



Food and Fitness

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Web sites of interest

- consensus.nih.gov
- americanheart.org
- diabetes.org
- bddiabetes.com
- foodandhealth.com



To Supplement or Not To Supplement

More than half of Americans take dietary supplements with annual sales at \$23 billion per year. These facts are according to a panel of experts convened by the National Institutes of Health Office of Dietary Supplements and the Office of Medical Applications Research. They reported from a “state-of-the-science” conference on multivitamin/mineral (MVM) use and outcomes for chronic disease prevention, held May 15-17, 2006.

At this conference a panel of scientists examined research related to potential benefits of dietary supplements in disease preven-

tion. While 13 vitamins and 11 minerals are essential to human nutrition, to date, the panel stated, the panel reports there is no convincing evidence that supplementation can prevent or cure chronic diseases such as cancer and heart disease.

Nutrient supplements which have been studied include:

- Beta carotene and lung cancer—no benefit
- Vitamin E and heart disease—no benefit
- Selenium and cancer—no benefit
- Folic acid and neural tube defects—benefit

Deficiencies of vitamins and minerals, except iron, are uncommon in America. Fortification of the food supply has helped and includes:

- Iodine to salt
- Vitamins A and D to milk
- Iron and B vitamins to flour
- Folic acid has been added to cereal grains to help prevent neural tube defects in children.
- Calcium plus Vitamin D and hip fracture risk in postmenopausal women—benefit.

Consult with your physician about taking MVM supplements.

American Heart Association Issues New Guidelines

America's foremost advisor on heart health has re-written the guidelines for healthy Americans age 2 and older as of June 2006.



- Limit trans fats (partially hydrogenated fats in cookies, snack cakes and crackers and fried fast foods) to <1% of total calories (2 g in a 2000 calorie diet). Wendy's has promised to begin frying in

trans fat free oils by August of 2006. Perhaps

others will follow?

- Limit saturated fat (greasy meats, fatty dairy products, coconut and palm oils) to <7% of calories (15 g in a 2000 calorie diet).

- Choose lean meats and meat alternatives (beans, peas, nuts, soy products)
- Choose fat free and 1% fat only dairy products.
- Choose whole grains.
- Eat brightly colored vegetables and fruits and eat more.
- Add little or no salt to foods.
- Drink alcohol in moderation.
- Eat fish, especially fatty fish, twice per week.

“Limit trans fats (partially hydrogenated fats in cookies, snack cakes and crackers and fried fast foods) to <1% of total calories (2 g in a 2000 calorie diet)”.



Got Type 1 Diabetes? Cut Your Risk of Heart Disease!

In 1441 patients with Type 1 diabetes intensive control with a goal of normal blood sugars reduced heart disease and stroke by 50%, re-

ported the New England Journal of Medicine in December 2005. However, only 5-10% of the population has Type 1 diabetes.

What about the 90-95% with Type 2 diabetes. Results of a similar study (ACCORD) in those with Type 2 diabetes are due out in 2009.

Staying Hydrated for Summer

When the sun beats down relentlessly in the summer, we sweat. That's how

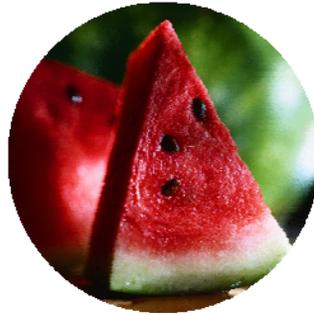


we stay cool. Consider this—the sweat needs to be replaced by drinking fluids.

Water comprises about 55% of our body weight. Not only does it keep us cool—it removes waste products via the kidneys, maintains our blood volume, and transports nutrients and oxygen throughout the body.

Does our drinking fluid have to be pure water? Not necessarily. Fruit juices, milk, and artificially sweetened, non-caffeinated sodas

can all provide fluids. Juicy fruits and vegetables like watermelon, grapes, and tomatoes can add more fluid.



How much fluid do we need? The Institute of Medicine states that the vast majority of healthy adults can meet their fluid needs by letting thirst be their guide. Women typically need about 2.7 liters of fluid and men need 3.7 liters of fluid from food and fluid sources.

A rule of thumb for calculating fluid needs is as follows: In normal situations about 1/2 ounce per pound of body weight will be enough, according to Sharon E. Grif-

fin, PhD, exercise physiologist. For example, if you weigh 160#, then you'd need 80

ounces or about 10 cups of fluid daily to be adequately hydrated.

Prolonged physical activity and heat exposure, such as that encountered when mowing a large yard will require additional fluid intake. Drink an extra 8 ounces before beginning the activity and

drink more fluids every 20 minutes while out work-

ing in the heat.



“.....the vast majority of healthy adults can meet their fluid needs by letting thirst be their guide.”



Recipe Corner

Add to the July 4th cookout!

Spinach Dip

1 pkg. frozen chopped spinach, thawed and squeezed dry



16 oz. container fat free sour cream

1 cup fat free mayonnaise

1 pkg. Knorr vegetable recipe mix

1 8 oz. can water chestnuts, drained and chopped

3 green onions, chopped

Combine all ingredients and chill. Serve with your favorite dippers. Makes 4 cups dip.

Nutrition information per serving:

Calories 36
Fat, g 3

Saturated fat, g 0
Trans fat, g 0
Protein, g 1
Cholesterol, mg 0
Carbohydrate, g 3
Sodium, mg 6
Dietary fiber, g 1

Tangy Bean and Spinach Salad

For the vegetarians at your cookout from the US Dry Bean Council

1 15 oz. can pinto beans, rinsed

1 15 oz. can lima beans, rinsed

1 cup cauliflower florets

1 cup chopped red bell pepper

A small avocado, peeled, pitted and cubed

2 green onions, chopped

1/2 cup fat free sweet and sour dressing

4 cups baby spinach leaves

1 can mandarin orange sections, drained

2 Tbs. toasted sunflower seeds

Combine beans and vegetables in salad bowl; pour dressing over and toss. Add spinach and orange sections and toss. Sprinkle with sunflower seeds.

Calories 241
Fat, g 9
Saturated fat, g 0
Trans fat, g 0
Protein, g 9
Cholesterol, mg 0
Carbohydrate, g 37
Sodium, mg 502
Dietary fiber, g 9



Add some cool, healthy, non-meat items to your cookout to delight your plant-eating-only guests!



Heartfit Building
3100 Chesterfield
Charleston, WV



**Food and
Fitness**

www.state.wv.us/seniorservices/

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.

Blueberries, Peaches, and Ice Cream!

Food and Health's Monthly Calendar lists July as Blueberry Month, Peach Month, and Ice Cream Month. What Better combination could you find for dessert at your 4th of July cookout than to mix all three?!

Blueberries, in addition to being

delicious, have a very high ability to absorb damaging oxygen radicals in the body, according to the USDA Human Nutrition Research Center on Aging in Boston. They contain ellagic acid which can block metabolic pathways that promote cancer.

The beta-

carotene in peaches plays the same protective role.

Serve these two over light vanilla ice cream for coolness, flavor and extra calcium!

