



Food and Fitness

Extend Holiday Habits into the New Year for Health

What?! Isn't it time to stop the holiday feeding frenzy? Well, yes. But some of those holiday habits move you toward better health!

Nuts—research says that pistachio nuts and sunflower seeds boost heart health!

Parties, Christmas cards, phone calls—getting and

staying more connected to family and friends reduces heart disease risk.

Shop till you drop! - Walking



the malls is great winter exercise—just keep walking for 30 minutes or more—don't stop

to spend!

Cook all your favorite foods—comfort foods have a role in making a happier heart and soul. Just let meats be a side dish and increase your vegetables, whole grains, and fruits to cover 90% of the plate!

Make Food Beautiful. See p. 4, Recipe Corner.

“....but I just don't like it!”

Let's face it! Some foods are appealing to us and some just aren't! If you're weary of hearing

“try it, it's good for you!” consider this.

- Whole grains—move toward whole

grains in a stepwise fashion. Many breads, breakfast cereals,

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Web sites of interest:

- www.aoa.gov
- www.fiu.edu/~nutreldr
- www.americanheart.org
- www.aicr.org

“...but I just don’t like it!”

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crackers, and pasta blends have SOME whole grain added to the refined grains and the change is hardly noticeable. Start here and keep trying to go all the way.

- Remember when you thought you could never change from whole to 2% milk? Are you stuck there? Consider fat free

milks with added thickeners and whiteners wearing names like Super Skim, Ultra Skim and fat free plus! You’d be surprised how time and technology can improve a product! Remember when fat free cheese reminded you of a credit card! Still does? Try some of the soy cheese alternatives which have unsaturated

fats and DO melt in a grilled cheese sandwich!

- Afraid of soy milk? Blend it with frozen fruit and Splenda for something that tastes like dessert!
- Tofu—ah tofu. We’ll save that one for next time!



Are You a Night Eater Trying to Lose Weight?

Dinner’s over, the dishes are done, you settle into an easy chair, pop the TV on, and it’s snack time! Out come the chips, popcorn, cookies or other favorite nighttime foods.

You most likely are NOT experiencing a psychologically disordered eating pattern called “Night Eating Syndrome”. Rather, you may have a habit of snacking out of habit, boredom, or just because you like “fun foods”. It’s not a serious issue, but it may hamper your weight



Night eating can be a bad habit impairing weight loss!

loss efforts. Consider these tips:

- Eat dinner a little later. If there are only 2 hours between dinner and bedtime you will be less likely to eat again. If dinner is at five and bedtime is at eleven, it is appropriate to eat again during the evening. A bowl of cereal or fruit and yogurt would be in order.
- Find an activity that will keep you busy—do a load of laundry, work a

crossword puzzle, write some letters, play a computer game. You can’t have your hand in the cookie jar if you don’t want to get grease on the keyboard.

If you are worried about whether you are truly experiencing Night Eating Syndrome see your physician. Symptoms include:

- Not eating during the day
- Eating more than half the day’s calories throughout the night
- Depression

Fiber and Colon Cancer

It's been a hot debate for years! In December researchers reported in the Journal of the American Medical Association the results of examining whether a high fiber diet truly reduces colon cancer risk. They grouped or pooled the results of 13 studies of 700,000 participants who were followed 6-20 years. Fiber was found "wanting" as the magic pill.



How can this be?, you may say, after all we've previously heard about fiber protecting us against colon cancer!

The authors concluded that the cause and effect concept to prove for many reasons. Unavoidable errors in data collection by researchers and errors in perception of serving size by study participants are just a few that can possibly slant the outcomes.

What should you do?

Go back to Wonder bread and greasy, red meat instead of whole grains, fruits, and vegetables? Before you do that consider these concepts:

- Regular consumers of red meat have increased risk of colon cancer.
- Consumers of large amounts of plant foods have decreased risk of hypertension, Type 2 Diabetes, obesity, and coronary heart disease.
- All plants contain phytonutrients protective against cancer.

C-Reactive Protein, the Metabolic Syndrome and Statins

The Metabolic Syndrome has been identified as having 3-5 conditions that raise risk for heart disease. They include blood sugar >110, blood pressure >130/85, abdominal obesity, HDL cholesterol <40, and triglycerides >150. When this state is accompanied by an elevated level of C-reactive protein, additional risk for heart disease is present.

C-reactive protein, a substance identified as early as 1929, is a marker of inflammation in the body. An elevation of this marker, combined with the Metabolic Syndrome, more strongly predicts heart disease risk.

Cholesterol-lowering drugs called statins lower the inflammatory response in ad-

dition to lowering cholesterol. Lowering the inflammatory response may also lower risk for heart disease.

