



# Health Beat

The Official Wellness Newsletter of Plasterers Local 200

Editor: Federico Lopez, Jr.

Serving All of Southern California

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## Developing a COVID-19 vaccine is just half the battle — you have to get Americans to take it

Katherine Milkman, Angela Duckworth, and Mitesh Patel, Opinion contributors.

If a vaccine for the coronavirus became available, would you get it? A recent poll found that only 49% of Americans said yes.



While this may seem surprising, given how drastically COVID-19 has upended most of our lives, history suggests it shouldn't be. Consider the flu vaccine. Nearly every drug store in the country makes getting a flu shot quick, cheap, and easy to do. And yet, since the Centers for Disease Control and Prevention first recommended we all get an annual flu vaccination, the percentage of American adults who have followed suit has never exceeded 45.3%.

### **Critical need for vaccination**

Why is it so critical that we do better with the COVID-19 vaccine? This novel coronavirus spreads much more quickly than the flu, is far more deadly, and will likely continue to propagate rapidly until we achieve herd immunity — when so many of us have antibodies against COVID-19 that a new case has a low probability of infecting others. The many experts say that between 60% and 80% of Americans must develop antibodies to the novel coronavirus to achieve this tipping point.

With this in mind, enormous attention and funding have

been focused on developing and mass-producing a vaccine. But a critical step has been largely overlooked: making sure most of the population actually gets vaccinated.

As scientists working at the intersection of behavior change and public health, we know this story all too well. Billions of dollars are invested in miraculous new medical therapies and treatments, but wide-scale adoption is never achieved or, at best, takes years. So what can we do differently now?— Just as massive collaborative efforts are being mounted to develop a vaccine, we must rapidly test different approaches to increase vaccination uptake, recognizing why it's likely to be difficult. Americans generally worry about vaccine safety, underestimate their risk of infection, and often fail to follow-through on their best intentions.

### **Encouraging healthy decisions**

The good news is we don't have to start from scratch. We already have scientifically-tested ways to encourage people to make healthier decisions. For instance, prompting people to jot down the date and time when they'll get a flu shot makes it more likely they'll actually get vaccinated. We know that defaulting people into vaccination appointments is also effective. We know that simply reminding Americans to get vaccinated can change their behavior, and that incentivizing people to get a vaccine also works.

