Healthy Weekly
EVERYDAY HEALTH

Deli Meat Nutrition:

Which Is the Healthiest Lunch Meat?

Phlegm and Mucus: How To Get Rid of It

They serve a purpose, but too much is uncomfortable

Excessive mucus and phlegm may not be much of a conversation starter (unless you're 14 and trying to spit the farthest). But if you have too much mucus, it can drive you crazy in search of solutions.

First, consider that mucus has a purpose. This fluid is naturally made by your body every day, says laryngologist Paul C. Bryson, MD.

"While the exact amount your body makes isn't known, most experts think it's about one liter a day," he says. (That's half of a 2-liter bottle of soda!)

Dr. Bryson outlines some ways to get rid of your excess mucus and phlegm.

What are mucus and phlegm?

Mucus has an important role in your body. It's made by cells in your mouth, throat, nose and sinuses. Its slippery consistency helps protect and moisturize, and traps potential irritants.

Phlegm is made of mucus membranes, but it's produced and used by your respiratory system to combat inflammation.

What causes mucus overproduction?

Your body can go into overdrive creating mucus when you:

- **Have a cold.**
- **Have irritated sinuses (sinusitis).**
- **Have allergies.**
- **Are exposed to smoke or pollution**.

"Environmental allergies can cause excess mucus or phlegm, as can food allergies, but the latter is harder to diagnose based on this symptom alone," Dr. Bryson explains.

If you're healthy, your mucus tends to be thin — and you may not even notice it. But if you're sick, your mucus can become thick and crusty.

And you may not notice phlegm until you cough it up, which can be a symptom of pneumonia or bronchitis.

You may be concerned about the color of your mucus and phlegm, too, whether it's yellow or green. But the color doesn't necessarily mean you have an infection.

How to get rid of excess mucus and phlegm

If you have chronic problems with mucus and phlegm, try the following. These remedies also help if your problem with mucus and phlegm progresses to a post-nasal drip.

Hydrate more

Drink more water. Also, consider your medications or any dehydrating beverages you regularly drink like coffee, alcohol and some teas.

"A good rule of thumb is to drink enough water to make your urine pale," Dr. Bryson advises.

Use a humidifier

This can help your body moisturize your throat and nasal passages and may help you reduce mucus and phlegm production.

Opt for a cool-mist humidifier and make sure you clean it regularly per its directions.

Check filters on heating and cooling systems

Make sure the filters are clean and functioning well to keep dust and other potential irritants out of the air.

Use a nasal saline spray

This helps rinse and hydrate tissues in your nose and sinuses. Use a sterile spray that has sodium chloride.

Gargle with salt water

Using salt water (1 teaspoon of salt per glass of warm water) can ease your irritated throat by clearing away mucus.

Use eucalyptus

Whether it's a eucalyptus balm or essential oil in a diffuser, the scent of eucalyptus can help loosen mucus in your chest.

Use over-the-counter medication

Decongestants (in oral form or as a nasal spray) can help reduce the swelling in your nose. There are also expectorants like guaifenesin (like Mucinex®) that help thin mucus.

"If you're concerned about allergies, remember that the testing is easy and straightforward," says Dr. Bryson. "You can also try over-the-counter allergy medications, which may solve your issue."

If you're in doubt, don't hesitate to discuss your problem with your primary care doctor or an otolaryngologist, who can dig into your particular symptoms and history to find solutions.

Is excess phlegm a sign of a serious condition?

If the amount of mucus your body makes is uncomfortable, you might worry it's a sign of a more serious problem.

According to Dr. Bryson, mucus isn't typically a symptom to worry about if it's your only symptom.

"Worrisome signs are mucus accompanied by fevers, chills and night sweats, especially if you also experience weight loss, nasal obstruction or intermittent nose bleeds for more than two weeks," he says.

Content By Cleveland Clinic/Dr. Btyson MD...

