

THE **COSTCO** **CONNECTION**

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A lifestyle magazine for Costco members

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Costco members
defy stereotype



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Health CALENDAR

Eye Injury Prevention Month

IT'S EASY TO presume that most of the 2.5 million eye injuries occurring in the U.S. each year happen in the workplace, as a result of falls or flying objects or sparks striking the eye. However, according to an annual survey conducted by the American Academy of Ophthalmology (AAO) and the American Society of Ocular Trauma (ASOT), more than 50 percent of eye injuries happen outside the workplace, often involving recreational activities or common household chores.

Key findings of the 2010 survey included:

- The yard and garden were the places people were most likely to suffer an eye injury at home (mowing, trimming).
- Twenty-five percent of the eye injuries occurring at home were due to play or sports.
- Another 25 percent were due to home repair or power tools.
- Males sustained 73.5 percent of the injuries reported.
- About 50 percent the injuries reported were to people between the ages of 30 and 64; about 12 percent were to children 12 or younger.

Wearing protective eyewear is an easy way to prevent eye injury and save sight. The AAO and ASOT recommend that every household have at least one pair of American National Standards Institute–approved protective eyewear to use when performing home repairs, playing sports or during other activities involving a risk of eye injury.

For more tips and resources in regard to preventing eye injuries, visit the AAO website www.geteyesmart.org.

—David Wight

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Costco members will find a selection of protective eye gear on Costco.com. Search “safety glasses.”

YOUR HEALTHCARE PLAN

Staying fit on the road

By Jackie Keller



INDIVIDUALS SEEKING TO shed pounds are bombarded by a multitude of conflicting diet theories and weight-loss gimmicks. I would like to debunk a few popular diet and weight-loss myths and provide a few facts worth considering.

Myth 1: Don't eat after dinner if you are trying to lose weight. In terms of weight loss, it makes no difference when you eat. While it is true that individuals tend to be more metabolically active earlier in the day, this doesn't mean weight loss will magically occur then. Weight loss is a function of what and how much you eat—much more so than when you eat.


Myth 2: Detox diets jump-start weight loss. I advise against detox diets, as they can cause the body to go into starvation mode and slow down the metabolism. If you want to cleanse your body, eliminate bad-for-you, processed foods and replace them with nutrient-dense foods.

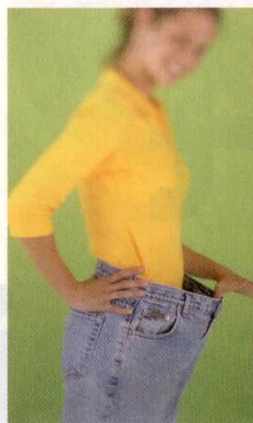
Myth 3: Cutting carbs will help the pounds come off. The weight loss that low-carb dieters achieve in the first two weeks of carbohydrate deprivation is measurable and not surprising. Carb-cutting will cause

the body to shed water weight, as carbohydrates are stored in the body with water. That water weight will come right back on, and such a yo-yo weight loss is counterproductive and bad for overall metabolism.

Myth 4: You can't have any dessert when you're on a diet. Chocolate lovers, rejoice: Dark chocolate is high in heart-healthy flavonoids, so it is actually good for you. A 1-ounce serving daily can be a delicious way to obtain the health benefits and a bite of pure enjoyment.

Myth 5: Fat is the enemy. Research shows that monounsaturated and polyunsaturated fats—which are found in foods such as fish, olive oil, avocados and walnuts—can actually improve levels of good cholesterol (HDL) and reduce the risk of heart disease. These healthy fats can aid in weight loss and even delay hunger pangs when consumed in appropriate amounts.

Ultimately, the only eating plan that is healthy and will help you achieve long-term weight-loss goals is one that contains a balance of favorable carbohydrates, proteins and fats. 



COMSTOCK

Jackie Keller is a nutrition expert and a licensed and certified wellness coach.

Summer food safety: Get it to go

DO YOU WORRY about egg salad going bad on hot days? Or how long fried chicken can survive out of the fridge? Now you can ask “Karen,” the virtual food safety representative on the smartphone app from the USDA Food Safety and Inspection Service (www.fsis.usda.gov). She can instantly answer questions about proper handling, storage and preparation to help prevent the foodborne illnesses that rise during the summer months.

“This is an extension of the government's Ask Karen website and now that it's mobile, even more people will be able to access the information they need to keep their food safe this summer,” says Craig Wilson, vice president of quality assurance and food safety at Costco. “I think it's great.”

Can mayonnaise in egg salad make you sick when it's warm out? Karen says people often think mayo is the cause of foodborne illness from chilled foods such as chicken, tuna and egg salad or on deli-style sandwiches. But since mayonnaise is made with acid (vinegar or lemon juice), it tends to prevent bacterial growth. Usually it's

the meat, poultry, fish or eggs in a sandwich left unrefrigerated for more than two hours that becomes the medium for bacteria to grow.

What about leftover fried chicken? According to Karen, food left out of the fridge for more than two hours may not be safe to eat. At temperatures above 90 F, food shouldn't be left out for more than an hour. If you have any doubts, throw it out.

When you'll be in the great outdoors and a cooler chest isn't an option, Karen suggests packing such items as fruits, vegetables, hard cheeses, dried meats, dried cereal, bread, peanut butter, crackers and bottled drinks.

For those backyard barbecue quandaries or campground cooking dilemmas, Karen is available 24/7 and can provide nearly 1,500 answers by topic or product. You can also submit questions via chat and email. To start using Mobile Ask Karen now, go to m.AskKaren.gov on your phone's browser. The app is currently optimized for the iPhone, iPad and Android devices.

Additional food safety resources: www.isitdoneyet.gov; www.fightbac.org.—TJ Hatfield