



Food and Fitness

Low Fat Diets Not Good for Your Health?

Last month the media reported on a study that indicated low fat diets were not protective against heart disease and cancer.

Before we butter up those biscuits and order

fries to go with that cheeseburger, we'd better look a little deeper into what really happened, or didn't happen in the study.

In the study reported in the Journal of the American Medical Association, one group of women, the test



group, was asked to restrict fat intake to provide only 20% of calories. They were also asked to increase consumption

of fruits and vegetables. Another group, the control group, was asked to continue with their usual eating habits.

The test group had several meetings with registered dietitians to help them learn what 20% of calories from fat meant in terms of food choices. They were instructed in how to accomplish this and how to increase fruit and vegetable con-

sumption.

After eight years the 2 groups were evaluated to see if the low fat diet with more fruits and vegetables helped to reduce disease risk. The test group was not able to maintain a low fat diet. They consumed 29% of calories from fat, which is not a low fat diet. Neither did the test group increase intake of fruits and vegetables.

The control group consumed 37% of calories from fat. Neither group really ate a low fat diet. No low fat diet, no extra fruits and vegetables, no protection!

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Web sites of interest:

- foodandhealth.com
- americanheart.org
- aicr.org
- diabetes.org

The Metabolic Syndrome and Whole Grains

We know the metabolic syndrome is something we don't want to encounter—a large waist with excess body fat at the midsection, high blood pressure, high blood sugar, high triglycerides and low good cholesterol (HDL). The metabolic syndrome can lead to Type 2 diabetes and heart disease.



older people who eat a diet rich in whole grains reduce the risk of developing metabolic syndrome and heart disease. Refined grains have less of the protective nutrients from bran and germ, components which are stripped away in the milling process.

Look for the word **WHOLE** as the first ingredient in breads, buns, cereals, pasta, and crackers. The word **BROWN** for rice indicates whole grain. Oats are whole grain. Suggestions on how to include whole

grains:

- Have oatmeal for breakfast. Add some wheat germ for more nutrition.
- Use whole grain bread on your sandwich at lunch
- Have whole wheat crackers with low fat cheese for an afternoon snack.
- Have a stir fry with brown rice or a whole wheat pasta with marinara sauce for dinner.
- Make rolls whole wheat
- Still hungry? - have a whole grain cereal and skim milk at bedtime.

Recently researchers at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University reported that

Sick Spouse Bad for Your Health

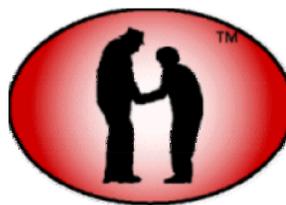
A recent study from the Harvard Medical School and the University of Pennsylvania published in the New England Journal of Medicine reports that if your spouse has a debilitating disease this can hasten your death. Referred to as the “caregiver burden” or “bereavement effect”, men were 4.5% more likely to die than usual if their wives

were hospitalized. Women were 3% more likely to die than usual if their husbands were sick. If the sick spouse dies, the risk rises considerably.

What to do for yourself if you have a sick spouse:

- Allow family and friends who offer help to help you—taking care of the dog and the house,

bringing food to you at the hospital or doing laundry and grocery shopping can help.



- Take care of yourself—get enough sleep and nutritious, regular meals; taking a break from the sick person can

make you stronger physically and mentally.

Soy—Not the Magic Bullet We Had Hoped For?

Soy burgers may not lower your cholesterol and tofu may not keep you from getting breast cancer. However, you can still



count on soy foods to provide you with a cholesterol-free, low saturated fat protein source.

Foods made from the soy bean may not be the magic bullet we had hoped for. But you already knew there's no magic bullet when it comes to good health! Just don't let the recent media hype blasting soy foods steer you completely away from this healthy protein alternative!

The soy bean, unlike

other beans, contains all essential amino acids (protein building blocks) needed by humans. Amino acids are substances we must eat (because the body can't make them) to form muscle, blood, hormones, and enzymes.

Additionally, some of the fat from the soy bean is omega-3 fatty acids. This type of fat can lower elevated triglycerides. Omega-3 fats can also make the blood less sticky and less likely to form unwanted clots in the arteries.

Soy foods come in a variety of forms. Green

soybeans, called edamame, make a great snack or topping to sprinkle on your salad in place of eggs and cheese for protein. Soy milk is a great alternative to cow's milk for those with milk allergies or lactose intolerance. Soy milk has long been used as an ingredient in infant formulas for babies intolerant of cow's

milk. Tofu, made from soy milk, takes up the flavor of whatever you use to season it—make it oriental, Italian, or barbecue—it's all in the herbs.