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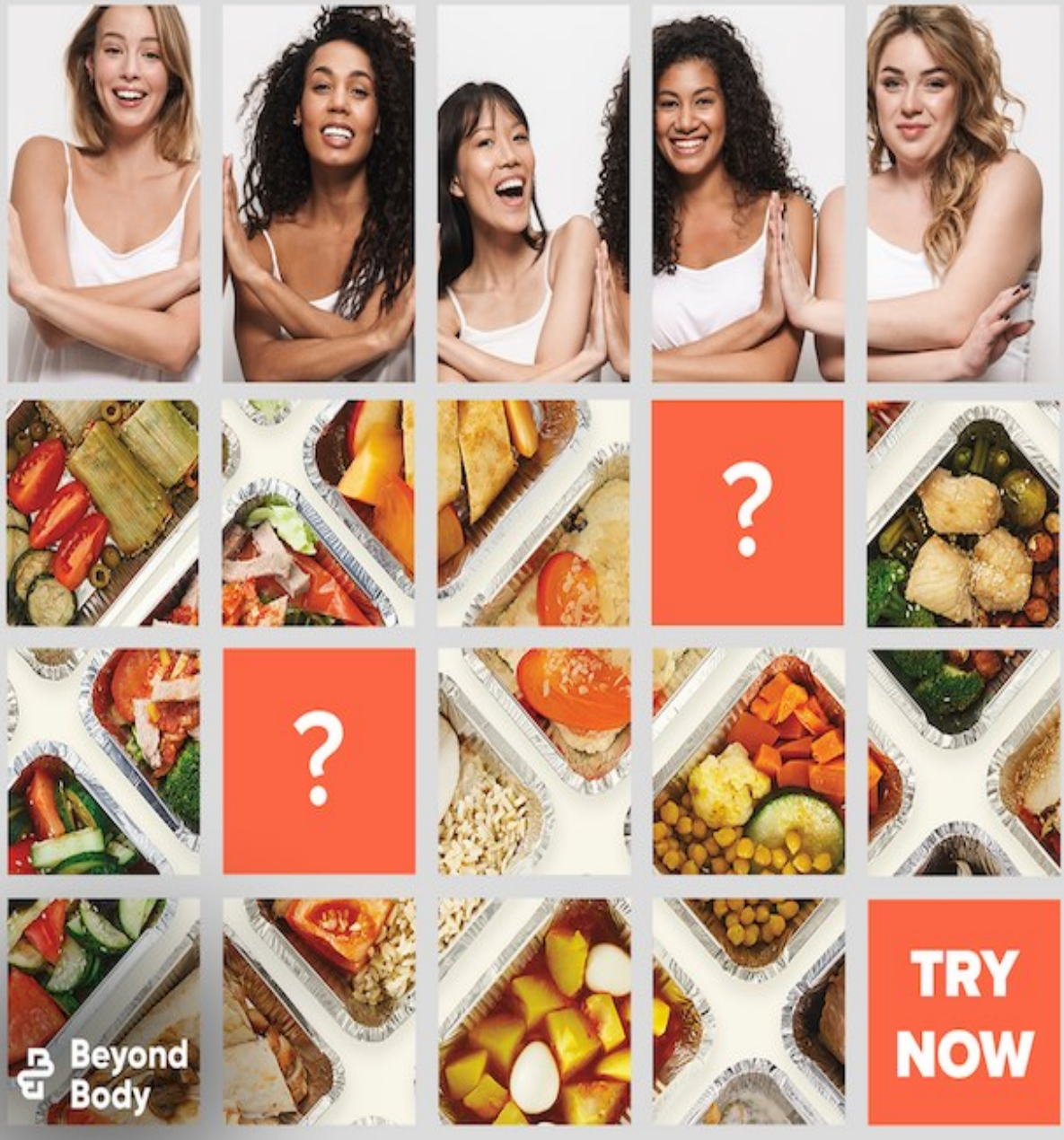

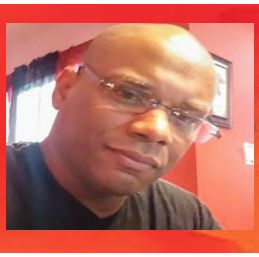

Managing Editor Jaye Kenzie

THINKING OUT LOUD

Healthy Deli Meat

November 15 2022

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Deli Meat Nutrition: Which Is the Healthiest Lunch Meat?

If you enjoy deli meat, you may be wondering what type of lunch meat is the healthiest choice for your meal. Not all of these deli meats are created equally, and certain choices are significantly better for your health than others.

What is Deli Meat?

Deli meats – also known as lunch meats, cold cuts and sliced meats are pre-cooked, cured meats, that are ready to eat and can be served hot or cold. They are popular in sandwiches or served on a charcuterie board as an appetizer with cheese, dips, olives, and nuts. Most cured meats are meats that have been preserved by adding chemical preservatives like sodium nitrite. Some deli meats like traditional prosciutto are cured with just salt, but this is less common. Most deli meats are cured by using nitrites either in the form of sodium nitrite, or cultured celery extracts.

First and foremost, the healthiest deli meat would be free of nitrites. Nitrites in processed meats combine with amino acids found in animal protein which allows nitrites to form nitrosamines, the cancer-causing compound. This is what differentiates eating nitrites from spinach or beets versus consuming them in a cooked meat product.

Deli meats can be purchased pre-sliced in vacuum packs which are typically for sale next to the meat and dairy departments of grocery stores. They can also be purchased at the deli counter sliced to order by weight. There is no difference between the meat product available at the deli counter versus the meats that are pre-sliced and packaged.

However, it will be hard to find organic deli meats at the deli counter because organic deli meats cannot contact conventional deli meats so the store would need to have a dedicated slicer. Therefore they are sold pre-sliced and packaged or sold as whole roasts, like our Organic Mini Ham.

People with food allergies often prefer to purchase pre-packaged meats because they can read the full list of ingredients, claims and certifications specific to that product. Priority allergens like dairy, gluten, soy and mustard must be listed on a food label.

Common deli meats include bacon, sausages (hotdogs, smokies, pepperoni), bologna, salami, pastrami, and varieties of ham, turkey, beef, and chicken sliced lunch meats.