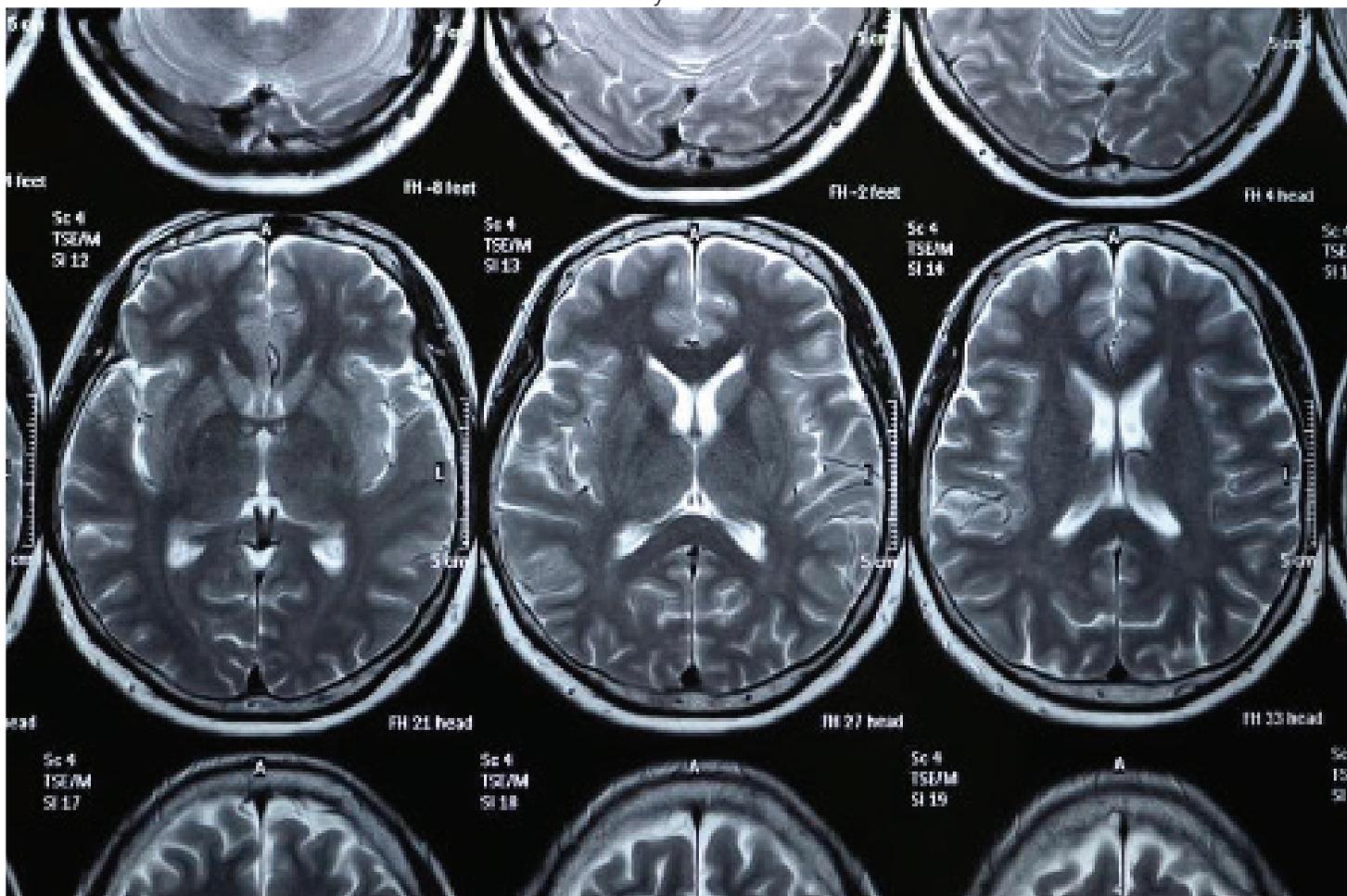
But there are many more approaches to encouraging vaccination that haven't been tested. Let's use the upcoming flu season to figure out how we can do better.

Pharmacies, health insurers, and health systems have an opportunity to collaborate with behavioral scientists on massive research efforts to learn what works. We should be testing everything from cash rewards to psychologically wise reminders delivered by text, email, snail mail, and phone. And we should be running these studies at an unprecedented scale given the hundreds of thousands of lives and trillions of dollars we stand to lose if the pandemic isn't stopped as quickly as possible.

In the war to establish herd immunity, developing a vaccine is only half the battle. We also need behavior change techniques to encourage an unprecedented number of Americans to choose vaccination when the time comes.

# 15 Things to Start Doing at 50 That'll Save Your Brain at 80

Holly Pevzner



## Your brain continues to improve

Think your brain is too old to learn new tricks, let alone keep cognitive decline at bay? That's faulty reasoning. Research featured in the journal *Cell: Stem Cell* reveals that neurons continue to form in the part of the brain where memories are processed in your 40s, 50s, and even your 90s. "Your brain health as a lifelong investment," says Teresa Liu-Ambrose, PhD, PT, Canada research chair in physical activity, mobility, and cognitive neuroscience at the University of British Columbia. "The more regularly you engage in behaviors that are good for the brain, the more resilient your brain may be in the face of aging and disease."

## Start moving

Put that pedometer to use. People who started walking 10,000 steps or more daily in midlife had younger brains—about 2.2 years on average—than people who didn't exercise, according to research in *JAMA Network Open*. Plus, getting fit at this

age helps guard against depression as a senior, notes a study in *JAMA Psychiatry*.

This all occurs, in part, because exercise reduces inflammation and stimulates the release of chemicals that spur the growth of brain cells and blood vessels in the brain. "It also promotes the sense of well-being, reduces stress, and improves sleep, all of which helps keep the brain healthy," says Liu-Ambrose.

## Get greens

People who consume approximately one serving of leafy greens a day are cognitively 11 years younger than those who rarely eat them, according to a report in the journal *Neurology*. Researchers believe lutein, a pigment found in the likes of kale and spinach, could be the reason. An earlier report published in *Frontiers in Aging Neuroscience* found that lutein helps beef up gray matter in the part of the brain associated with memory. And since the brain stockpiles lutein over your life span, the more you eat over a longer period of time, the more your brain benefits.

