From Our Desk to Yours

In this issue of Making Healthy Choices, we'll look at research that points to alcohol consumption as a major risk factor for certain types of cancer. We'll also digest the health benefits of eating a fiber-rich diet for weight management. And just days before the Thanksgiving holiday, we'll share some healthier holiday recipes for cookies and pumpkin pie.

Yours in good health,
Dr. Don Hall, DrPH, CHES

Health Headlines

Avoid Alcohol to Lower Cancer Risk

The average adult in the United States has four alcoholic drinks per week, and many people drink more than that during the holidays. However, a recent study found that even moderate drinking increases the risk for many types of cancers. Read More »

Fiber-Rich Diet Improves Weight Management

An estimated 69 percent of all adults in the United States are overweight or obese, according to the Centers for Disease Control and Prevention. Poor food choices are a primary cause for the obesity epidemic. However, new research suggests that eating a high-fiber diet may be an effective way to lose weight or prevent weight gain. Read More »

Recipes

About Making Healthy Choices™

The Making Healthy Choices™ newsletter is written by Don Hall, DrPH, CHES, founder of Wellsource, Inc. with contributions from associated health professionals. It is available as a resource to Wellsource clients and other
Healthier Holiday Treats

Fad diets are hard to follow, especially during the holidays. While you may lose weight on a restrictive diet, it's a recipe for a cycle of weight loss and weight gain. You're better off making healthier food choices. Try these healthier holiday recipes for cookies and pumpkin pie:

**Carob Chip Cookies**

**Soy Simple Pumpkin Pie**

**Almond Barley Pie Crust**

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select organizations involved in promoting health.