From Our Desk to Yours

In this issue of Making Healthy Choices, we'll show you why eating fiber-rich foods is good for your health, and give you some tips on how to add more fiber to your diet. We'll also take a closer look at the dangers of distracted driving and how to be a safer driver when you get behind the wheel. And if you're looking for some tasty, fiber-rich foods, be sure to check out the recipes of the month.

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

Health Headlines

Cereal Fiber Protects Against Heart Disease
Start your day with a heart-healthy breakfast

Whole grains have long been linked to lower risk of developing coronary heart disease. A new study now shows that even in people who have experienced a heart attack, eating more fiber from whole grains is associated with a decreased risk of death from cardiovascular causes. Read More »

Steer Clear of Distracted Driving Habits
Distacted driving linked to 18 percent of all fatal and injury-related automobile accidents

Texting while driving poses a significant risk for accidents, injury and death. But is texting the only problem? What about other distractions while driving such as eating, grooming, or reading? An estimated 18 percent of all fatal crashes and injury-related car accidents are caused by distracted driving, according to the Federal Communications Commission. Read More »
Feast on Fiber to Improve Your Health

Aim to eat 25 to 38 grams of fiber per day

If you’re not getting the recommended 25 to 38 grams of fiber a day in your diet, you’re missing out on important health benefits from eating fiber-rich foods. Try these high-fiber recipes to improve your health.

- High-Fiber Guacamole
- Honey Bran Bread
- Quinoa and Winter Vegetables

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