The US Food Inspection Agency (FDA) regulates the names of certain deli products like Bacon, which can only be used if it is cured with nitrites. The FDA defines bacon as pork belly cured with nitrites. This is why our bacon is called Breakfast Strips.

How is Deli Meat Made?

Not all deli meats are created equal and it starts with the cut of meat and ends with what's added to the brine. A deli roast can be made with chunks of whole muscle meat that are bound together through a brining and tumbling process, (think Roast Turkey Breast) Or a deli product can be created with mechanically deboned meat cuts that are ground into a slurry, (think bologna) then formed and sliced into luncheon meat. The same goes for sausages. A quality smokie has chunks of real meat versus a hotdog which is more homogeneous in texture>>>>

What most deli products have in common is the brining process. In conventional deli meats the brine includes a combination of salt, water, sugars (dextrose, corn syrup solids), spices, herbs and preservatives like sodium nitrite and potassium phosphate. Nitrites help preserve the meat and give them a nice pink color and distinctive salty flavor. Phosphates help retain moisture and bind the meat cuts together to form a perfectly congealed roast which holds together when sliced.

In organic deli meats the brine is mostly sea salt, water, herbs and spices and in most cases no nitrites from celery extracts are added with the exception of some brands of organic bacon. Natural starches like potato are used to replace phosphates and the deli roast or sausage is made with lean whole muscle cuts that are organic.

What's Hiding Inside Deli Meat?

When deli meat is pre-sliced and packaged the list of ingredients and allergens must be displayed on the label. As mentioned above, common allergens like mustard, gluten, soy and milk must be listed in the ingredients on packaged deli meats. It is also important to note that deli ingredients do not change from a brand's pre-packaged "Black Forest Ham" to their deli roast "Black Forest Ham". It's the same recipe, one is purchased at the deli counter by weight, and the other is pre-sliced and packaged. Most delis don't list the ingredients at the deli counter, but you can ask the staff for this information.

What are the Healthiest Deli Meats?

The healthiest deli meats are preservative free and would be those derived from poultry; turkey, and chicken breast instead of beef or pork because the saturated fat content and calories per serving are much lower.

As an example, two to three slices of Black Forest Ham can be upwards of 260 calories with up to 19grams of fat, 30% saturated, and up to 310mg of sodium.

Three to four slices of Roast Turkey Breast deli meat can be as low as 50 calories, with 1% fat, 1% saturated and slightly less sodium.

In addition, there are less additives and preservatives added to poultry deli products than pork. Cultured celery extracts added to cure pork products are biochemically identical to sodium nitrite and are found in both "natural" and some organic deli meats like bacon. However, most "natural" poultry-based deli meats do not contain nitrites or celery extracts.

Benefits of Cold Cuts

Eating cold cuts is convenient—no cutting or cooking required. Simply buy the meat, slap it on a sandwich or in a wrap and head out the door. They are also high in protein and beneficial vitamins and minerals such as iron, zinc, and vitamin B12. On the flip side, they are high in sodium and some are high in saturated fat, both of which you'll want to be especially wary of if you have heart disease or high blood pressure.

Deli Meats and Heart Health

Eating high amounts of processed meats can increase the risk of heart disease, cancer and diabetes. This is related to many factors, but one culprit is sodium. Sodium is about 400 percent higher, on average, in processed meats than unprocessed meats. "Too much sodium stiffens our blood vessels and stresses our heart and kidneys," says Sam Teece, M.P.H., RD, a chef and dietitian at Sam Teece Nutrition Consulting.

The American Heart Association recommends eating no more than 2,300 mg of sodium per day (for some groups even less), but we're taking in much more. Kids in the U.S. eat an average of 3,279 mg of sodium per day, and adults average more than 3,400 mg/day. With cold cuts, the sodium adds up quickly given that just one ounce of deli turkey can have more than 500 mg of sodium. Add 150 mg from a slice of cheese and 140 mg in each slice of bread, and a sandwich may be close to 1,000 mg of sodium, not including any extra sodium-containing condiments like mustard or mayo.

Some cold cuts are also high in saturated fat, which is also linked to an increased risk of cardiovascular disease. But, recent research that found adverse health effects from processed meats pointed more to compounds in the meat like heme iron, L-carnitine or even sodium, than the saturated fat content. Regardless, if you're trying to keep your heart healthy, consider other sandwich options like tuna, salmon or even hummus, and try to keep your cold cut intake moderate.

Cold Cuts and Cancer

Most cold cuts are considered processed meats. The American Institute for Cancer Research defines

processed meat as "meat preserved by smoking, curing or salting, or addition of chemical preservatives."

Along with cold cuts, other processed meats include bacon, salami, bologna, hot dogs and sausages. Fresh chicken, turkey, beef, pork and fish that have not been modified are considered unprocessed meats.

In 2015, the World Health Organization (WHO) classified processed meats as "carcinogenic to humans" and red meat as "probably carcinogenic." Red meat is any meat from a mammal (e.g., beef, veal, pork, goat, lamb and bison).

