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# Food and Fitness

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## Drink Your Water—But Is It Safe?

You're advised to drink your eight 8-oz. glasses of water per day. But is it safe? Is bottled water safer than the drinking water from your tap?

The U.S. Environmental Protection Agency prescribes regulations limiting the amount of certain substances in water

provided by public water systems. The U.S. Food and Drug Administration regulations establish limits for

contaminants in bottled water. Both are concerned for public health and the safety of your water supply.

Sources of



Drinking water is monitored for safety.

drinking water, both tap and bottled, include rivers, lakes, streams, ponds, springs, reservoirs, and wells. Maximum

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## Soy Foods and Your Health

The controversy rages on. Do soy foods protect against heart disease, breast cancer, and

menopausal hot flashes or do they not?

**Heart Disease.** A Japanese report in the

April 2007 American Journal of Clinical Nutrition pooled 11 studies (called a

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### Special points of interest:

- [www.fda.gov/fdac/features](http://www.fda.gov/fdac/features)
- [www.epa.gov/safewater](http://www.epa.gov/safewater)
- [www.cdc.gov](http://www.cdc.gov)
- [www.talksoy.com](http://www.talksoy.com)
- [www.mindlesseating.org](http://www.mindlesseating.org)

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## Soy Foods and Your Health (continued)

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meta-analysis) and concluded that soy foods lower LDL or bad cholesterol. Another meta-analysis of 41 studies published in the September 2006 issue of the American Journal of Cardiology touted the potential benefits of replacing foods high in satu-

rated fat and trans fats with soy foods. However, a scientific statement in January 2006 from the American Heart Association and published in the journal *Circulation* concluded that soy protein had no beneficial effects in heart disease protection.

**Breast Cancer.** An abstract from the American Association of Cancer Research Annual Meeting in 2006 reported on possible protection against breast cancer from soy foods. In 155 women interviewed regarding soy food

consumption, those who had the highest intake of soy foods in childhood had 58% lower chance of developing breast cancer than those who had lower intakes of soy foods. Other studies show lack of protection.

**Hot Flashes.** Results of clinical trials of soy foods or supplements on hot flashes continue to be mixed and inconsistent, according to Mark Messina, Ph.D., associate professor at Loma Linda University, and soy foods researcher.

## Fortification of Foods

Bottled water with added vitamins, orange juice with calcium, yogurt with probiotics, eggs with omega-3 fatty acids, cereal bars with plant sterols—these are just a few of the long line of food additives designed to fortify our food supply. But is it getting out of hand?

Foods have long been

fortified to improve the health of the public. Consider iodine added to salt to prevent goiter, B-vitamins added to flour to prevent pellagra and beriberi, and Vitamin D added to milk to prevent rickets. Can too much of a good thing be bad?

Tolerable upper limit levels have been es-

tablished for some vitamins, minerals, and other nutrients. Visit [www.iom.edu](http://www.iom.edu) for these guidelines.



## Drink Your Water—But Is It Safe? (continued)

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contaminant levels are regulated for microbial contaminants (bacteria and viruses), organic contaminants and inorganic contaminants (salts and metals), pesticides and herbicides, and radioactive

contaminants. While treatment is necessary to minimize contaminants, the treatments themselves are also regulated to avoid contamination of the water.

So how much do you need? Sixty four ounces of

fluid from water, tea, juice, milk or other sources is usually recommended.



## Juicing – It’s All the Rage

But can it truly be healthier to use an extraction of a vegetable rather than the vegetable itself? Not really!

Ads on the internet promoting juicing refer to our supposed “inability to digest vegetables that are not in juice format”. It is true that years of low fiber diets can indeed contribute to diverticulitis and compromised digestion. But eliminating fiber by juicing is not the solution to the problem.

Getting more fiber into your diet through the use of whole vegetables and fruits rather than juice extractions is the key to bowel health. Plants are recognized nowa-

days as having much more than just fiber and vitamins.

Phytonutrients like resveratrol in grape skins and pterostilbene in blueberries show promise in animal studies for reducing risk of heart disease and cancer. Leaving the fiber behind when extracting juice may leave some of these vital nutrients behind as well.

If you find delight in the process of juicing it’s healthy to have your vegetables in a pureed format as long as you don’t throw away the pulp! Remember that expensive juicing machines don’t add any nutrients to the process. Fresh sliced toma-

atoes on a sandwich will have the same amount of good nutrition (Vitamin C, beta-carotene, and lycopene and fiber) as ones you run through the juicer.



**Juicing machines can be pricey. Why not just eat the whole thing!**

## Recipe Corner—Too Hot To Cook!

Have you decided to have the stove removed from your kitchen for the summer because it's too hot to cook?! Join the crowd! Leave any "cooking" to the microwave and put the cookbooks away!

### Cool Breakfasts:

**Breakfast One**—Granola cereal with skim milk, Strawberries

**Breakfast Two**—Light fruited yogurt, Sliced papaya, Sourdough bread

**Breakfast Three**—Peanut Butter on whole wheat toast with sliced banana, Skim milk

### Light lunches:

**Lunch One**—Spinach salad topped with Marinated shrimp, Whole wheat crackers, Fresh peach

**Lunch Two**—Chunks of canned chicken on Red tipped leaf lettuce with light Italian dressing, Herbed Potato salad, Fresh Apple Wedges

**Lunch Three**—Egg Salad Sandwich on Whole Wheat

Toast with Sliced tomato and leaf lettuce, Watermelon

### Simple Suppers:

**Supper One**—Salad with Romaine lettuce, garbanzo beans, broccoli florets, baby carrots, red grapes, and diced apple with Light Balsamic Vinaigrette dressing, Whole Wheat French bread, Blueberry yogurt

**Supper Two**—Swiss Cheese Sandwich on Whole Wheat Bread, Asparagus and Purple Onion Slices Marinated in Olive Oil and Lemon Juice, Fresh Pineapple Spears

**Supper Three**—Bean and Corn Salsa, Baked Tortilla Chips, Fresh Avocado Slices, Fresh Mango Slices

**Supper Four**—Fresh tomato Stuffed with Tuna Salad

### Herbed Potato Salad

4 medium red potatoes

1/4 large yellow on-

ion, finely chopped

1/3 green bell pepper, finely chopped

2 stalks celery, finely diced

1/4 cup parsley, finely chopped

Fresh chives, thyme

2 sour pickles, chopped

1/4 cup mayonnaise

1/4 cup sour cream

1/4 cup pickle juice

1 tsp Tony's Cajun seasoning.  
Serves 4.

Nutrition information per serving:

Calories 256, Total fat 8 g, Saturated fat 3 g, Trans fat 0 g, Cholesterol 10 mg, Dietary fiber 4 g, Carbohydrate 41 g, Protein 5 g, Sodium 571 mg.



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## Mindless Eating

While watching a movie do you suddenly get to the bottom of the popcorn bowl and wonder who the thief is? Does a 7-oz. bag of chips seem to be shrinking when you can finish it before the nightly news is over?

Dr. Brian Wansink, food psychologist and professor of Marketing and Nutritional Science at Cornell Uni-

versity calls it mindless eating. We tend to eat what we are served. Is it because we are members of the Clean Plate Club? Our parents' experiences with "The Great Depression" may have fostered this habit in us. Do we eat when we're not even hungry because it is "lunch

time"? Do we have larger servings of a low fat food and end up eating more calories?

Many studies show that we eat more from larger bowls, in all-you-can-eat situations, and with greater variety. See

[www.mindlesseating.org](http://www.mindlesseating.org) for tips to avoid mindless eating.

