

Jacksonville Orthopaedic Institute Rehabilitation

Wellness Newsletter

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Baked Macaroni and Cheese with a Healthy Twist

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What You'll Need

- 3 Tbsp plain dry breadcrumbs (see Tip)
- 1 tsp extra-virgin olive oil
- 1/4 tsp paprika
- 1 16-oz or 10-oz package frozen spinach, thawed
- 1 3/4 cup low-fat milk, divided
- 3 Tbsp all-purpose flour
- 2 cups shredded low-fat cheddar cheese
- 1 cup low-fat cottage cheese
- 1/8 tsp ground nutmeg
- 1/4 tsp salt
- Freshly ground pepper, to taste
- 8 oz (2 cups) whole-wheat elbow macaroni, or penne

Preparation

1. Preheat oven to 450°F. Coat an 8-inch-square (2-quart) baking dish with cooking spray.
2. Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer, then press out excess moisture.
3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup

milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2-3 minutes. Remove from heat and stir in cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.

4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.

5. Bake the casserole 25-30 minutes, until bubbly and golden.

Make Ahead Tip: Prepare through Step 4. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, then bake for 35-45 minutes.

Breadcrumbs Tip: To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about 1/3 cup dry crumbs.

Makes: 4 servings

Active Time: 25 minutes

Total Time: 55 minutes

Nutrition

Per serving: 22 g fat (11 g sat , 2 g mono); 69 mg cholesterol; 63 g carbohydrates; 37 g protein; 9 g fiber; 917 mg sodium; 403 mg potassium.

Nutrition Bonus: Vitamin A (290% daily value), Calcium (70% dv), Folate (37% dv), Iron (15% dv).

Reasons to Get More Sleep

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- **Live Longer:** People with chronic insomnia are more likely to suffer a heart attack. Lack of sleep can increase risk of dying from a stroke and developing breast cancer as shown in other studies.
- **Be Slimmer:** According to a study in the American Journal of Epidemiology, women who slept five or fewer hours per night were 32% more likely to experience major weight gain over 16 years.
- **Be Sharper:** Middle-aged women who slept fewer than six hours a night scored similarly to senior citizens on memory, reasoning, and vocabulary tests.
- **Improve your marriage:** Women who have difficulty sleeping experienced more negative interactions with their husbands the next day.
- **Be nicer:** Research suggests that lack of sleep can make people more rude.

Source: Shape Magazine



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How Much Sleep Do We Really Need?

By: Renan Abagat, PT

It has been an age old adage: how many hours of sleep do our bodies need to recuperate so we can wake up the next morning refreshed and ready to face what the day brings? As the demands of life increase in number and complexity, let us look at the effects of temporary and chronic sleep deprivation. It may surprise you to learn that sleep deprivation, for whatever reason, can significantly affect your health, performance and safety. According to an article by Michael J. Breus, PhD, sleep deprivation in the short term decreases alertness and performance. Reducing nighttime sleep by 1 1/2 hours could result in 32% decrease in alertness. Sleep deprivation can impair memory and cognitive ability as well as disrupt our relationships with others secondary to mood changes. According to the National Highway Traffic Safety Administration (NHTSA), drowsy driving is responsible for at least 100,000 accidents, 71,000 injuries and 1,550 fatalities each year. Decreased alertness can lead to a two-fold increase in risk of sustaining an occupational injury. Untreated sleep disorders that cause chronic sleep deprivation can lead to high blood pressure, heart attacks, strokes, obesity, psychiatric problems including depression and mood disorders, mental impairments, fetal and growth retardation, injury, disruption of bed partner's sleep quality and poor quality of life.

How much sleep do we really need? The longest sleep restriction study was done by David Dinges and Hans Van Dongen at the Sleep and Chronobiology Laboratory at the Hospital at University of Pennsylvania. This study suggests the lack of sleep affects our ability to sustain attention as shown by the Psychomotor Vigilance Task (PVT). This measures the sustained attention that is vital for our day to day activities. The study showed that those who had 8 hours of sleep hardly had any attention lapses and no cognitive declines over the 14 days of the study. Those who had 4 hours of sleep and 6 hours of sleep showed a steady decline in sustained attention with each subsequent day. Although the 4 hours of sleep group performed far worse, it is interesting to note that the 6 hour group also consistently fell off-task. By the sixth day, the 6 hours of sleep group experienced five times as many attention lapses as they did the first day.

So, if 8 hours is ideal and 6 hours puts us at risk, what about 7? A study by Gregory Belenky to see the effects of odd numbers of sleep hours showed that those who slept for 7 hours each night had slower response time to the P.V.T. and continued to decrease for 3 subsequent days before stabilizing at lower levels than when they started. The study by Dinges also showed that some people who need 8 hours of sleep will immediately feel the effects of a single night of 4 hours of sleep while others can handle experience several 4 hours of sleep a night before a decline in performance is noted. However, there is a small portion (5% or less) of the population that for whatever reason can maintain their performance with five or fewer hours of sleep.

Before you reach for that next cup of coffee to wake you up during the mid-afternoon work hours, think about ways you can get enough sleep the next night. Sleep not only keeps us beautiful on the outside, but most importantly from the inside as well. It can enhance of performance, improve our memory, cognition and relationships, and keep us safe.

Sources: Sleep Habits: More Important Than You Think, Michael J Breus PhD. WebMD
How Little Sleep Can You Get Away With? Maggie Jones, NYTimes

Tips for Better Sleep

1. Turn off the television, computers, and other gadgets one hour before bedtime.
2. Ease up on caffeine, especially after lunch time. Caffeine lingers in your system for 12 hours.
3. Cut off liquids at least an hour prior to bed time. Frequent night time trips to the bathroom can wreck your restful night.
4. Keep your room cool. Set the thermostat at 65 plus or minus five degrees. This range allows your body to stay comfortable without having to shiver to warm up or perspire to cool down.
5. Make the bed. Researchers think a messy room can leave you stressed and restless.
6. Get up on Saturdays and Sundays. This helps keeps your body in a good sleep-wake cycle.
7. Alcoholic beverages may seem to help you sleep. But they can affect your body's ability to get the deep restful sleep your body needs. Limit yourself to one glass, three hours before bed.
8. Spray a light scent of lavender on your pillow. People who sniffed lavender oil before going to bed spent more time in deep sleep and woke up feeling more energetic than those who didn't.