Research is ongoing to determine why processed and red meats are associated with cancer, but it could be related to carcinogenic compounds that form during meat processing or cooking. "We know that when nitrites combine with the amines in meat, they create nitrosamines, which some studies have found to be carcinogenic," says Frances Largeman-Roth, RDN., nutrition expert and author of Eating in Color. "And according to WHO, eating processed meat is associated with small increases in the risk of cancer—and the more you eat, the greater the risk."

Cold Cuts and Nitrates/Nitrites

Sodium nitrates and sodium nitrites are salt compounds that naturally occur in the soil and are in many fruits and vegetables, such as celery, leafy greens and cabbage. In fact, most of the nitrates we eat come from vegetables and drinking water. When nitrates come in contact with saliva in the mouth, they convert to nitrites.

Sodium nitrate is added to cold cuts for preservation and to inhibit bacteria growth. Nitrate is converted to sodium nitrite when it comes in contact with bacteria in the meat. Most manufacturers now directly add nitrite to the meat.

Nitrates and nitrites themselves do not cause cancer, but there is concern that they may produce carcinogenic compounds in the body or during processing or cooking. Because consumers are wary, some manufacturers now cure meats with celery powder since celery is naturally high in nitrate. These meats are labeled "uncured" and "celery powder" is in the ingredients list instead of "sodium nitrite." Largeman-Roth adds, "Also, it's interesting to note the potentially beneficial effects that have been found from eating nitrate-rich vegetables, such as beets. I would say the jury is still out, but it's still smart to keep your intake of processed meats moderate."

Tips for Shopping for Healthy Lunches

While there is convincing evidence that cold cuts can up your risk of heart disease, diabetes and cancer, this doesn't mean you have to nix them from your diet altogether. They are an easy and convenient way to get protein, iron and vitamin B12. So how often should you eat them? "I would recommend eating cold cuts no more than a couple of times a week" says Largeman-Roth.

Here's how to healthfully incorporate cold cuts into your diet:

Buy reduced- or low-sodium: This will reduce your daily sodium intake. In addition, Largeman-Roth says, "Ham and turkey are both very lean. Look for brands that don't use antibiotics. Also, opt for ones with no added sugar."

Go nitrate/nitrite free: The jury is still out on nitrates and nitrites, but if you want to play it safe, purchase nitrate-free meats, which are usually labeled "uncured."

Purchase unprocessed meats: Next time you are food shopping, bypass the deli counter and head to the meat and seafood departments. Buy lean, fresh proteins like chicken, turkey or fish. Unprocessed meats are not as strongly linked to chronic diseases as processed meats. Teece adds, "As a chef and dietitian, I prefer to slice baked or grilled chicken and add it to a sandwich, or make a hummus and avocado spread sandwich loaded with veggies, because it looks and tastes better. There are so many options that are superior in flavor as well as better for your body than pro-

cessed cold cuts, so it's a no-brainer to ditch cold cuts in my house."

Switch up your lunch: If you eat sandwiches every day, mix it up. Bring your dinner leftovers for lunch, make a salad or make a "snack plate" by assembling carrot sticks, hummus, tuna salad, cherry tomatoes and grapes. You will increase your fruit and veggie intake while slashing the sodium, saturated fat and preservatives.

Think about your overall diet: Do you enjoy a few slices of bacon on the weekends at brunch? Then perhaps you could live without the daily deli meats at lunch. Think about your diet as a whole. Are you consuming other foods high in sodium (e.g., bread, cheese, pizza)? How frequently? Make swaps accordingly to decrease your consumption of cold cuts.

So What are the healthiest brands? Here's our Top 14 list:

- *Eat This:* ***Applegate Naturals Oven Roasted Turkey Breast***

PER 2 OZ (55 G): 50 calories, 0 g fat (0 g saturated fat), 250 mg sodium, 1 g carbs (0 g fiber, 0 g sugar), 11 g protein

- *Eat This:* ***Applegate Naturals Uncured Honey Ham***

PER 2 OZ (55 G): 70 calories, 1.5 g fat (0.5 g saturated fat), 410 mg sodium, 2 g carbs (0 g fiber, 3 g sugar), 11 g protein

- *Eat This:* ***Oscar Mayer Natural Mesquite Smoked Turkey***

PER 2 OZ (56 G): 50 calories, 1 g fat (0 g saturated fat), 480 mg sodium, 0 g carbs (0 g fiber, 0 g sugar), 10 g protein

- *Eat This:* ***Hormel Natural Choice Smoked Deli Ham***

PER 2 OZ (56 G): 60 calories,1.5 g fat (0.5 g saturated fat), 520 mg sodium, 1 g carbs (0 g fiber, 1 g sugar), 10 g protein

- *Eat* ***This: Saag's German Brand Bologna***

PER 1 OZ: 70 calories, 7.5 g fat (3.5 g saturated fat), 210 mg sodium, 0 g carbs, 3.5 g protein

- *Eat* ***This: Hormel Natural Choice Rotisserie-Style Deli Chicken Breast***

PER 2 OZ (56 G): 50 calories, 1 g fat (0 g saturated fat), 470 mg sodium, 0 g carbs, 11 g protein

