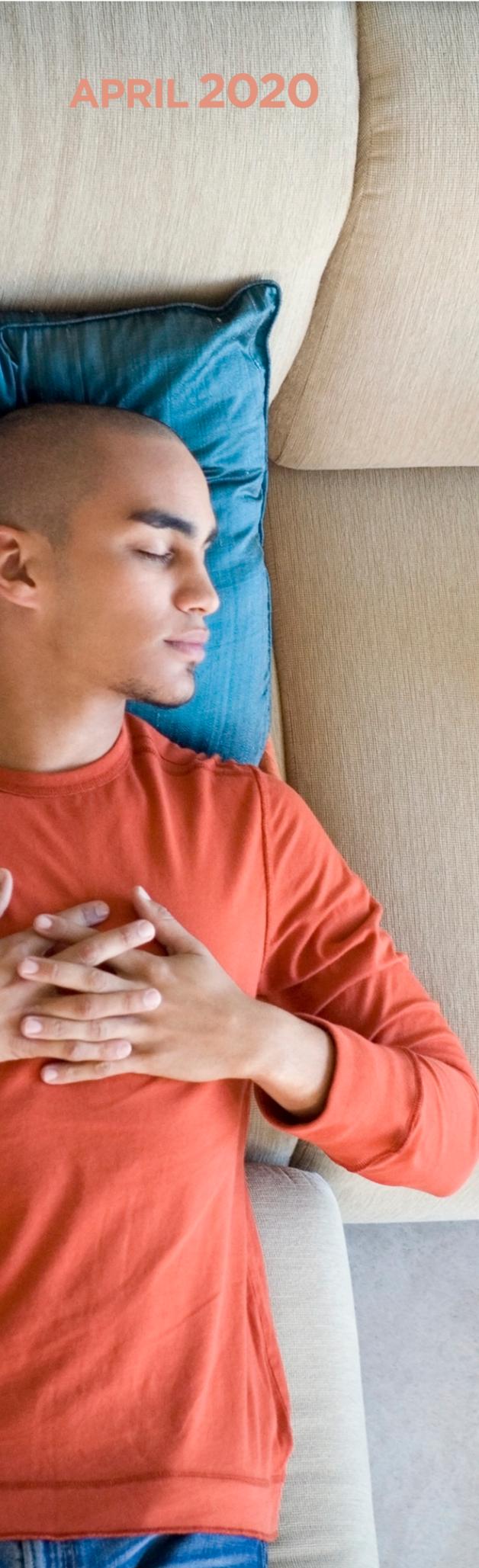


APRIL 2020



## FEED YOUR Zzzzzzs

Did you know food can play a factor in how you sleep? Add some of these foods to your pre-bedtime ritual and increase your nightly winks.



According to the CDC, adults need at least 7 hours of sleep per night for the best health and wellbeing.

### Nuts

Almonds and walnuts contain melatonin, a hormone that regulates the sleep/wake cycle.

### Cottage cheese

High in lean protein, cottage cheese contains the amino acid tryptophan (of Thanksgiving turkey fame), which increases serotonin levels. Low levels of serotonin can contribute to insomnia.

### Dark chocolate

Dark chocolate contains serotonin to help relax your body and mind.

### Hot tea

Decaf options like ginger, peppermint and chamomile are known to be calming.

### Fruit

Tart cherries contain melatonin, as do bananas, pineapples and oranges. Eating kiwi before bed has shown to help with insomnia, even increasing sleep duration by an hour. Fruits rich in antioxidants such as prunes, raisins and plums also have a similar effect.

## SNACK SMARTER

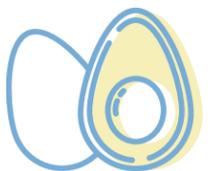
Snacking can be one of the hardest habits to kick when trying to get healthy. But there are ways to incorporate snacking into your diet the right way.

**Snack only when you're actually hungry.** If you're thinking about snacking, ask yourself if you're truly hungry or if you just need something to do.



**Plan your snacks in advance.** Having your snacks ready keeps you from making bad choices or resorting to the dreaded vending machine. Pack washed and cut-up fruits and veggies, air-popped popcorn, or low-fat cheese to save yourself time and tough decisions.

**Add variety.** Rotate fresh fruits and veggies based on what's in season. Add in some snacks with whole grains, healthy fats and lean proteins. Low-fat yogurt with fresh fruit and veggies with hummus are delicious and healthy options.



## BENEFIT SPOTLIGHT

### WHO ARE YOUR DEPENDENTS?

You've likely heard the word "dependents" in regard to your insurance benefits. But who is typically considered a dependent?

Dependents eligible for coverage in benefits plans usually include:

- Your legal spouse (or common-law spouse where recognized).
- Children up to age 26
- Dependent children 26 or more years old, unmarried and primarily supported by you and incapable of self-sustaining employment by reason of mental or physical disability which arose while the child was covered as a dependent under this plan (periodic certification may be required).

Verification of dependent eligibility is often required upon enrollment. Talk to your HR department if you want to add or remove dependents from your coverage.

**BONUS ARTICLE  
OF THE MONTH:  
CONTROLLING YOUR  
CHOLESTEROL**



[LDBLIFESTYLEBENEFITS.COM](http://LDBLIFESTYLEBENEFITS.COM)