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## Play Sudoku every day

Or do a daily crossword. Both seem to [keep minds significantly sharper](#), according to two recent reports in the *International Journal of Geriatric Psychiatry*. Indeed, people who engage in these types of brain games have the problem-solving skills and short-term memory of individuals who are [about eight years younger](#). And for those who favor word puzzles, their problem-solving abilities match those of people a decade younger.

## Control blood pressure

You may know that elevated blood pressure can raise your risk for heart disease and stroke, but [having hypertension in your 40s, 50s, and 60s](#) also increases the risk that your mind will suffer later in life, according to the National Institute on Aging.

## Protect your sleep

"If you want your brain to age well, prioritize good sleep now," says [W. Chris Winter](#), MD, author of *The Sleep Solution*. Deep, restorative sleep is [essential for producing growth hormone](#), which studies show helps preserve healthy brain processes like memory and alertness. In addition, our brains are programmed to get rid of waste, like the amino acid beta-amyloid, while we sleep. If we don't sleep well, that waste accumulates. "A build-up of beta-amyloid is the main component of Alzheimer's plaques," says Dr. Winter.

## Sip smart

Cheers! Moderate wine drinking may [quell brain inflammation](#) and help the brain remove toxins, notes a study in the journal *Scientific Reports*. "That's not to say people who don't drink should—or need to—start," says [Julie Andrews](#), RDN, author of *The MIND Diet Plan & Cookbook*. While light to moderate alcohol consumption increases the waste-removal function, higher alcohol intake impairs the same function, thus increasing inflammation. "If you already imbibe, dial back your own consumption to one 5-ounce glass of wine a day for brain health," she says.

## Avoid processed foods

Filling your belly with processed foods activates immune-like cells, called glial cells, in the brain. "This can lead to low-grade inflammation, which is a factor in the development of Alzheimer's disease," says [Emeran A. Mayer](#), MD, PhD, author of *The Mind-Gut Connection*. Moreover, a study published in the *Journal of Nutrition, Health & Aging* found that a diet high in processed foods leads to a [decrease in brain tissue](#), and that may

contribute to dementia.

Even if you've been a fast and packaged food fan your whole life, "small healthy tweaks now can add up," says Andrews. "It's never too late to improve your diet to reduce your risk of developing dementia."

## Keep friendships strong

Schedule a brunch date, walks, or plan to regularly check in with your friends, says [Joel Salinas](#), MD, an assistant professor of neurology at Harvard Medical School. "Maintaining emotional support promotes activity in specific brain circuits that lead to the production of BDNF, a molecule that's critical for brain cell repair and the creation of new connections."

In a 2017 study, Dr. Salinas found that a [dwindling social circle](#) can reduce BDNF levels, which can increase the risk of Alzheimer's disease. "As we age, it's common for social networks to shrink, making it very important to foster what we already have," he says.

## Become a berry fan

"Berries are one of the hallmark foods of a brain-healthy diet, in part because they contain antioxidants that fight off oxidative stress," says Andrews. Oxidative stress greatly contributes to the decline of the brain-protective omega-3, docosahexaenoic acid or DHA. "Even consuming a few servings of berries a week can make a big impact on preserving DHA and brain function in general," she says. In fact, enjoying just two or more helpings of blueberries or strawberries weekly [can delay memory decline by two and a half years](#), according to research in the journal *the Annals of Neurology*.

## Learn to meditate

When researchers tested the brains of 50-year-old meditators, they discovered the meditators' minds were [about 7 1/2 years younger](#) on average compared to people who didn't practice meditation, according to a study published in the journal *NeuroImage*. Even better: Every year past the age of 50 that people meditated shaved an additional one month and 22 days off the age of their brain. The researchers theorize that the mental energy required to meditate induces neural nerve cell production and the formation of synapses.

## Add more fish to the menu

The omega-3 fatty acid called DHA seems to help keep your brain functioning normally and efficiently. "The thing is, your body can't produce it on its own, so you must consume it," says

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Andrews. "And fish like salmon, herring, mackerel, tuna, and sardines are brimming with DHA." That helps explain why research has found that eating just one serving of fish a week can improve thinking skills—something that even holds true for people at high risk of developing Alzheimer's disease.