- *Eat This:* ***Oscar Mayer Chipotle Seasoned Chicken Breast***

PER 2 SLICES, 2 OZ (56 G): 50 calories, 1.5 g fat (0 g saturated fat), 500 mg sodium, 0 g carbs (0 g fiber, 1 g sugar), 9 g protein

- *Eat This:* ***Applegate Organics Roast Beef***

PER 2 OZ (56 G): 80 calories, 3 g fat (1 g saturated fat), 400 mg sodium, 0 g carbs, 13 g protein

- *Eat This:* ***Applegate Naturals Uncured Genoa Salami***

PER 1 OZ(28 G): 100 calories, 8 g fat (3 g saturated fat), 420 mg sodium, 1 g carbs, 7 g protein

- *Eat This:* ***Hillshire Farm Naturals Black Forest Ham***

PER 3 SLCIES (49 G): 50 calories, 1.5 g fat (0 g saturated fat), 500 mg sodium, 1 g carbs (0 g fiber, 1 g sugar), 9 g protein

- *Eat This:* ***Saag's Pastrami***

PER 2 OZ (56 G): 80 calories, 3 g fat (1 g saturated fat), 560 mg sodium, 1 g carbs, 12 g protein

- *Eat This:* ***Applegate Naturals Uncured Pork & Beef Pepperoni***

PER 15 PIECES, 1 OZ (30 G): 140 calories, 12 g fat (5 g saturated fat), 570 mg sodium, 0 g carbs, 8 g protein

- *Eat This:* ***Applegate Naturals Uncured Turkey Pepperoni***

PER 17 SLICES (30 G): 80 calories, 4 g fat (1 g saturated fat), 600 mg sodium, 0 g carbs, 10 g protein

- *Eat This:* ***Tofurky Oven Roasted Deli Slices***

PER 5 SLICES (52 G): 100 calories, 3.5 g fat (0 g saturated fat), 350 mg sodium, 5 g carbs (1 g fiber, 1 g sugar), 13 g protein

Content by Jaye Kenzie Stay Healthy Weekly

HEALTHINSIDER.NEWS

Lessons From a Compulsive Binge Eater Who Achieved Her Dream Body

She didn't like how she looked in the mirror for a long time...

After trying just about every diet under the sun, Alicia managed to lose weight with Beyond Body.

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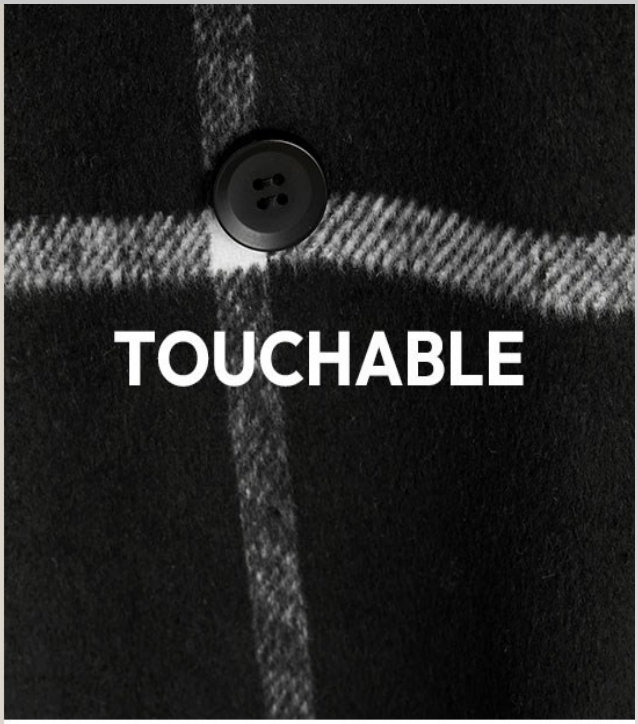

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Here's Why Losing Weight Is the Key to Losing Joint Pain

Even one less pound helps preserve hips and knees

Weight loss can be a pain. But not losing extra pounds can become even more painful to your joints.

Osteoarthritis (OA) is one of the most prevalent painful joint conditions and obesity is now recognized as an important modifiable risk factor for osteoarthritis.

And with more than 71% of adults in the U.S. over the age of 20 having overweight or obesity, according to the CDC, it's probably not a surprise that these weight-induced joint issues are so widespread.

So what's happening to your body and what can you do to mitigate the risks? We talked to a few Cleveland Clinic experts to sort it out.

Joints under pressure

"Joints in your body's lower half — particularly your knees and hips — bear most of your weight," says Robert Bolash, MD, a specialist in Cleveland Clinic's Department of Pain Management. "That's why years of carrying around excess weight contribute to achy, swollen, stiff joints."

With osteoarthritis, the cartilage "cushion" within a joint degenerates. Bones then rub against each other, causing irritation, pain and swelling. The more weight on the joint, the more wear and tear on the cartilage.

In fact, reducing your weight is a big factor in managing the effects of osteoarthritis on those lower body joints.