And remember—the only real magic is in Harry Potter's wand.



Edamame

Tofu

Get Ready for the Oscars with Your Favorites

Watching the movie awards and rooting for your favorites leads to snacking. Face it and be ready! Combine healthy foods with your favorites:

• Favorite vegetable dipper

- (Ranch or Blue Cheese) and raw vegetables
- Favorite fruit dipper (chocolate or caramel) and fresh fruits
- Favorite nuts and olives

- Lower fat microwave popcorn
- Favorite sandwich spread (chicken salad) on whole wheat bread, and
- Chewy Fruit Cookies

Recipe Corner

Broccoli Peanut Stir Fry (serves 4)

1 tsp. canola oil
 2 tsp. minced garlic
 1 cup sliced mushrooms
 1 cup sliced carrots
 1 cup frozen thawed spinach
 1/2 cup orange juice
 1 tsp. corn starch
 1/2 tsp. ground ginger
 1 tsp. sesame oil
 4 Tbs. light soy sauce
 1 cup broccoli florets
 1/4 cup chopped peanuts
 3 cups cooked brown rice

Sauté garlic, mushrooms, carrots, and spinach in canola oil for about 3 minutes. Mix orange juice, corn starch, ginger, sesame oil, and soy sauce. Add to skillet with broccoli. Cook 3 minutes and add peanuts. Serve hot over brown rice.

Nutrition information per serving:

Calories	327
Fat, g	7
Saturated fat, g	1
Protein, g	13
Cholesterol, mg	0

Carbohydrate, g	54
Sodium, mg	376
Dietary fiber, g	6

Vegetarian Chili Pot

1 cup instant brown rice
 1 can black beans, drained and rinsed
 1 can diced tomatoes, no added salt
 3 Tbs. dried minced onion
 1/2 tsp. chili powder
 1/2 tsp. oregano
 1/2 tsp. cumin

Combine all ingredients in a medium sized microwave container. Cover and microwave on high for 12 minutes. Serve hot.

Serves 4.

Nutrition information per serving:

Calories	188
Fat, g	1
Saturated fat, g	0
Protein, g	8
Cholesterol, mg	0
Carbohydrate, g	40
Sodium, mg	248
Dietary fiber, g	8

Above recipes from Communicating Food and Health

Chewy Fruit Cookies

3/4 cup brown sugar, packed
 1/2 cup white sugar
 3/4 cup applesauce
 2 egg whites
 2 Tbs. skim milk
 2 tsp. vanilla extract
 1.5 cups flour
 1 tsp. baking soda
 1 tsp. cinnamon
 1/2 tsp. salt
 1/4 tsp. nutmeg
 3 cups oats, uncooked
 1 cup raisins

Mix all dry ingredients. Mix all liquid ingredients and stir into dry ingredients. Drop onto tray sprayed with Pam. Bake at 400 degrees for 10-15 minutes. Makes 42 cookies.

Nutrition information per 2 cookies:

Calories	144
Fat, g	1
Saturated fat, g	0
Protein, g	3
Cholesterol, mg	0
Carbohydrate, g	32
Sodium, mg	70
Dietary fiber, g	2

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This newsletter is created by Susan M. Poindexter, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services, and is funded in part by the West Virginia Bureau of Senior Services.



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Design Your Own Weight Loss Program!

Thank goodness—the feeding frenzy is now past. We’ve come full circle from Halloween candy to Valentine candy, enduring Thanksgiving dinner, Christmas stockings and Super Bowl parties along the way! Spring is coming and so is the desire to shed some pounds. Cover the basic requirements of a healthy diet, add what you like, and exercise as much as it takes to cover what you eat.

The basics of a healthy diet include:

- 3 servings whole grains
- 3 servings fruit
- 3 cups vegetables
- 3 servings fat free dairy
- 3 oz. or more plant protein
- 3 oz. or less animal protein

A sample menu might be:

Breakfast—1 cup oatmeal, 1/2 cup blueberries, 1 cup skim milk

Morning snack—Banana

Lunch—1 cup pinto beans, 2 cups tossed salad, 6 whole wheat crackers, 1/2 cup sliced peaches

Afternoon snack:

8 oz. fat free yogurt

Dinner—3 oz. chicken breast, baked potato, 1 cup broccoli, whole wheat dinner roll

Minimum calories, maximum nutrition! Add as much as you are willing to burn with exercise!