

DETROIT NATIVE SUN

For Veggie's Sake

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entered until she returned. His focus never wavered. This writer could hear the pride in Michael Sr.'s voice. This was significant, because young Michael is non-verbal and communicates via facial expressions and limited physical actions. He was so proud that his son understood.

I was expecting the most challenging moment raising his son was when Michael had to tell his son his mom had passed. It wasn't. A multitude of events compounded that moment. As Mary's health declined, she could not visit their son as often as she had done historically. He did not understand, and in his frustration, he would bang his head on the wall. On one of her visits, she was so weak that she collapsed and was rushed to the hospital. Young Michael was also taken to the hospital simultaneously due to head injuries and his stress level being out of control. Because of his state of mind, the hospital staff strapped him down to the bed, which exacerbated the trauma he was experiencing regarding his mother's situation.

To make matters worse, because of Covid - 19 guidelines, Micheal Sr. was not allowed to stay at the hospital with his son. He begged the doctors to perform an MRI on his son because he was concerned about brain injury. The hospital did not complete the MRI, but they discovered he needed a pacemaker during the hospital stay. So, Michael spent three months in the hospital after the heart surgery. Michael Sr. was unable to see his son for an additional three months because of the faculty Covid - 19 guidelines.

Up to this point, Michael was present at every minor and significant event in his

son's life. Now, he was in a position whereby he had to re-establish a relationship of trust with his son and try to explain to his son that he would never see his mother again. Over time the relationship healed.

This dedicated father lives a full life. He has an active role in his church and is a member of the Coleman A. Young Post 202. The Post is a group of veterans who serve at different functions on behalf of Viet Nam era veterans, and he is a volunteer for The DeMarco Project. In fact, he taught this writer how to facilitate bowling fundraisers. And in the midst of all of his activities, Michael is living with a life-threatening illness.

When asked how he does all that he does, his response was, "I am grateful to God that he has not only given me the strength to stay focused in the right direction for my son, he also allows me to serve fallen veterans and their families."

It is indeed my pleasure to honor and celebrate Veteran Michael J. Parker Sr., dedicated father, and military family advocate.

Kim is the mother of a veteran who loved his country and was willing to lay his life down for the freedoms in which he believed. She is the Founder and CEO of The DeMarco Project, a non-profit organization. Her life's mission is to save veteran lives and improve the quality of life for traumatized military service persons. If you would like to support her in this work, please donate via the website, www.TheDeMarcoProject.org, or The DeMarco Project Facebook page.

By Melody Thompson
SUN COLUMNIST



Eating peanut butter in moderation and as part of an overall healthful diet may provide the following benefits:

1. Weight loss--Several studies suggest that eating peanuts and other nuts can help people maintain their weight, or even help with weight loss. This may be because peanuts improve satiety, which is the feeling of fullness, thanks to their protein, fat, and fiber content. Studies have found that eating nuts, including peanuts, reduces a person's risk of being overweight or obese. Based on data gathered from over 51,000 women suggested that those who ate nuts twice weekly or more experienced slightly less weight gain over an 8-year period than women who rarely ate nuts.
2. Boosting heart health Peanut butter contains many nutrients that can improve heart health, including:
 - monounsaturated fatty acids
 - polyunsaturated fatty acids
 - niacin
 - magnesium
 - vitamin E -
 Eating more than the recommended amount will also increase fat and sodium intake, which does not benefit the heart.
3. Bodybuilding Share n Bodybuilders and fitness enthusiasts include peanut butter in their diets for various reasons. Although calorie amounts will vary based on stature, activity level, and metabolic rate, the typical daily recommended calorie intake ranges from around 1,600-2,400 calories per day for women and up to 3,000 calories per day for men. However, active adult men should consume up to 3,000 calories daily, while active women need up 2,400 calories per day. Thanks to its high-calorie content, peanut butter is an easy way to increase calorie and unsaturated fat intake. Nut butter is also a source of protein, which is essential for building and repairing muscles.
4. Managing blood sugar levels Its recommend that people replace saturated fats with monounsaturated fats in their diets. They suggest peanut butter, peanuts, and peanut oil as good sources of

monounsaturated fat. Studies have also suggested that eating peanut butter or peanuts for breakfast could help women with obesity and an increased risk of type 2 diabetes to manage their blood glucose levels. According to the survey, the women who added nuts to their breakfast had lower blood sugar levels and reported less hunger compared to women who ate a breakfast that contained the same amount of carbohydrates but no nuts.