Less weight, less stress

"Maintaining an ideal body weight is important, and if overweight, losing as little as 10 pounds can decrease the progression of your knee osteoarthritis by 50 percent, according to a published study," says rheumatologist Elaine Husni, MD, MPH, director of Cleveland Clinic's Arthritis and Musculoskeletal Treatment Center. "This is clearly a modifiable risk factor."

Studies consistently show that overweight people have higher rates of osteoarthritis than people who aren't overweight. One study found that those who have obesity (with a body mass index [BMI] between 30 and 35) are four to five times more likely to get arthritis in their knees.

If you have weight-induced joint pain, losing pounds and taking stress off your joints may ease your symptoms. While your body can't reverse arthritis or regrow cartilage, losing weight can help arthritic joints feel better and prevent further excess damage.

Water exercises

The best way to lighten up? Healthy eating and exercise, of course. Dr. Bolash recommends water exercises for those with joint pain. Swimming, water aerobics and walking laps in the pool are good options.

"In water, your body floats, and you take much of the weight off your joints so moving them doesn't hurt as much," Dr. Bolash explains. "At the same time, water provides resistance that allows you to activate muscles without burdening your joints."

Activity and mobility exercises are Dr. Bolash's first line of treatment for patients with joint pain. If mobility is a challenge, he often directs patients to physical therapists who can advise on gait, proper footwear and how to prevent pain during movement.

When pain doesn't go away

For joint pain that doesn't go away, both rheumatologists and pain medicine specialists offer treatments including:

Anti-inflammatory medications. Pain-relief drugs can be taken by mouth or applied to the skin.

Chronic musculoskeletal pain-relievers. Certain pain medications, like Cymbalta and Lyrica, may be prescribed by your health care provider. >>>

Injections. If the pain is disabling, injecting corticosteroid (to decrease inflammation)
or viscosupplementation into the joint may help. Viscosupplementation is similar to a lubricating gel that can be injected into the knee joint to help decrease pain with movement.

Radiofrequency ablation (RFA). This relatively new treatment for knee pain uses a special needle with a heated tip. When placed near the knee's sensory nerves, the intense heat alters the nerves to stop them from transmitting pain. The procedure takes less than 30 minutes, it is an outpatient procedure in the doctor's office, and it requires almost no recovery time. Patients can have an improvement in pain for months or perhaps a year. "Radiofrequency ablation is a way to delay knee replacement," says Dr. Bolash. "It doesn't fix the problem, but it buys time for the patient to lose weight, perhaps so they can become eligible for knee replacement later."

Get moving

The best treatment for joint pain is stopping it before it starts. Protect your hips and knees for the long-term by lightening your load. If you need to lose a few pounds, get moving now before moving gets you.

What you can do to help:

- Know your body mass index (BMI).
- Know your waist circumference.
- Participate in moderate physical activity.
- Make dietary modifications as needed to lose weight.

It is also important to get the proper diagnosis because many other joint conditions can cause joint pain. These include autoimmune-related arthritis, rheumatoid arthritis, psoriatic arthritis, gout or a septic joint

Content by Robert Bolash, MD, a specialist in Cleveland Clinic's Department of Pain Management


HOT-SELLING
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11 High-Fiber Foods You Should Be Eating

A dietitian offers her list of go-to fiber foods

You may not think much about fiber — until you find yourself dealing with an, er, irregular situation.

Indeed, dietary fiber is a magic ingredient that keeps you regular. But thwarting constipation is not its only job. Fiber helps lower cholesterol, reducing the risk of heart disease. It also helps reduce the risk of other diseases like colorectal cancer. Plus, it keeps your blood sugar levels from spiking and makes you feel full longer, which can help you lose weight.

“Fiber does lots of cool stuff in the body,” says registered dietitian Anna Taylor, RD.

Here’s where to get it — and why these foods are best for a high-fiber diet.

High-fiber foods you should be eating

Fiber comes from plants, so don’t bother looking for it in your chicken dinner. But the plant kingdom has a lot to offer, and the best sources of dietary fiber might surprise you.

Taylor suggests aiming for 25 grams (g) to 35 grams of fiber a day. Here are her top 11 foods to work into your diet right now.

1. Whole-wheat pasta

Carbs get a bad rap, but whole grains are a great source of fiber and are also rich in healthy phytonutrients (believed to help prevent various diseases), Taylor says. Skip the white pasta (which has been stripped of all the good stuff), and go for whole-wheat instead.

Amount of fiber: 1 cup cooked = 7g fiber

2. Barley

“Barley is a delicious grain that’s often overlooked,” Taylor says. Try tossing it in soups or mix up a grain bowl with your favorite meat and veggies.

Amount of fiber: 1 cup cooked = 6g fiber

3. Chickpeas

“Legumes are star players. They’re some of the best sources of protein and fiber, they help keep you full, and they have amazing nutrient composition,” Taylor says. Chickpeas are a fiber-full favorite from the legume list. Add them to soups or salads, snack on chickpea hummus or roast them whole for a crunchy, shelf-stable snack.

