long Term Care**
1-888-825-0353 or www.lcbenefits.com/uts

**Dearborn National**
1-888-628-2606 or www.fdl-life.com/ut

**WebMD**
www.webmdhealth.com/ut