## Ward off type 2 diabetes

People with prediabetes and diabetes tend to have worse long-term memory and more trouble problem-solving compared to those with normal blood sugar, according to a large-scale study published in *Diabetologia*. However, researchers note that when patients and their doctors take steps to delay and control diabetes, their brains tend to do better.

## Eat more nuts

While all nuts are considered brain food, walnuts are especially beneficial because they're packed with the healthy omega-3 fat called alpha-linolenic acid (ALA). Some ALA is converted to the omega-3 DHA. "DHA is the most abundant fat in the brain, so consumption is very important for preserving brain function," says Andrews.

As a matter of fact, regularly eating walnuts is linked to quicker thinking, mental flexibility, and better memory, according to a study in *The Journal of Nutrition*. Not a walnut fan? Researchers found that people who are 55 and older who eat more than 10 grams (about two teaspoons) of nuts like almonds, hazelnuts, or peanuts daily have

much sharper minds.

## Tame stress

Stress itself isn't the issue—it's how you react to it. A recent study in the journal *Psychosomatic Medicine* found that people who react to stressful events with negativity experience worse mental focus and cognitive health than those who take stressful situations more in stride. If you fall on the negative side, start finding ways to alter your stress response now. Researchers found that people who over-react to stress as they get older (in their 70s and beyond) perform the worst on cognitive tests.

## Learn a new skill

A study published in *The Gerontologist* found that for people over 60, engaging in creative endeavors like painting classes or learning an instrument greatly improved their recall and processing speed. Researchers speculate that participating in these types of activities shore up the brain's defenses. But there's no reason to wait till your 60 to learn something new: According to the American Psychological Association, the amount of white matter—a mix of nerve fibers and their protective covering—in your brain keeps increasing until about age 50. That makes mid-life prime-time for brain-building. Now, add in these genius habits into your lifestyle that your 80-year-old brain will thank you for.

# Here's Why You Should Never Wrap Your Leftovers in Foil

Ashley Lewis

Refrigerated leftovers typically last up to four days if your leftovers are sealed and stored correctly. For most people, covering a plate with foil and tossing it in the fridge is a quick, easy way to store food. However, wrapping your food in a sheet of aluminum foil is also an easy way to put yourself at risk for health hazards.

Much like we need air to breathe, bacteria need air to thrive. Some bacteria like staph and *Bacillus cereus*, which cause foodborne illnesses, produce toxins that aren't destroyed by high cooking temperatures. When a hot meal is left out at room temperature for more than two hours, the bacteria grow rapidly, according to the [Washington State Department of Health](#).

Using aluminum foil to cover food poses the same risk, since it doesn't completely seal your food off from the air. "When air is present, that allows the bacteria to grow faster, so you really want to get the right containers and pack things appropriately," says Lindsay Malone, a registered dietitian at the [Cleveland Clinic](#). "Otherwise, your food isn't going to last."



Malone's golden rule for packing leftovers is to always seal them in shallow, air-tight containers to speed up the cooling process and keep bacteria off of your food. And make sure you put the food away in the fridge within two hours before the bacteria has time to wreak havoc all over the home-cooked meal that you spent hours preparing and cooking. Dairy and meat products are especially prone to bacteria growth, which reiterates just how important it is to use air-tight containers for any and all leftovers. Also, make sure to throw away any food that has been sitting out longer than that. These are the [20 foods you should never put in the refrigerator](#).

**"If you have an abundance of food left over, the smartest thing to do would be to put a portion of it in the refrigerator, and then pack a portion of it really nice in air-tight containers, and put it into the freezer," says Malone. "And then when you're ready to eat it, take it out."**

# 8 Clear Signs You're Not Eating Enough Vegetables



## There's a lack of color on your plate

"The typical American meal of meat and potatoes may taste good, but it isn't very colorful or loaded with balanced nutrition," says Abby Sauer, RD, MPH, a dietician at Abbott. "Even though they may be favorite foods, plain pasta, rice, and bread don't add much color to your meals and don't add much nutrition in terms of essential vitamins and minerals either."

## You're bruising easily

Consuming too little vitamin C can increase your risk of bruising—some research suggests that getting enough through your diet can help. You can find vitamin C in red peppers, kale, red chili peppers, dark leafy vegetables, broccoli, Brussels sprouts, and tomatoes.