5. Reducing the risk of breast disease Eating peanut butter, especially from a young age, may reduce the risk of benign breast disease (BBD), which increases the risk of breast cancer. Some reports that eating peanut butter and nuts at any age may result in a lower risk of developing BBD by age 30. Even those with a family history of breast cancer had a significantly lower risk if they ate peanut butter and these other foods.

Peanut allergies

Peanuts and other nuts are common allergens, with a peanut or tree nut allergy affecting over 3 million Americans. Those with a known peanut allergy should avoid peanut butter and foods containing the nuts. In many cases those with an allergy will eventually outgrow the allergy and stop having reactions to nuts. Which peanut butter is best?

When selecting a peanut butter product, look for one that contains just peanuts and few or no other ingredients. Some peanut butter brands will contain other ingredients, such as sugar, salt, and added oils. Avoid these where possible.

How to add peanut butter to your diet Remember 2 tbsp of peanut butter is close to 200 calories. People can include peanut butter in their diets by:

- Making a classic peanut butter and jelly sandwich, using whole fruit, low sugar jelly, and whole-grain bread.
- Spreading peanut butter on rice cakes and top with banana slices.
- Adding a spoonful of the nut butter to smoothies to make them more filling.
- Dipping apple and pear slices into peanut butter for an easy snack.
- Stirring peanut butter into yogurts or warm oatmeal.

For more information, ideas or questions contact us at forveggiesake@yahoo.com For more information, ideas or questions contact us at forveggiesake@yahoo.com

Tips to help you reset from a woman who lost 60 pounds

(StatePoint) Being indoors makes it easy to pack on unwanted pounds and fall into less than healthy patterns. The warm weather months however are the perfect time to reset and take control of your health.

Even though she wanted to make a change, Melissa Caveness needed to figure out the right path to achieve her goals. "I needed help, and I was motivated, but it wasn't until Nutrisystem that I was successful," says Caveness, who on the program, lost 60 pounds and can now keep up with her active family. "I can now do all the fun activities and can even outrun my kids...sometimes!"

Using these three simple tips, you can be on your way to a happier, healthier you this season and beyond:

Change Up Your Routine

If you've fallen into bad habits, it's time to shake things up. There's no better time than right now to change your routine. Whether it's making time to eat breakfast or adding in a 15-minute walk at lunchtime, little changes can make a big difference. Committing to these changes for a month or season can increase the likelihood of them turning into long-term, natural habits.

"It takes work to live a healthy lifestyle. But if you get yourself in the right routine, it will become second nature," says Courtney McCormick, MPH, RDN, LDN, manager, Clinical Research & Nutrition at Nutrisystem.

Prioritize Sleep

When you don't get enough sleep, you are more likely to choose unhealthy foods

and to overeat in general. Sleeping for the recommended seven to eight hours a night improves your overall health and supports your weight loss goals.

To get better sleep, cut out screen time one hour before heading to bed. The light from your phone or tablet suppresses your body's production of melatonin, a hormone that controls your body's sleep cycles. Taking time away for just one hour prior to hitting the hay can make a big difference in your sleep quality.

Use Portion Control

Many of us tend to overeat or rely on large portions of comfort foods. To get just what you need with no wasted food, consider a program like Nutrisystem that brings you meals and snacks that are nourishing and filling in just the right portions. Plus, if you're still craving some of those comfort foods on colder days, Nutrisystem has plenty of options like broccoli cheddar soup and Merlot Beef with Root Vegetables. You can also keep within your grocery budget by shopping for fresh fruits and vegetables that are in-season -- choices abound this time of year!

After sharing her story, Caveness was named one of last year's winners in the Nutrisystem Real \$40K Giveaway. If you have a Nutrisystem weight loss success story, you can share your journey for a chance to win \$40,000 by visiting nutrisystemcontest.com. And for more great tips and other inspiring stories, visit leaf.nutrisystem.com.

To reset this season, take a cue from those who've met success by committing to smart strategies and healthy choices.



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