

LIVE WELL WORK WELL



Health and wellness news for your work
and your life.

Monitor Your Rice Intake to Minimize Arsenic Consumption

Arsenic, an element from the Earth's crust that is naturally found in air and water, may not only cause cancer, but can also negatively affect a child's development and cause problems into adulthood. **Inorganic arsenic** is the type of arsenic that is associated with adverse health effects and the type of arsenic that is found in common foods and drinks, like rice and apple juice.

Rice has been found to absorb the highest amounts of inorganic arsenic when compared to other commonly eaten foods. Last April, the U.S. Food and Drug Administration (FDA) proposed a limit on the amount of inorganic arsenic to be allowed in infant rice cereal. The FDA, however, has not imposed action limits on other rice items.

Instead, the FDA and Consumer Reports recommend that adults and children eat a well-balanced diet for good nutrition and avoid consuming an excess of rice.

For further information on arsenic in rice and recommendations on how to safely keep rice in your diet, visit the [FDA's Q&A page](#).

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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Technologies Can Reduce Cell Phone Distracted Driving

More than 3,000 people are killed on U.S. roads every year in distracted driving crashes, the federal government reports. Cell phone use is a common driver distraction. About 70% of drivers report using cell phones despite knowing phones can be a crash risk.

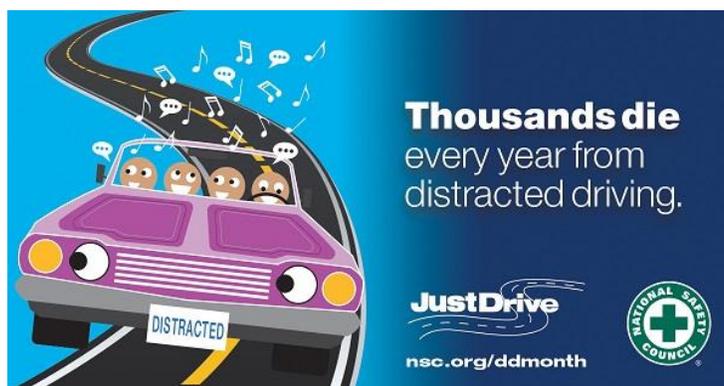
Cell phone blocking apps and devices can help drivers stay focused on driving. They prevent drivers from making or accepting calls, texting or accessing the internet.

Cell phone blocking technology is most often an app for smartphones and is available from wireless services and companies that specialize in these apps.

The most basic technologies prohibit calls or texts while a vehicle is in motion. More advanced systems are capable of blocking audio features, and tracking speed and sudden stops. Many send text or email notifications, providing helpful information for parents of teen drivers.

NSC recommends consumers do their homework. Cell phone blocking apps and devices can be activated by adding a service to a wireless plan, downloading an app onto your phone or installing a device in your vehicle to put a "geofence" around the driver. All products have online dashboards that allow customers to set up accounts and choose settings.

Source: *National Safety Council*



BASIC QUICHE

- 1 9-inch pie crust (baked)
- 1 cup broccoli, zucchini or mushrooms (chopped)
- ½ cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup nonfat milk
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. garlic powder

PREPARATIONS

1. Preheat the oven to 375 F.
2. In a medium-sized skillet, cook the vegetables until fork-tender.
3. Put the cooked vegetables and shredded cheese into the prepared pie crust.
4. Mix the eggs, milk, salt, pepper and garlic powder together in a bowl. Pour mixture over the vegetables and cheese.
5. Bake for 30-40 minutes. Let cool for five minutes before serving.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	230
Total Fat	13 g
Protein	9 g
Carbohydrates	18 g
Dietary Fiber	2 g
Saturated Fat	5 g
Sodium	440 mg
Total Sugars	4 g

Source: USDA



Are You Getting Enough Calcium?

Calcium is the most abundant mineral in your body. Consuming enough calcium is critical for keeping your bones and teeth strong and for maintaining the function of your nerves, heart and muscles.

Failing to get enough calcium can stunt children's growth and can increase the risk of developing osteoporosis. The current recommended dietary allowance (RDA) by age group is as follows:

- **1-3 years**—700 mg daily
- **4-8 years**—1,000 mg daily
- **9-18 years**—1,300 mg daily
- **19-50 years**—1,000 mg daily
- **51-70 years**—1,000 mg daily (men) and 1,200 mg daily (women)

Please note that these RDAs reflect suggestions from the Office of Dietary Supplements at the National Institutes of Health. Your personal recommended calcium allowance may differ. Please consult your doctor to determine how much calcium you need in your diet.

TOP 10 CALCIUM-RICH FOODS



1. YOGURT



2. CHEESE



3. COW'S MILK



4. SOY MILK



5. SEAFOOD



6. DARK, LEAFY GREENS



7. BEANS



8. OATMEAL AND FORTIFIED CEREALS



9. TOFU



10. MOLASSES

SOURCE: LIVESTRONG.COM