Amount of fiber: 1/2 cup cooked = 6g fiber

4. Edamame

Edamame, or immature soybeans, have a mild flavor and pleasing texture. They’re also one of the few plant sources that contain all the amino acids your body needs, so they’re a great choice for vegans and vegetarians. You can find them in the frozen food section, still in the pod or already shelled. Add edamame to salads and stir-fries, Taylor suggests. (Edamame is often a big hit for kids to snack on, too.)

Amount of fiber: 1/2 cup boiled and shelled = 4g fiber

5. Lentils and split peas

These two legumes have similar nutrition profiles and are used in similar ways. “Lentils and split peas are nutritional powerhouses,” says Taylor. They cook quickly and are great in soups. Try swapping lentils for some of the meat in your chili to boost the plant-powered goodness.

Amount of fiber:

Lentils, 1/2 cup cooked = 8g fiber

Split peas, 1/2 cup boiled = 8g fiber

6. Berries

“All berries are good for you, but blackberries and raspberries have the most fiber,” Taylor explains. They’re also delicious. Fresh berries can be expensive, but frozen are often more economical. If you don’t love the mushy texture of thawed berries, blend them into a smoothie or stir them into your oatmeal. “You

can also cook them down and put them on waffles in place of syrup," she says.

Amount of fiber: 1 cup = 8g fiber

7. Pears

Another fruit, pears are a fantastic source of fiber, Taylor notes. And compared to many other fruits, they're particularly high in soluble fiber, which slows digestion and lowers cholesterol.

Amount of fiber: 1 medium pear = 6g fiber

8. Artichokes hearts

Artichoke hearts are packed with fiber. Add them to salads or pile them on pizza. If dealing with these spiky veggies is too daunting, try the canned kind. (But if you're eating canned, keep an eye on sodium levels so you don't go overboard.)

Amount of fiber: 1/2 cup cooked = 7g fiber

9. Brussels sprouts

If you've been avoiding Brussels sprouts since you were a kid, they're worth a second look. "Brussels sprouts are awesome," Taylor says. They're delicious roasted or sautéed. (Plus, they're cute.)

Amount of fiber: 1 cup cooked = 5g fiber

10. Chia seeds

A spoonful of chia seeds can go a long way. "They're incredibly rich in fiber, contain omega-3 fatty acids and have a nice protein punch, too," Taylor says. "You can throw them in oatmeal, yogurt, pudding, cereal, salads and smoothies."

Many people love the jelly-like texture. If you aren't one of them, try mixing them into a smoothie or yogurt right before you eat it, so they don't have as much time to absorb water and plump up.

Amount of fiber: 2 tablespoons = 10g fiber

11. Haas avocados

Haas avocados are a great source of healthy fats. And unlike most fiber-rich foods, you can use them as a condiment, Taylor says. "You can spread avocado on sandwiches instead of mayonnaise or put it on your toast if you're a true Millennial." Guacamole (with whole-grain crackers or paired with raw veggies) is another delicious way to get your daily fiber.

Amount of fiber: 1/2 avocado = 5g fiber

High-fiber snacks

If you're not ready to do a major overhaul, there are plenty of high-fiber snacks you can grab between meals, including:

- Almonds.
- Trail mix.
- Popcorn.
- Granola bars.
- Quinoa.
- Jicama.
- Sweet potato fries.
- Celery.
- Okra.
- Carrots.
- Kale chips.

Eating more fiber? Read this first!

Before you jump on the fiber bandwagon, a word of caution: "Add fiber to your diet slowly," Taylor advises. If you aren't used to a lot of fiber, eating too much can cause bloating and cramping. Increase high-fiber foods gradually over a few weeks to avoid that inflated feeling.

Another important tip: "When adding fiber to your diet, be sure to drink enough water," she says. Fiber pulls in water. That's a good thing, but if you aren't drinking enough, it can make constipation worse. To keep things moving, drink at least 2 liters of fluids each day.

"If you increase your fiber slowly and steadily, and drink lots of fluid, your body will adjust," Taylor says. And you'll be glad it did

8 reasons your feet are tingling and what to do about it

By Erin Heger

This article was medically reviewed by Jason R. McKnight, MD, MS, a family medicine physician and clinical assistant professor at Texas A&M College of Medicine.

- Tingling in feet may be caused by a pinched nerve, which creates the sensation of pins and needles.
- Tingling can also be a sign of diabetes, B12 deficiency, chemotherapy medications, and more.
- You may also experience tingling in the feet as a side effect of consuming too much alcohol.

Tingling in the feet is a common sensation often described as a feeling of "pins and needles." If you experience tingling in your feet, you might also experience numbness, weakness, or pain.

In some cases, tingling in the feet is nothing to be concerned about and can be resolved by switching positions. But tingling feet can also be a sign of more serious conditions that need medical attention.

Here are eight causes of tingling in the feet and how to treat them.

1. Temporarily pinching a nerve in the foot

This is a sensation most people are familiar with, often referred to as your foot "falling asleep."

This happens most commonly from crossing one's legs for too long or otherwise remaining in a certain position that puts strain on a nerve in the foot or leg, says Juliann Paolicchi, MD, Director in Neurology at Northwell Health.