Talk with your doctor about continuing your statin drug even if your cholesterol level is normal. It has the potential

for lowering the inflammation in your body.



Recipe Corner

California Nut Granola

2 cups wheat bran
 1/2 cup dried sesame seeds
 5 cups rolled oats
 1.25 cups chopped walnuts
 1/2 cup honey
 1 tsp. vanilla extract
 1/2 tsp. salt
 1.5 cups raisins packed



Preheat oven to 300 degrees F. In a large bowl, toss together the bran, sesame seeds, oats, and walnuts. Stir together the honey, vanilla, and salt. Pour over the dry ingredients and mix well. Spread evenly in a large shallow pan and bake for 30 minutes, stirring 2-3 times. Cool completely before adding the raisins. Store in an air tight container. Serves 10.

Nutrition information per serving:

| | |
|------------------|-----|
| Calories | 438 |
| Fat, g | 17 |
| Saturated fat, g | 2 |
| Protein, g | 12 |
| Cholesterol, mg | 0 |

| | |
|------------------|-----|
| Carbohydrate, g | 68 |
| Sodium, mg | 125 |
| Dietary fiber, g | 10 |

Broccoli au Gratin

20 oz. frozen broccoli
 1 can mushroom soup
 8 oz. fat free sour cream
 4 oz. light cheddar cheese
 2 Tbs. chopped onion
 2 Tbs. light margarine
 1/2 cup bread crumbs

Preheat oven to 350 degrees. Cook broccoli. Drain. Arrange in a casserole dish. Combine rest of ingredients except bread crumbs. Pour over broccoli. Top with bread crumbs. Bake for 20 minutes. Serves 6.



Nutrition information per serving:

| | |
|------------------|-----|
| Calories | 166 |
| Fat, g | 9 |
| Saturated fat, g | 3 |
| Protein, g | 10 |
| Cholesterol, mg | 11 |
| Carbohydrate, g | 14 |

| | |
|------------------|-----|
| Sodium, mg | 551 |
| Dietary fiber, g | 3 |

Fruit Salad

2 cups whole strawberries
 1/2 tsp. honey
 1/2 cup fat free sour cream
 1/2 cup blueberries
 1/2 cup peach slices
 1/2 cup raspberries
 1/4 cup orange sections
 1/4 cup kiwi slices

Puree 1/2 cup of the strawberries. Add the honey and sour cream.



Combine fruits. Serve in individual bowls. Drizzle dressing over salad. Serves 4.

Nutrition information per serving:

| | |
|------------------|----|
| Calories | 96 |
| Fat, g | 1 |
| Saturated fat, g | 0 |
| Protein, g | 3 |
| Cholesterol, mg | 3 |
| Carbohydrate, g | 21 |
| Sodium, mg | 26 |
| Dietary fiber, g | 5 |



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Heartfit Building
3200 Chesterfield
Charleston, WV 25304

Phone: 304-744-6466
Fax: 304-388-9422

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[www.state.wv.us/
seniorservices](http://www.state.wv.us/seniorservices)

Barrett's Esophagus

A new study from the journal *Gastroenterology* reports that more people have Barrett's Esophagus (BE) than previously thought. Perhaps 3 million Americans suffer from BE. This disorder refers to continual inflammation and damage of the cells lining the lower esophagus caused by backflow of stomach acid into the esophagus.

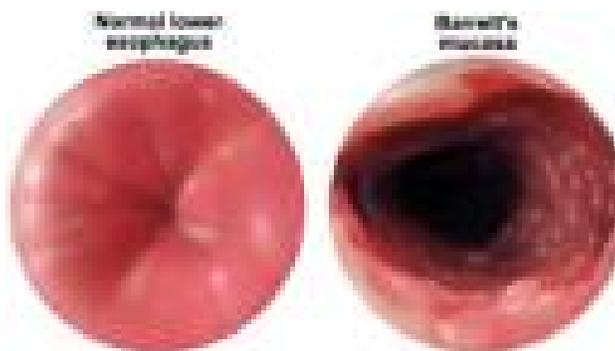
Over the long term these cells may become precancerous. The

esophagus may narrow and swallowing may become difficult.

If you have symptoms of heartburn or pain under the breastbone, tell your physician. A camera

in a pill, that can be easily swallowed, is used to help diagnose Barrett's esophagus. Tips to avoid acid reflux:

- Don't lie down or bend over immediately after eating.
- If there is extra fat around your midsection, lose it! This can press the stomach and cause acid reflux.
- Consider raising the head of your bed on blocks.



Normal esophagus on left, Barrett's esophagus on right.