

Healthy Living Newsletter

MARCH 2010

TAKE CONTROL OF YOUR HEALTH

VOLUME 5, NUMBER 3



The 10 Commandments of Weight Loss

- Thou shall think “choose well” not “diet”.
- Thou shall make exercise fun.
- Thou shall not eat from boredom.
- Thou shall eat out wisely.
- Thou shall shop smart.
- Thou shall snack right.
- Thou shall be adventurous.
- Thou shall use less fat.
- Thou shall limit sugar and refined starch.
- Thou shall not skip breakfast.

Source: www.foodandhealth.com

Sugar’s Many Disguises

Sucrose is the chemical name for sugar, but glucose, dextrose, fructose, lactose, and maltose also are forms of sugar.

That is why it is important to read nutrition labels carefully, especially for people with diabetes and pre-diabetes who are trying to limit their carbohydrate to maintain blood glucose levels.

Source: *American Diabetes Association*

Nutrition and Healthy Eating

Portion Control

The portion size you are used to eating may be equal to two or three standard servings. To see how many servings a package has, check the “servings per container” listed under Nutrition Facts.

It may help to compare serving sizes to everyday objects. Keep in mind these sizes are approximations.

- ¼ cup of raisins = a large egg
- One cup of cereal = a fist
- ½ cup of cooked rice, pasta, or potato = half a baseball
- One baked potato = a fist
- 1 ½ ounces of low-fat or fat-free cheese = four stacked dice
- Two tablespoons of peanut butter = a ping-pong ball

Source: win.niddk.nih.gov

Food and Mood: What is the Connection?

A meal or snack high in carbohydrates (starchy or sweet foods) can make you feel drowsy, relaxed, or calm.

On the other hand, a high protein meal (meat, dairy products, beans, nuts) will make you feel energetic and alert.

Consider the food-mood connection if you are not sure why you are feeling a certain way. But, keep in mind that not all food influences mood and not all moods are linked to food.

Source: *UPSWELLNESSGUIDE*

The Ins and Outs of Fat

Fat is an important nutrient that your body uses for growth and development, but you do not want to eat too much. There are four different types of fat:

- **Saturated fats** consist of triglycerides containing only saturated fatty acids. Saturated fats raise total blood cholesterol, as well as LDL cholesterol. Saturated fats are mainly found in animal products, such as meat, dairy, eggs, and seafood. Some plants foods also are high in saturated fats such as coconut oil, palm oil, and palm kernel oil.
- **Trans fats** were invented as scientists began to “hydrogenate” liquid oils so that they could withstand food production processes and provide a longer shelf life. Trans fatty acids are found in many commercially packaged foods.
- **Monounsaturated fats** lower total cholesterol and LDL cholesterol and increase the HDL cholesterol (the good cholesterol). Nut, canola, and olive oils are high in monounsaturated fats.
- **Polyunsaturated fats** also lower total cholesterol and LDL cholesterol. Seafood like salmon and fish oil, as well as corn, soy, safflower, and sunflower are high in polyunsaturated fats. Omega 3 fatty acids belong to this group.

Source: *UPSWELLNESSGUIDE*

Carbohydrate 101

Carbohydrates are one of three macronutrients: carbohydrate, protein, and fat. These contain carbon, hydrogen, and oxygen atoms. Carbohydrates provide most of the energy needed in our daily lives, both for normal body functions such as heartbeat, breathing, and for physical activity and exercise.

Source: UPSWELLNESSGUIDE

Breakfast Alternatives

If you dislike regular breakfast foods, try something different, such as:

- Leftover vegetable pizza
- Fresh fruit topped with low-fat yogurt and crispy whole-grain cereal
- Vegetables, salsa, and low-fat shredded cheses wrapped in a tortilla
- Whole-wheat crackers with low-fat cheese
- A microwave potato topped with broccoli and grated Parmesan cheese
- Think low-fat and fresh lean meats or even fish, low-fat milk products, fresh fruits and vegetables and whole grains.

The important point to remember is to not forget to eat breakfast.

Source: UPSWELLNESSGUIDE

Weight Loss Tip

Weigh Yourself Regularly

Successful dieters and those who are trying to maintain weight loss usually weigh themselves regularly. Some step on the scales once a week. Others do so daily. This helps keep you honest. If you are not losing or start regaining, you know to reign in your eating habits or step up your exercise.

Source: disetchallenge.usatoday.com

Apples - The Whole Package

- A medium size apple, about the size of a tennis ball, contains five grams of fiber, 20 percent of the recommended daily fiber intake.
- Apples contain both types of fiber, soluble and insoluble, needed to keep the digestive system healthy and functioning.
- Pectin, the soluble fiber, lubricates the colon helping the ease of elimination. Pectin also helps to prevent cholesterol buildup in the lining of 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. 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.

Source: UPSWELLNESSGUIDE

Toddlers vs. Vegetables

If you are having difficulty getting your toddler to eat vegetables, try these suggestions:

- Use a cookie cutter to cut vegetables into fun shapes your child will want to eat.
- Have your child help you make a homemade pizza with vegetable toppings.
- Have your child help you make a pot of vegetable soup and allow them to choose which vegetables to put in the soup.
- Melt cheese and pour it over broccoli or cauliflower to buffer the strong taste of the vegetables.
- Plant a small vegetable garden in your backyard. It will be exciting for your child to see the vegetables grow and then they can gather them and bring them in for dinner.

Source: UPSWELLNESSGUIDE

Nutritional Guidelines for Seniors

Aging is a dynamic and complex process that results from cellular, physiological, and psychological changes. The following are some tips to assist seniors with their diets.

- Reduce sodium (salt) to prevent water retention and high blood pressure.
- Monitor fat intake in order to maintain healthy cholesterol levels.
- Eat more fiber-rich foods to prevent constipation.
- Make sure you get the recommended amount of important vitamins and minerals, including potassium, zinc, and vitamin B12.
- Increase water intake to prevent dehydration.

Source: helpguide.org & www.eatright.org

Are Vitamins Important?

Here are some examples of what vital things vitamins can do for you.

- Vitamin A – Keeps your skin and eyes healthy and helps in healing.
- Vitamin B – Promotes healthy digestion and metabolism. It also aids in healthy skin, nails and hair. It assists in making red blood cells and improves nerve health.
- Vitamin C – Helps to builds healthy bones, good metabolism and a healthy immune system.
- Vitamin D – Helps with calcium and phosphorus absorption in the body.
- Vitamin E – Aids in fighting toxins and is believed to help your body deal with free radicals, which may affect cellular structure.
- Vitamin K – Helps your blood clot.

Source: UPSWELLNESSGUIDE