

INSIDE THIS ISSUE:

Measure Your Food	2	Portion Control	3
Vitamins	2	Raising Cavity-Free Kids	3
Meatless Meals	2	The Amazing Apple	4
Feed Your Head	3		

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Take Control of Your Health

Healthy Living Newsletter

Understanding Nutrition Labels

Servings per container or package:

The label tells you how many servings are contained in a package of food.

Calories and calories from fat: The number of calories in a single serving of the food is listed on the label. This number tells you the amount of energy in the food. Another part of the label identifies the number of calories that specifically comes from fat. Check this figure because it is important to understand, as you monitor your fat intake.

Percent Daily Value: This tells you how much of a certain nutrient you will get from eating one serving of the food. The percent daily value is based on an average diet of 2,000 calories a day. If you eat fewer or more than that, adjust accordingly.

Sodium: The U.S.D.A. advises most adults should consume no more than 1,500 milligrams of sodium a day. milligrams, or less than a teaspoon.

Cholesterol: The American Heart Association advises to limit cholesterol

intake to less than 300 milligrams a day.

Fiber: Foods containing five grams or more of fiber per serving are considered to be high in fiber.

Source: UPS RoadMap to Health & USA Today

Health & Wellness Events:

Walking Campaign:

- Several formats for the event are being evaluated, with more information to follow.

Brown Bag Snack Distribution:

- Date: Thursday, March 17

Corporate Campus Blood Drive:

- Date: Wednesday, March 30
- Theme: Picnics, with the possibility of grilling hotdogs for the donors in the B1 circular drive.

Weight Loss

Are you finding yourself wanting to lose weight? Make small, gradual, realistic changes, creating a healthier future.

10 Commandments of Weight Loss

- Think “choose well” not “diet”.
- Make exercise fun.
- Don’t eat due to boredom.
- Eat out wisely.
- Shop smart.
- Snack right.
- Be adventurous.
- Use less fat.
- Limit sugar and refined starch.
- Don’t skip breakfast.

For more information, visit www.foodandhealth.com.

Source: UPS RoadMap to Health

Vitamins

Vitamin A: Keeps your skin and eyes healthy, helps you heal your body, aids in taste, appetite and growth.

Vitamin B1 (Thiamine): It helps your body break down carbohydrates and keeps your nervous system running.

Vitamins B2: Important for your growth, skin, nails, hair, lips and tongue, eyesight, and the breakdown of protein, fat and carbohydrates.

Vitamin B3 (Niacin): Helps you metabolize carbohydrates and also oxidizes sugars.

Vitamin B6: Good for preventing skin conditions, nerve problems, helps the body absorb protein and carbohydrates.

Vitamin B12: It helps make red blood cells and is important in digestion, the absorption of nutrients, and in nerve health.

Vitamin C: Keeps your connective tissue, cartilage, and bones healthy; keeps your metabolism moving.

Vitamin D: Helps with calcium and phosphorus absorption in your body.

Vitamin E: Fights toxins and helps the body deal with free radicals.

Vitamin K - Helps your blood clot.

Source: UPS RoadMap to Health

Measure Your Food



Whatever you eat, it is easy to eat too much of it. Bagels and muffins are twice the size they were years ago. Some restaurants

offer all-you-can-eat buffets. Fast food restaurants pride themselves on large servings. How can you deal with these situations? One way is portion control.

- Fish, poultry, meat (cooked) should equal a piece the size of a deck of cards or the palm of a hand is about 85g or 3 oz. (an 85g or 3 oz. baked or grilled fish fillet will be about the size of a checkbook.)
- Fruit, vegetables, pasta, rice should equal the size of a small fist (125ml or 1/2 cup).
- Cheese should equal the size of your thumb (30g or one ounce).
- Milk, yogurt, chopped fresh greens should equal the size of a small hand holding a tennis ball (250ml or one cup).

Source: UPS RoadMap to Health

Slow Down!

In one study, men and women who ate quickly and/or ate until they felt full were three times more likely to be overweight than those who ate at a leisurely pace and stopped eating before they were full.



Some ways to slow down:

- Serve yourself only small portions and wait 15 to 20 minutes before you go back for seconds. That is the amount of time it takes for your body to get the message that it is satisfied.
- Chew each bite thoroughly, and pay attention to the food's texture and taste.
- Drink water while you are having a meal.
- Find ways to eat with others, and stop and talk between bites.

Sources: British Medical Journal, Online Edition, October 2008 & American Dietetic Association

Meatless Meals

There are lots of nutritious reasons to love beans, lentils, peas, and soybeans. In addition to being a low-fat, low-cost source of protein, they are also high in cholesterol lowering fiber and complex carbohydrates that keep you feeling full without loading up on calories. They are also rich in calcium, folate, and iron.



Here are a few ways to include more meatless meals in your diet:

- Substitute cooked or canned beans for meat in casseroles, stews, soups, and chili.
- Mix with salads.
- Use "veggie burgers" or other soy protein products (for example, bacon or sausages) in dishes that typically use meat.
- Try tofu and soy crumbles, which are mild-tasting and absorb the seasonings and flavor of whatever they are cooked with.

