**Health Notes**

**A collection of helpful health tidbits from Centrum**® **newsletters.**

**Easy Advice to Curb That Queasy Feeling During Pregnancy**

Body changes, like those during pregnancy, can cause nausea at any time of the day. Staying away from intense food odors and eating bland foods can also help “morning sickness.” Eating smaller meals more frequently, staying hydrated with plenty of water, and avoiding caffeine also helps. *~January 2007*

**Good Tip for Bad Breath**

Simple measures can help you control bad breath. For example, brushing and flossing right after you eat, plus scraping the back of your tongue with a toothbrush or a tongue scraper can help. Also, something as simple as drinking plenty of water will help wash away decaying cells and bacteria inside your mouth. *~February 2007*

**Halve Serving, Save Fat and Calories**

Think you’re good at estimating the nutritional value of a restaurant item? Many people’s guesses aren’t as accurate as they may think. A recent study found that when people tried to estimate the fat and saturated fat content in relatively unwholesome restaurant items, the actual amount was twice as much as they’d guessed. To save calories, immediately halve the plate as soon as it’s brought out, and ask for a to-go bag.

**Light Up Your Life**

Scientists believe your mood can be affected by light exposure, which may explain in part why many people feel sluggish or even depressed during the winter. Researchers found that increased exposure to light raised a person’s activity level and bettered their performance as well as heightened their mood. Some ideas to add more light include bringing more artificial light to rooms, opening shades, arranging desks and chairs in the office and at home so you feel more sunlight, taking 5-minute sun breaks throughout the day to bathe in the sun by a window, or simply getting outside more often.*~February 2007*

**The Vitamin C Punch**

Vitamin C is an antioxidant that helps support your immune system. Along with multivitamins, find vitamin C in fruits and vegetables, such as oranges, grapefruit, melons, strawberries, broccoli, peppers, brussels sprouts, and cabbage. To get the most vitamin C out of fresh produce, store it in the refrigerator, and eat it raw. *~March 2007*

**How to Keep Caffeine in Check**

Having multiple “decafs” during the day could equal one caffeinated drink. If you’re avoiding caffeine, beware that even decaf coffee may put some of the stimulant into your body. In a recent study, researchers collected 22 samples of “decaffeinated” coffee and espresso from coffeehouses. The caffeine content in the coffee ranged from 0 to 13.9 milligrams per 16-ounce serving, and the caffeine in the espresso ranged from 3 to 15.8 milligrams per shot. *~March 2007*

**Combing Weight-Loss Efforts**

If you’re striving to lose weight, research shows that you should watch your diet and your exercise habits. A study that pooled the results of 43 earlier studies found that using exercise and diet helped people lose more weight than dieting alone. However, even in people who didn’t lose weight, exercise helped reduce risk factors for heart problems. *~March 2007*

**Fuel Up First Thing**

If you’re on the go all day, it pays to fill your tank in the morning with breakfast composed of longer-lasting, energy-boosting foods. To make the morning meal more than just a cup of coffee on the run, try to include foods with carbohydrates, which fuel your muscles and brain, and items fortified with B vitamins that help the flow of energy through your body. *~April 2007*

**A Snack in Time**

Healthy snacks can be part of a successful diet. Snacks, such as yogurt, vegetables, fruits, or peanut butter on whole wheat bread, can help maintain blood sugar levels. What’s more, such healthy snacking may help you avoid overeating and ward off cravings. *~April 2007*