## You're tired all the time

Deficiency in folate can cause fatigue and anemia, explains Sauer. This B vitamin can be found in asparagus, dark leafy greens, and starchy vegetables such as black-eyed peas, kidney beans, lima beans, navy bean, asparagus, and lentils.

## That nagging cold won't go away

"If you lack vegetables in your diet and the important vitamins they provide, your body may lack the defenses it needs to release free radical fighters against viruses," says Sauer. "Stock

your fridge with dark leafy green vegetables, an excellent source of vitamin C, to give your immune system a boost and help shorten your recovery time."

## Your memory is foggy

While occasional forgetfulness can affect all ages, if you find your brain's processing speed and efficiency fading as you get older, a lack of nutrients could be the culprit. "Lutein, a nutrient which has been shown in early research to enhance learning and memory, can be found in a variety of vegetables such as leafy greens, carrots, broccoli, corn, and tomatoes," says Sauer. "Adding a few or all of these vegetables to your weekly meals can provide a helpful and natural brain boost."

## Daily stressors are getting harder to handle

While stress is an inevitable part of life, how we eat and treat ourselves directly affects our body's response. "Inflammation is your body's natural response to stress, so if you're not handling stress well, inflammation and its damaging effects could be taking place," says Sauer. "Foods rich in anti-inflammatory compounds such as unsaturated fatty acids [like salmon and tuna], antioxidants, polyphenols and carotenoids [like green leafy vegetables and bright-colored peppers] can help lower the levels of inflammation in the body and increase your mental capabilities to handle life's curveballs."

## You're prone to muscle cramps

Fruits and vegetables contain potassium that may prevent muscle cramps, especially if you're exercising or outside in hot summer months, says Emily Rubin, RD, registered dietitian in the division of gastroenterology and hepatology at Thomas Jefferson University Hospitals. "One medium banana has 422 mg of potassium."

## Your scale won't budge

"Fruits and vegetables have fiber that makes you feel full so you eat less," says Rubin. "Most fruits and vegetables are low in calories. Fruit may also help with those sweet cravings. Choosing a bowl of strawberries instead of ice cream can save you 200 calories."

## 8 Medical Appointments to Make During Lockdown—and 2 that Can Wait

Denise Mann, MS



Medical testing and doctor visits can make you anxious, even when there's no global pandemic to worry about. Fears of Covid-19 may only add to this stress. But this is not a good reason to keep postponing needed exams, experts stress.

Yes, there are a lot of variables at play—from the [Covid-19](#) rates in your community to your personal health history and whether you have any worrisome symptoms. Here's advice from medical experts about which tests should be priorities, which you can wait for, and the factors that should influence your decisions.

### Appointments to make

[Cancer screening tests](#) have fallen by as much as 94 percent during the pandemic, according to new data from electronic medical records vendor Epic. This is concerning, says [Matthew G. Heinz, MD](#), a hospitalist and internist at Tucson Medical Center in Arizona. "A malignancy starts microscopically and we work very hard to detect it when it is very small through blood testing and imaging because the earlier you catch cancer, the better off you will be."

Well-visits are down, too, and that means people are missing vaccinations and other valuable care. Be sure to schedule these appointments if you're due or at high risk.

### Breast cancer screening

[Do you need a mammogram or not?](#) If you do, schedule it now, says [Stephanie Bernik, MD](#), chief of breast surgery at Mount Sinai West in New York City. Facilities are taking extra precautions to minimize your risk for spreading or contracting Covid-19, she says. "If you are at extremely high risk for breast cancer, you should try and stay on track with your breast cancer screening," she says. Women at high risk for breast cancer include those with genetic mutations such as BRCA1 and/or 2; a family or personal history of breast cancer is another high-risk indicator. Some women who are at low risk for breast cancer do have leeway in terms of rescheduling, as certain guidelines suggest

that mammograms every two years can be sufficient. Continue doing monthly breast self-exams, she says: "If you feel something in your breast, come right in."

