



DID YOU KNOW...

NONFAT YOGURT PROMOTES INTESTINAL HEALTH, ALLOWING YOUR BODY TO ABSORB THE NUTRIENTS IN YOUR DIET?

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LIVE WELL

Better Health, Greater Opportunity

A Newsletter dedicated to the Health and Wellness of the Iron Workers of Western Pennsylvania and their families.

METABOLISM BOOSTING FOODS

If you are looking to add protein to your diet and boost your metabolism, try any of the following protein packed foods.



AVOCADO

Protein content: 2 g per half avocado
The protein in this fruit contains all 9 essential amino acids, plus heart-healthy omega-3 fatty acids.

ASPARAGUS

Protein content: 4 g per 1 cup (chopped)
This tasty veggie is a nutrient powerhouse. Enjoy it steamed or grilled, or toss chopped spears into salads.

TREE NUTS

Protein content: 4-6 g per 2 Tbsp
A small handful of walnuts or almonds is great as a snack, mixed into yogurt or oatmeal, or on a salad.

CHEESE AND MILK

Protein content: 6-7 g per oz; 9-10 g per 1 cup
Go for low-fat options. They generally contain more protein than fattier alternatives.

LEGUMES

Protein content: 7-9 g per 1/2 cup (cooked)
Pair dried beans (think black beans, chickpeas, and lentils) with rice or quinoa for a complete-protein meal.

EDAMAME

Protein content: 8.5 g per 1/2 cup (shelled)
A single serving packs nearly every trace mineral your body needs, including iron, magnesium, and zinc.

TEMPEH

Protein content: 15 g per 1/2 cup
Its nougat like texture makes tempeh a smart stand-in for meat. Sauté, or crumble cooked tempeh over salads.

GREEK YOGURT

Protein content: 18 g per 6 oz
This thick and creamy treat packs nearly twice as much protein as other dairy sources; it's great with all types of fruit.

WHEY PROTEIN

Protein content: 24 g per 1 oz
Add a scoop to smoothies or water for a quick protein hit. Avoiding animal products? Try soy protein powder.

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*Visit**www.ironben.com**to view this
newsletter,**print Value**Bank**Incentive**and**Reim-**bursement**forms and**so much**more!*

METABOLISM-BOOSTING FOODS

continued

SPINACH

Protein content: 5 g per 1 cup (cooked)

Of all the leafy greens, spinach boasts the highest protein content. Try it sautéed with garlic.

TOFU

Protein content: 12 g per 3 oz

Made from soybeans, this low-calorie, versatile protein will take on any flavor.

PSEUDOGRAINS

Protein content: 5-9 g per 1 cup (cooked)

These hearty, grain like seeds (quinoa, amaranth, and buckwheat) have more protein than traditional grains.

EGGS

Protein content: 12 g per 2 eggs; 14 g per 4 egg whites

However you prepare them, eggs and egg whites are smart fuel for muscles.

POULTRY AND PORK

Protein content: 28 g per 4 oz

Family favorites like skinless chicken and pork make it easy to score plenty of protein at each meal.

HEMP SEEDS

Protein content: 10 g per 2 Tbsp

Great for soups and salads, these seeds have 8 of the 9 essential amino acids that build muscle.

COTTAGE CHEESE

Protein content: 14 g per 1/2 cup

Eating a scoop doesn't mean you're on a diet, it means you're muscle savvy. Try adding it to smoothies.

BEEF

Protein content: 28 g per 4 oz

Look for the absolute leanest cuts, like round roast or top sirloin. Try bison for a leaner red-meat alternative.

www.fitbie.msn.com/slideshow/18-metabolism-boosting-foods

Drink Up!

Everyone knows that water is essential to good health, but how much should you drink every day? Your water needs depend on factors such as your health, how active you are and where you live. Knowing more about your body's need for water will help you to estimate how much water to drink each day.

Every system in your body depends on water. Water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Every day, you lose water through your breath, perspiration, urine and bowel movements. To function properly, you must replenish your body's water supply by drinking and eating foods that contain water.

The Institute of Medicine has determined that an adequate intake (AI) of water for a healthy adult male, living in a temperate climate, is roughly 3 liters (about 13 cups) of total beverages a day. The AI for a healthy adult woman is 2.2 liters (about 9 cups).

If you exercise or engage in an activity that makes you sweat, you need to drink extra water to compensate for the fluid loss. During intense exercise, it is best to



use a sports drink that contains sodium, to replace the sodium lost in sweat.

While water is your best bet, milk, juice, coffee, beer and wine can contribute to your daily

fluid intake. Keep in mind these should NOT be a major portion of your fluid intake.

What you eat also provides a significant portion of your fluid needs. On average, food provides 20% of total water intake. Many fruits and vegetables, such as watermelon and tomatoes, are 90% or more water by weight. So make sure to add plenty of fruits and vegetables to your diet as well!

Generally, if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters or more of colorless or light yellow urine a day, your fluid intake is probably adequate. If you are concerned with your fluid intake or have questions or health issues, check with your physician or registered dietician.

MONEY IN YOUR POCKET!!!

We are only 5 months away from pulling a name to win **\$7,500!** Complete any of the Wellness Incentives, and return the proper paperwork, along with a Value Bank Incentive Request Form to the Plan Office to have your name entered.

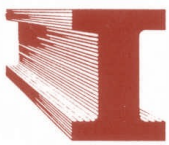
Everyone who completes an approved incentive receives \$50 in their Value Bank, (upon submission of proper paperwork)!

Incentive request forms can be found on our website, www.ironben.com, under the Welfare tab.

Here's What's Cooking...

For a great tasting dip to serve with fruit, wafers, graham crackers, you name it, mix 1/2 cup of low fat vanilla flavored Greek yogurt with 2 tablespoons of natural peanut butter. You can also sprinkle in some cocoa for a quick and easy dip your guests will love!





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Look for your next
issue in October!

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2013 Value Bank Reimbursement Updates

Effective **January 1, 2013**, you can be reimbursed for breast pumps and supplies for lactation incurred by you, your legal spouse or eligible dependents who are enrolled in the Plan. You must submit itemized receipts for purchased items or a rental agreement and cancelled checks for rented breast pumps.

Also effective **January 1, 2013**,

for a member who has attained age 65 and is enrolled in Medicare, the Value Bank may be used for reimbursement of Medicare Part B premiums. Reimbursement will only be made upon the request of the member.

Effective **June 1, 2013**, expenses for prescription drugs that are not incurred under the Welfare Plan will be

eligible for reimbursement.

All reimbursement requests will be reviewed and processed within 30 days. Please be sure to read the instructions, and sign and date the form before submitting for reimbursement. Failure to submit the correct documentation and not signing the form will result in a delay in processing your request.