Source: American Dietetic Association

Feed Your Head

- **Fish:** Fish contains omega-3 fatty acids, which appear to protect brain cells. Some examples include wild salmon, whitefish, tilapia, catfish, flounder or mahi-mahi.
- **Blueberries:** These berries contain antioxidants, which neutralize the effects of free radicals.
- **Green leafy vegetables:** They contain high levels of folate, a vitamin that helps break down homocysteine. High levels of homocysteine have been linked to an increased risk of Alzheimer's disease.
- **Vitamins:** It is always better to eat healthy foods than to take vitamins.

Source: UPS RoadMap to Health & health.discovery.com

Questions?

If you have any questions or topics that you would like to see covered in this newsletter, e-mail your suggestions to:



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Portion Control

In addition to WHAT you eat, you have to be aware of HOW MUCH you eat. It's a good idea to write down what you eat each day and figure how many calories you are eating. Here are some tips:

- **Eat meals at regular intervals.** Skipping meals or leaving large gaps of time between meals may lead you to eat larger amounts of food the next time you eat.
- **Use smaller dishes, bowls and glasses.** This way, when you fill up your plate or glass, you will be eating and drinking less.
- **Eat slowly** so your brain can get the message that your stomach is full.
- **Avoid eating in front of the TV or while busy with other activities.** Pay attention to what you are eating and chew the food well.
- **When buying snacks,** go for single-serving prepackaged items and foods that are lower calorie options.
- **Take the amount of food that is equal to one serving** and eat off of a



plate instead of eating straight out of a large box or bag.

- **When cooking in large batches, freeze food that that you will not serve right away.** You will have ready-made food for another day. Freeze leftovers in amounts that you can use as a single serving for a family meal another day.
- **Make snacks count.** Replace snacks, such as chips and soda, with healthier alternatives, like low-fat yogurt, smoothies, or whole-grain crackers.
- **Share large entrees.**

Source: UPS RoadMap to Health & win.niddk.nih.gov

Raising Cavity-Free Kids

- Put only water in kid's sippy cups except for rare occasions. Dentists often describe juice and soda as "liquid candy."
- If you do give children an occasional sweet, choose one that melts rapidly instead of gummy candy. Sugary foods leave a coating on teeth that contributes to cavity-causing bacteria and enamel-eating acid.
- To build healthy teeth and bones, serve plenty of foods high in calcium, such as milk, yogurt, and cheese.



- Get your child in the habit of good dental care early. Wipe your child's mouth and teeth with a clean washcloth or gauze pad after each feeding until he or she is old enough to brush.
- Reward children with hugs, stickers, or toys instead of sweets.

Sources: American Academy of Pediatrics; Healthy Children, Winter, 2008; & American Dental Association

The Amazing Apple

We are told that an apple a day keeps the doctor away, but what exactly are the health benefits of apples?

Fiber

- Apples contain both types of fiber needed to keep the digestive system healthy and functioning—soluble and insoluble.
- Pectin, the soluble fiber, lubricates the colon helping the ease of elimination. Pectin also helps to prevent cholesterol buildup in the blood vessel walls.



- The insoluble fiber in apples, mainly in the skin, provides bulk in the digestive tract helping to bulk up and move food quickly through the intestines.

- Dietary Fiber Comparison / (Serving size: 1 medium apple):
Gala Apple: 5g / Golden Delicious:

3g / Red Delicious: 2g / Fuji: 5g / Granny Smith: 4.8g

Weight Loss

- The fiber content aids digestion and can promote weight loss by making you feel fuller.
- The complex sweetness of apples helps to satisfy sugar cravings, while the juice helps to keep you hydrated.

Cancer Prevention

- A Mayo Clinic study indicated that quercetin, a flavonoid in apples, helps prevent the growth of prostate cancer cells.
- A Cornell University study indicated phytochemical in the skin of an apple inhibited the reproduction of colon cancer cells by 43 percent.
- A Cornell University study found that rats who ate one apple a day reduced their risk of breast cancer by 17%, while rats fed three apples per day reduced their risk by 39% and those fed six apples per day reduced their risk by 44%.
- The National Cancer Institute has reported that foods containing flavonoids, like those found in apples, may reduce the risk of lung cancer as much as 50%.

Healthy Lungs

- A study of Welsh men indicated that people who ate at least five apples per week experienced better lung function.
- Researchers at the University of Nottingham reported that those who ate five apples per week also had a lower risk of respiratory disease.
- In the Netherlands at the University of Groningen, apples were singled out as a fruit that could cut a smoker's risk of chronic obstructive pulmonary disease (COPD) in half.

Heart Disease and Stroke Prevention

- A Finnish study showed that people who eat a diet rich in flavonoids have a lower incidence of heart disease and may also help prevent strokes.

Diabetes Management

- The pectin in apples supplies galacturonic acid to the body which lowers the body's need for insulin and may help in the management of diabetes.

Bone Protection

- French researchers have found that a flavonoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may increase bone density. Another ingredient in apples, boron, also strengthens bones.

Source: UPS RoadMap to Health , www.healthdiaries.com & www.netlodo.com

Sneak Peek



The major topics for the April newsletter will be:
Breast Cancer,
Prostate Cancer,
Colorectal Cancer &
Skin Cancer