### Colon cancer screening

If you are at average risk of colorectal cancer, the American Cancer Society suggests [starting regular screening at age 45](#). A colonoscopy is the gold standard, but there is concern that Covid-19 can spread during these in-office procedures, says [Randell Wexler, MD](#), an associate professor of family medicine and vice chair for clinical affairs at The Ohio State University Wexner Medical Center in Columbus. "If you have a family history of [colon cancer](#), [symptoms](#), or a history of precancerous polyps, reschedule your colonoscopy now," he says. However: "If you are at low risk for colon cancer and due for a screening, you can have a fecal immune test (FIT) instead of a colonoscopy." This at-home test looks for hidden blood in your stool, which can be an early sign of cancer. "It must be done yearly and if we find blood, you will need to come in for follow-up testing." With FIT, you use a brush to scrape samples from your stool, spread them on a test card and send this to a lab for analysis.

### Skin cancer check

You should do regular [skin self-exams](#) to spot any signs of [skin cancer](#), and your dermatologist will let you know how often you need to come in for a skin cancer check based on your personal risks, the [American Academy of Dermatology](#) says. "While we try to balance risks and benefits of almost all activities these days, skin cancer screening is very important," says [Jonathan Ungar, MD](#), director of consultative dermatology at Icahn School of Medicine at Mount Sinai in New York City. This is particularly true for people with risk factors for [melanoma](#), the potentially fatal form of skin cancer, he says. "These include a personal or family history of melanoma; a history of sun exposure; having fair skin, freckling, or light hair; having many moles; and [compromised immune system]." If you check any of these boxes, reschedule your appointment now, he recommends.

### Diabetic eye exam

If you have diabetes, you need [yearly eye exams](#) to catch any vision-stealing conditions early. Traditionally these exams involve dilating or widening your eyes and using a specialized tool to see the back of your eye or retina, but newer techniques can allow for less touch and less risk of Covid-19, Dr. Crane says. "Retinal photography can be done in the same lab where you have blood drawn and doesn't involve as much contact as the more traditional exam."

### Heart function tests

If you put off your electrocardiogram or exercise stress test, reschedule them sooner rather than later, says [Evan Appelbaum, MD](#), a car-

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diologist at Men's Health Boston, a Harvard-affiliated multi-specialty practice. These tests measure your heart's activity at rest or during exercise, respectively, he says. "They can let us know your risk for heart disease and also help evaluate how well your treatments are working if you already have heart disease," he says. "The benefit of having these tests now far outweighs the risks."

### **Vaccinations**

The lockdown due to the [Covid-19 pandemic](#) has meant delays in well-visit vaccinations. We don't want to trade measles for coronavirus, says Dr. Crane. "If your well child is due for shots, they should get them," she says. "If you have called ahead and the office is taking steps to reduce risk of Covid-19, you are safer there than everywhere else." (Here are some [vaccine myths](#) you can ignore.)

### **Your child's camp or sports league physical**

Many camps and sports leagues have amended their requirements as a result of Covid-19.

Find out what your child needs to participate this summer so you can schedule any visits accordingly and in time, Dr. Crane says.

### **You're under the weather**

You may need an in-person visit if you have chest pain, blood in your stool, severe headaches, or even [Covid-19 symptoms](#), Dr. Gantzer says. The serious problem you have now is more important than any potential problems you may have in the future. "Don't let the fear of something that may or may not happen outweigh what needs to be taken care of in the here and now." She suggests calling your doctor's office, explaining what is going on, and asking if you should come in or schedule a phone or video appointment.

### **Appointments that can wait**

#### **Cervical cancer screening**

One cancer test you may not need to reschedule right away is your [Pap test](#), says [Heather E. Gantzer](#), MD, a spokesperson for the American College of Physicians and an internist at Park Nicollet Clinic & Specialty Center in Saint Louis Park, Minnesota. You are probably not all that late for these important tests since doctors' offices were closed for non-essential visits for only a few months, she says. The National Cervical Cancer Coalition suggests getting [Pap tests at age 21](#); if the results are normal, you can wait three years until your next one. At age 30, you can undergo a Pap test every three years, co-testing with a Pap and human papillomavirus (HPV) test every five years or an HPV test alone, every five years. Some types of HPV are linked to cervical cancer. "Not every person needs a Pap test every year," Dr. Gantzer says. Make sure to stay on top of your schedule. When in doubt, call your doctor and ask what tests you are due or overdue for, she adds.

