# Food and Fitness

American Dietetic Association
National Nutrition Month
March 2009

## National Nutrition Month®

Every March the American Dietetic Association, professional organization of Registered Dietitians launches a campaign to help Americans make healthier food choices. The website of the American Dietetic Association (eatright.org) is a wealth of nutrition resources including topics such as:

- Nutrition Fact Sheets—information on topics from eggs to fiber to eating on the run to healthy snacks—to name a few!
- Consumer Nutrition Information—from becoming vegetarian to debunking food myths
- Good Nutrition Reading List—references on Diabetes, cookbooks, shopping for healthy foods
- Find a Nutrition Profession—helps you to locate a registered dietitian in your area.

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**Websites of interest:**

- eatright.org
- uvadvantage.org
- healthstatus.com/calculate/cbc

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## Vitamin D—Hottest Thing Going

Vitamin D is actually a hormone made in the skin from exposure to sunlight. In the wintertime and as we age this process does not happen as efficiently. Sunscreen also blocks the UVB rays necessary to make vitamin D. According to Michael F. Holick, M.D. at Boston

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# Environmental Makeover

Change your home and workplace to make them friendlier to your new healthy lifestyle!

**Your food:**

Store healthy snacks and quick breakfast and lunch makings in your fridge, desk drawer, or pantry:

- Individual portion canned fruits
- Packs of instant oatmeal
- Mini boxes of raisins
- Whole grain breakfast bars
- Small bags of raw vegetables
- Bagged salad mixes
- Canned tuna, chicken, or salmon
- Low fat string cheese sticks, peanut butter
- Low fat salad dressing
- Whole grain crackers
- Microwaveable dinners
- Fresh fruits
- Low fat yogurt

**Your exercise:**

- Keep an extra pair of tennis shoes and a T-shirt handy, even at work for a quick round-the-block walk after lunch.
- Make use of breaks to walk up and down stairs at home or at work.

**Your relaxation:**

- Close the door to your office, close your eyes, and listen to relaxing music for 5 minutes during a busy day.
- Treat yourself to a stretching or yoga class.

# Calculating Calories Burned

If you went ahead and sent yourself that box of chocolates for Valentine's Day and you're wondering how much work you'll have to do to burn it off go to this website (www.healthstatus.com/calculate/cbc

Enter your weight, choose the type activity you wish to do and enter the minutes you plan to exercise. The calculator estimates how many calories you will burn.

Is it enough to cover the whole box of candy or just a few pieces?

# Spice Up Your Life With Ginger

Many of the spices we associate with the making of desserts do "double duty" as flavor enhancers and herbal remedies. Ginger is one of those spices with ancient roots for both flavor and healing. Ginger is rich in antioxidants and contains magnesium, potassium, B-vitamins and zinc. Its medicinal properties have been acclaimed as these:

- Relaxes and soothes the intestinal tract
- Reduces swelling and joint pain when applied in a compress
- Boosts the immune system
- Promotes cardiovascular health
- Relieves morning sickness and soothes nausea

So how can we use ginger in a healthy diet? Often featured in Asian, Indian and Arabic cuisine, ginger can be used in a variety of recipes including fruit spreads, ginger ale or beer, chocolate covered ginger, ginger snaps and even pickled sushi ginger.

Ginger is most commonly available in two forms in the grocery store: in its natural, raw state or in powdered spice form.

See the **Recipe Corner** page 4 for a few "tried and true" ginger recipes:

- Asian Wok Delight
- Jeff's Ginger Snaps

# Vitamin D—Hottest Thing Going

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University Medical Center human deficiency of Vitamin D is related to everything from heart disease to cancer to depression to diabetes to everyday aches and pains, not to mention osteoporosis. There is an explosion of research on the sunshine vitamin.

Dr. Holick reports that Vitamin D made by the sun is 100% incorporated into the cells. However, only 60% of Vitamin D taken from a pill is available for use.

Ask your doctor to test your 25-hydroxy vitamin D level. The result should be 30-100 ng/ml. If your level is low, your doctor may prescribe 50,000 IU of Vitamin D2 once per week for 8 weeks and then every other week for life to prevent reoccurrence.

To prevent the deficiency in the first place Dr. Holick recommends sunlight exposure for 10 minutes per day or taking 1000 IU of vitamin D3 in pill form daily. Ask your doctor what you should do.

# Recipe Corner

## Asian Wok Delight

3 Tbs. fresh ginger, scrubbed and grated
2 Tbs. peanut oil
1# raw shrimp or scallops
3 stalks celery, cut into bite-sized pieces
1 cup fresh mushrooms, sliced
½ cup carrot sticks
6 small purple onions, or ½ regular onion, peeled and halved
1 cup snow peas
½ yellow pepper, sliced
1/3 cup peanuts or cashews
2 Tbs. cornstarch
1 cup chicken broth
Salt and red pepper to taste

Heat oil in wok over medium high heat. Add grated ginger and stir for a few minutes until ginger is aromatic. Stir in seafood and sauté for another two minutes. Remove from heat and set aside.

In same wok, stir-fry fresh vegetables until almost tender but still slightly crunchy. Set these aside with seafood.

Use wok to make a sauce with broth and corn starch, heating both until sauce begins to thicken. Return seafood and vegetables to pan, adding peanuts. Add salt and red pepper. Serve over rice.

*Try using variety of fresh seasonal vegetables available at this time. Possibilities include broccoli, cabbage, kale, and green beans.*

## Jeff's Ginger Snaps

Preheat oven to 350 degrees F.

3/4 cup soft margarine
1 cup white sugar
1 egg or 2 egg whites
1/4 cup molasses
2 cups all-purpose flour
1 tablespoon ground ginger
1 teaspoon ground cinnamon
2 teaspoons baking soda
1/2 teaspoon salt

In a medium bowl, cream together the margarine and sugar until smooth. Beat in the egg or egg whites and molasses until well blended.

Combine the flour, ginger, cinnamon, baking soda and salt; stir into the molasses mixture to form a dough. Roll dough into 1 inch balls. Place cookies 2 inches apart onto ungreased cookie sheets.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. These cookies also make a fabulous crust for cheesecakes or pies!

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# Posting Calories on Restaurant Menus

I know. Sometimes you'd just rather not know! Like that free Grand Slam breakfast you might have had last Tuesday— 770 calories is not that much! It would just take a couple of hours on a treadmill to burn off those calories.

How about the Monster Thick burger— just 1420 calories!

State senator Dan Foster of Kanawha county believes people have a right to be informed about how many calories are in the fast food they buy from chain restaurants. So there is a proposal for a bill in the WV state legislature to get this feat accomplished.

If such a bill passes we can still have our thick burgers and grand slam breakfasts. No one is trying to take them away from us. We'll just have the information we'll need to calculate how long to spend on the treadmill. If the bill doesn't pass, isn't it true that calories we don't know about don't count? *healthstatus.com/calculate/cbc*