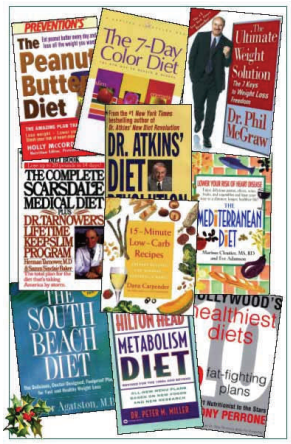
Food and Fitness

The Diet War Rages On!

In a recent Israeli study of diets and weight loss published in the New England Journal of Medicine the "big three" diets—Mediterranean, Atkins, and low fat American Heart Association-type diet—went head to head yet again over weight loss. Which diet won? They all won at the weight loss game. And so can you!

It happens every time. If calories are cut from usual, no matter which diet you follow, you **will** lose weight. Try to put it into perspective. Remember the simple basics of lifelong good weight management:



- Eat your vegetables, fruits, and whole grains—green beans, peaches and oatmeal

(Continued on page 3)

Volume 78
August 2008

Web sites of interest:

- eatright.org
- cms.hhs.gov
- oldwayspt.org
- acsm.org

Inside this issue:

Medicare Act	2
Mediterranean Diet	2
Margarine	3
Cancer Prevention	3
Recipe Corner	4
Activity vs. Exercise	5

Protein Alternatives

You don't have to be totally vegetarian to be healthy! But you do need protein, and beans of all types can fill the bill. Try adding frozen or canned beans to soups, salads, or dips: Edamame (green soy beans), pinto, garbanzo, red or black, to name a few. See recipe corner page 4.

"Medicare Improvements for Patients and Providers Act" and You

In July 2008 congress voted to allow the Medicare Improvements for Patients and Providers Act to become law. If you have elevated levels of cholesterol or triglycerides this new law could benefit you. If you have pre-diabetes, this new law could benefit you.

This law will allow you in 2009 to have access to (and payment for) a registered dietitian's services for medical nutrition therapy. This means you will have access to education and support in how to change your eating habits to reduce your blood fat levels and to reduce your blood sugar levels. Stay tuned!

What IS The Mediterranean Diet?

It's not a new fad diet coming from yet another new diet book. It doesn't suggest that you drink olive oil!

The Mediterranean diet refers to the eating style of people who lived around the Mediterranean Sea (Greece, including the isle of Crete and Italy) in the 1940's and 50's. The people were subjects of the Seven Countries Study, originally published in the 1960's by Ancel Keys.

This researcher studied lifestyle habits of people in seven countries (also Japan, Yugoslavia, the Netherlands, Finland and the USA). The subjects were healthy males between the ages of 40-59 at entry to the study who were followed for 20 years.

Those subjects living on the isle of Crete had the lowest coronary heart disease death rates. They weren't on a "special diet. They ate what they had and what was culturally familiar to them. Whole grains, vegetables, fruits, beans, nuts, olives and olive oil were staples. They ate a small amount of fish, even less chicken, and meat only rarely. A moderate amount of red wine was consumed.

Margarines—Which Is Best?

Saturated and trans fats are killers. Pick your poison, or not!

If you are trying to keep your saturated fat grams to 15 grams per day and your trans fat to zero grams per day you'll want to read the nutrition facts label to determine what your favorite margarine contains. A good rule of thumb is 1-2 grams saturated fat and zero grams trans fat per tablespoon.

Vegetables, fruits, and whole grains don't contain these types of fats while meats, fatty dairy foods, and snack foods do.

The Diet War Rages On (continued)

(Continued from page 1)

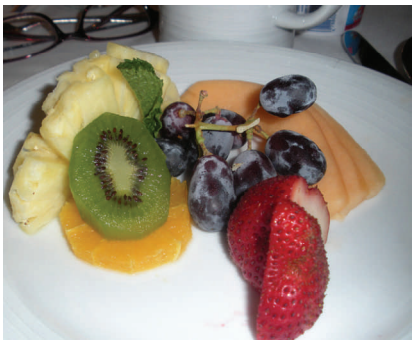
never made anyone fat.

- Stop eating before you feel stuffed. Eat enough to curb hunger, then quit. This saves on food costs, too!
- Plan healthy snacks—low fat yogurt, whole grain crackers and peanut butter, juicy fruits—you may need a between meal snack when you decrease the size of your meals. Makes sense!
- Burn your extra body fat with daily exercise! Find an exercise that you enjoy doing, have time to do, and **just do it!**

Cancer Prevention on A Plate—Fruit!

Who would have thought it? You don't have to get it from a doctor. You don't have to buy into expensive supplements.

Just go to your local farmers' market or the neighborhood grocery store. Fruits have natural cancer fighters like ellagic acid, lycopene, anthocyanins, beta-carotene, limonene. Mmmmmmmm.



Recipe Corner—Meals in Minutes

In the dog days of summer it's too hot to have the stove on for very long. Try this quick, simple meal for a hot summer day.

Mediterranean Couscous

1 box whole wheat Basil Garlic Couscous

Sliced bell peppers

Fresh parsley

Your favorite canned or frozen beans or frozen, peeled, deveined shrimp, cooked in microwave

Prepare couscous in microwave according to package directions. Add pepper strips and parsley.

Open a can or package of your favorite beans and sprinkle liberally over couscous.

Or microwave frozen shrimp until cooked through. Serve warm or chill and serve as a salad.

Fresh Fig Ice Cream

1 quart fresh peeled pink figs

1 pint whole or 2% milk, you decide

1 pint heavy cream or fat free half and half, you decide

6 egg yolks

1 1/4 cup fine granulated sugar (use half Splenda to reduce calories

6 egg whites, stiffly beaten

3 Tbs. cream sherry

Crush peeled figs with a wooden spoon. Scald the milk and cream, but do not boil; skim.

Beat egg yolks and sugar together until very light. Pour hot milk over the egg yolk mixture, stirring constantly. Add the stiffly beaten egg whites and stir in the wine. Cool, then start freezing.

When slightly frozen, add crushed figs; stir well. Return to freezer and finish freezing. Allow to ripen a few hours.

Recipe adapted from bigoven.com

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

Nautilus/Heartfit Building
3200 Chesterfield Ave.
Charleston, WV 25304

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.

wvseniorservices.gov

Food and Fitness

Physical Activity versus Exercise

The exercise experts tell us "accumulate 30 minutes of exercise daily." Does that include a leisurely game of croquet? Actually not. Croquet is more of an activity.

Activities include moving the body in a stop and go fashion. Golf, yard work, and housecleaning are considered to be activities. Activity is good but we need the exercise, too!

Exercise includes any activity that is sustained over a period of time such that we break a sweat! It must elevate the heart rate, make us breathe faster and be continuous. Walking, rowing, running, biking, and swimming are examples of exercise.