How to treat it: This type of paresthesia, or tingling, usually resolves when you change positions because you are no longer putting pressure on the nerve.

2. Diabetes

Peripheral neuropathy or nerve damage in the feet is one of the most common complications of diabetes, says Damian Roussel, DPM, a podiatrist at the Centers for Advanced Orthopaedics.

This nerve damage can cause burning, tingling, or numbness in the feet and affects up to 70% of all patients with diabetes.

Blood sugar levels that remain persistently too high or too low can damage the nerves in the feet and cause them to not work properly.

Other symptoms of diabetes include:

- Frequent urination
- Slowly healing cuts and sores
- Extreme thirst
- Vision changes

How to treat it: Diabetic peripheral neuropathy is treated by controlling blood sugar levels and taking oral medications for the neuropathy symptoms, Roussel says.

3. B12 deficiency

Certain vitamin deficiencies, particularly a B12 deficiency, can cause tingling in the hands and feet, Roussel says.

This is more common among people ages 60 and older, says Patrick McEneaney, DPM, owner, and CEO of Northern Illinois Foot & Ankle Specialists.

Other symptoms of a B12 deficiency include:

Fatigue

Nausea

Digestive issues

An enlarged liver

How to treat it: You can treat the condition by increasing your levels of B12. You can do this by taking supplements, getting B12 shots from your doctor,, or by adding more B12-rich foods to your diet. Some foods that naturally contain B12 are:

- Eggs
- Salmon
- Cheese
- Milk

4. A pinched nerve in the lower back

A pinch in one of the sciatic nerves that run from your lower back down your legs can cause radiating pain, numbness, and tingling in the legs and feet.

There can be a few different causes of a pinched nerve in the back, including an issue with the bone or cartilage surrounding the nerve, like with a herniated disk, or an issue with the muscles or tendons that have caused the tissue around the nerve to compress.

"A lot of times I'll see people come in and they say I'm having numbness in my feet and we run some tests and see the problem is actually coming from the back and not from the feet," McEneaney says.

Other symptoms of a pinched sciatic nerve include:

- Moderate or severe pain in the lower back, buttocks, and down the legs
- Numbness, weakness, or tingling in the legs and feet
- Loss of bladder control

How to treat it: Treatment options include:

Medications like prescription muscle relaxers or over-the-counter anti-inflammatory pain relievers

- Spinal injections
- Physical therapy
- Surgery

5. Chemotherapy medications

Tingling in the feet is a common side effect of chemotherapy. This is because when chemotherapy attacks and kills cancer cells, it can damage nerve cells in the process, McEneaney says.

How to treat it: This unpleasant side effect usually subsidies once chemotherapy treatments are complete. But in the meantime, there are ways to relieve the tingling sensation, including:

- Patches or creams that contain numbing medicine
- Prescription steroids
- Relaxation therapy
- Electric nerve stimulation
- Physical therapy
- 6. Pregnancy

As the uterus grows during pregnancy, it can put pressure on the nerves that run down the legs, causing a pins and needles sensation, Roussel says.

Tingling in the feet usually goes away after you give birth, but if the sensation worsens or is accompanied by weakness or swelling, reach out to your doctor. These could be signs of a more serious condition, like preeclampsia, that requires treatment.

How to treat it: According to Roussel, you can relieve pressure on the nerves and reduce tingling by:

- Resting
- Elevating your feet
- Frequently changing positions
- Staying hydrated

7. Excessive alcohol consumption

Heavy, long-term alcohol consumption can cause damage to the peripheral nerves. In fact, an estimated 25% to 66% of people who chronically misuse alcohol experience peripheral neuropathy, Roussel says. Alcohol misuse is generally defined as more than one drink a day for women and two drinks a day for men.

Symptoms of nerve damage from alcohol consumption usually develop slowly and can include:

- Weakness in arms and legs
- Decreased sensation in feet, toes, hands, and fingers
- Loss of balance and unsteadiness when walking
- Lack of coordination

How to treat it: Treatment involves controlling alcohol use, as well as efforts to mitigate symptoms, like wearing compression socks,Roussel says.

8. Tarsal Tunnel Syndrome

Tarsal Tunnel Syndrome (TTS) is caused by compression to the tibial nerve, which enters the bottom of the foot on the inside of the ankle, Roussel says. This can result in pain, tingling, numbness, or burning in the ankle, heel, or foot.

There are a few different causes of TTS, including an injury, like an ankle sprain. People with flat feet are also more at risk for developing TTS because a lack of arch support in the foot can put strain and compression on the tibial nerve.

How to treat it: Treatment options for TTS include:

- Over-the-counter anti-inflammatory medications
- Rest
- Wearing supportive shoes and orthotics
- Surgery to decompress the nerve

When to see a doctor

See a doctor if you experience tingling in your feet that:

- doesn't go away

- gets worse
- is accompanied by pain
- keeps you from walking well
- You may be at risk for falls if you can't feel your feet properly.

If you experience tingling in your feet accompanied by a severe headache, tingling in your face, or sudden weakness, get immediate medical attention. These may be signs of a stroke, which can be life threatening.


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