#### **Your routine dental cleaning**

If you had to postpone your regular [dental cleaning](#) and you have no pressing concerns, it's OK to wait it out, says [Saul Pressner](#), MD, a dentist in New York City. "I recommend focusing at first on necessary treatments," he says. "I believe patients are interested more in health and proper function presently, and postponing discretionary and cos-

metic procedures, until they feel more comfortable that things have stabilized with the pandemic."

You may be on the clock, Dr. Wexler warns. "We don't know what the fall season is going to look like and if Covid-19 does have a secondary peak, it will occur during flu and strep season." Those sicknesses could add complicating factors to anything you may need, so it's best to get those basic things done now.

### **At-home solutions**

#### **Try telemedicine for yearly well-visits**

Certain medical appointments can be conducted with video conferencing or over the phone, which reduces risk of Covid-19 without letting other concerns slip through the cracks. "Call your doctor's office and say 'I usually come for an annual visit and I am late. Should I come in-person or schedule a phone or video visit?'" Dr. Gantzer says.

Annual well-visits help your doctor stay on top of your health and get ahead of and manage many diseases, including diabetes, but most of this information is gathered via counseling and asking pertinent questions, she says. "We check vaccine schedules, ask about alcohol use, substance abuse, and depression," she explains. If you are overdue for yours, it can be done over the phone or video, and then she can order follow up lab work such as routine blood work, including cholesterol and blood sugar, and shots when needed, she adds. If your doctor notices any red flags, an in-person visit can be scheduled.

#### **Consider taking your own blood pressure**

[High blood pressure](#) is a leading cause of [heart attack](#) and [stroke](#), but it is silent, meaning that it doesn't cause any symptoms until it is too late. Measuring your blood pressure is an important part of yearly wellness exams, but it can be done at home too, Dr. Gantzer says. "Blood pressure can't be ignored or fall off the radar," she says. "Get a blood pressure cuff and check it at least once a year, and make sure to bring your cuff and your readings when you see your doctor face to face." Blood pressure readings of [less than 120 millimeters of mercury](#) (mm Hg) for the systolic blood (upper) pressure and 80 mm Hg for diastolic (lower) pressure are within the normal range, the [American Heart Association](#) notes. The association offers up some guidance on choosing an upper-arm [home blood pressure monitor](#), including how to measure your arm to make sure it fits.

If you have high blood pressure, check with your doctor to find out how often you should test your blood pressure at home and when you should be concerned about the readings, Dr. Wexler adds.

Even weight can be assessed virtually as part of your annual wellness visit. "We can enter the patient's weight from their home scale, or, there are Bluetooth scales that will transmit the weight directly to the clinic's electronic medical record," says [Sarah Crane](#), MD, an internist at the Mayo Clinic in Rochester, Minnesota.

That said, if you have a chronic disease such as diabetes or a heart condition, certain exams require a face-to-face-visit and should not be postponed if you are overdue.



## PLASTERERS' LOCAL NO. 200

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## What's for Dinner?



**Servings: 4**

**Prep Time: 30 minutes**

### Ingredients

- 1 block of extra firm tofu
- 1/2 large red bell pepper, diced
- 1/2 large green bell pepper, diced
- Kernels from 1 ear of cooked corn
- 1 15-ounce can low-sodium black beans
- 1/2 teaspoon cumin
- 2 teaspoons reduced-sodium taco seasoning
- 1 teaspoon garlic powder

- 1/2 lime, juiced
- 2 tablespoons cilantro
- Pepper to taste

### Directions

- Drain the tofu by wrapping the block in a paper towel and putting some weight on top (such as a coffee cup filled with water) for about 10 minutes.
- Cut the tofu block in small 1/2- to 1-inch squares. Season with pepper as desired.
- In a grill pan or iron clad pan, cook the tofu squares on medium-high heat. Stir and flip to allow browning on all sides. Once done, set aside.
- In a pan, mix the black beans, corn, taco seasoning, garlic powder and cumin. Cook for about 5 to 7 minutes, mixing to combine ingredients well.
- Add the green and red bell pepper and cook for another 3 minutes or as desired for texture.
- Add the cooked tofu to the mix and cook for another minute or two.
- Remove from heat. Add the cilantro and lime juice.

### Nutrition Information (per serving)

- Total calories: 207
- Total fat: 6.5 g
- Protein: 16 g
- Cholesterol: 0 mg
- Carbohydrate: 25 g
- Sodium: 182 mg
- Fiber: 7 g