



# Food and Fitness

## Happy Safe Thanksgiving!

Giving thanks with a feast does not belong to us alone! The Chinese, Greeks, Romans, and Jews celebrated the harvest long before the first Pilgrims and Native Americans. Regardless, we Americans are joyful for the upcoming feast!

The first American Thanksgiving very likely had squash, corn,

onions, venison, seafood, and wild turkey. The dressing, mashed potatoes, pumpkin pie, and cranberries were to follow much later!

Early food safety practices were probably different from those of today, but current guidelines include:

**Wash** hands before and often dur-

ing food preparation.

**Thaw** turkey in refrigerator several days before cooking.

**Keep** turkey and its utensils separate from produce.

**Cook** turkey to internal temperature of 165 degrees minimum

**Refrigerate** leftovers within 2 hours of serving.

## The Emotional Side of Diabetes

Diabetes is a tough disease—are you burned out? Dr. William Polonsky, author of Diabetes Burn-

out: What to Do When You Can't Take It Any More and founder of the Behavioral Diabetes Institute offers

10 tips to make it easier:

1) Harness your fears—fight fear with knowledge

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### Web sites of interest:

- [www.fsis.gov](http://www.fsis.gov)
- [www.behavioraldiabetes.org](http://www.behavioraldiabetes.org)
- [www.foodandhealth.com](http://www.foodandhealth.com)
- [www.fatfree.com](http://www.fatfree.com)

# Miracle Energy Foods?

“What foods can I eat to give me more energy?” is a frequently asked question. The market is glutted with energy bars

and energy drinks. Advice abounds to combine certain foods, eat at specific times, and swallow expensive supplements to boost energy. But do these products and tactics work?

In a word, no. Feeling energetic is not achieved with magic foods or formulas. It involves a lifestyle that includes good sleep, regular exercise, a healthy diet, learning to cope with stress, and getting help with depression or anxiety, if needed.

**Sleep.** Individuals need varying amounts of restful sleep, somewhere between 7-8 hours per night. To achieve restful sleep:



- Limit alcohol and caffeine.
- Take a warm bath.
- Engage in quiet reading, relaxation, or meditation time before bed.
- Have a comfortable bed in peaceful surroundings.
- Have a small snack, but not a large meal, right before bed.

**Regular exercise.** The surgeon general recom-



mends 30 minutes of aerobic exercise (like walking) most days of the week for us all. Just do it.

**Healthy diet.** Vegetables, fruits, whole grains, nuts, beans, lean animal protein, and non fat dairy products. Junk



foods? - less is more healthful!

## **Stress management.**

Everyday life brings stress. Everyone has stress in their lives. Try these tips:

- Do deep belly breathing.
- Use positive self talk.
- Visualize yourself in a “happy place”.



- Get a massage.
- Take a yoga class.

## **Depression or anxiety.**

If you have felt down, depressed, irritable, or hopeless in the last 2 weeks **discuss it with your doctor.** These feelings can be overwhelming energy zappers. However, depression and anxiety can be effectively treated through counseling and/or medications.

## The Scale or the Tape Measure—Which is Best?

The lowly bathroom scale has made the news again! Results of the Study to Prevent Regain were reported in the New England Journal of Medicine. The study was designed to address the challenge of people who had lost weight and wanted to keep it off. Rhode Island researcher Rena R. Wing, director of Weight Control and Diabetes Research at the Miriam Hospital in Providence conducted the research.



The study included 314 people from the Rhode Island area. Participants were given a bathroom scale at the beginning of the study and instructed to weigh daily. Some received face-to-face counseling and were instructed to call weights in weekly.

Some received internet counseling and were instructed to email their weights weekly. Some received a quarterly newsletter without additional counseling or advice.

In the group with the least advice or interaction 72% regained more than 5# of their weight in 18 months. In the group with internet advice 55% regained more than 5# in 18 months. In the group with face-to-face counseling 46% regained more than 5# in 18 months.

Was the difference due to frequent weight reports or to extra interaction with therapists? The study was not able to say clearly, but those who weighed daily regained fewer pounds. Tracking and reporting weight was reported to be a significant motivator by those who kept off the most weight. They also reported benefit from face to face interaction.



Don't have a bathroom scale? Use a tape measure to measure around the fullest part of the abdomen weekly. Or try on the same pair of pants weekly to see if they fit more or less tightly.

The important thing appears to be awareness and early intervention to prevent weight regain. From the study, participants reported it was easier to turn around a 1-4# weight gain than a 5-10# weight gain.

But are the pounds the be-all and end-all upon which one should focus? Consider this. Diuretics and laxatives cause fluid loss and show up as a loss of pounds on the scale. Prolonged bed rest causes muscle loss and shows up as a loss of pounds on the scale. Body fat loss is really what we're after, whether we're losing for the sake of health or the sake of vanity!

Regular exercise rather than dieting seems to be the most effective way to reduce the amount of body fat we carry. This would be noted in a tape measure assessment but sometimes doesn't show up on the scale. The new focus on cardiovascular risk is related to the amount of fat at the midsection. More than 35" for women and 40" for men raises the red flag for cardiovascular risk.

# Recipe Corner

## Pilgrims' Corn Pudding

- 1 1/2 cups frozen whole kernel corn
- 1/2 cup chopped onion
- 1 cup cubed fresh squash
- 8 oz. fresh or frozen (drained) peeled shrimp
- 3/4 cup egg substitute
- 1/2 cup fat free half and half
- 2 Tbs. flour
- 2 Tbs. parsley
- 2 Tbs. green onion
- 1/2 tsp. Goya ham flavored seasoning
- 1/4 tsp black pepper
- 1 cup reduced fat sharp cheddar cheese
- 1/2 cup bread crumbs



flavor, and pepper. Add to vegetable mixture and pour into casserole dish. Top with grated cheese and bread crumbs. Bake in 350 degree oven for 20 minutes.

Serves 4 as a main dish.

### Nutrition information per serving:

|                  |     |
|------------------|-----|
| Calories         | 271 |
| Protein, g       | 27  |
| Fat, g           | 5   |
| Saturated fat, g | 2   |
| Trans fat, g     | 0   |
| Cholesterol, mg  | 118 |
| Carbohydrate, g  | 31  |
| Sodium, mg       | 591 |
| Dietary fiber, g | 3   |

## Holiday Pumpkin Pie

- 1/2 cup egg substitute
- 16 oz. canned pumpkin
- 3/4 cup sugar
- 2 tsp. ground cinnamon

- 1/2 tsp. ground ginger
- 1/4 tsp. ground cloves
- 12 oz. evaporated skim milk

Combine all ingredients for filling. Pour into a low fat graham cracker crumb crust.

Bake in 425 degree oven for 40-45 minutes or until knife inserted comes out clean. Serves 6.

### Nutrition information per serving:

|                  |     |
|------------------|-----|
| Calories         | 290 |
| Protein, g       | 8   |
| Fat, g           | 7   |
| Saturated fat, g | 1   |
| Trans fat, g     | 0   |
| Cholesterol, mg  | 3   |
| Carbohydrate, g  | 50  |
| Sodium, mg       | 244 |



Dietary fiber, g 3

Microwave corn, onion, squash, and shrimp on high for 5 minutes. Drain excess liquid.

Combine egg substitute, half and half, flour, parsley, green onion, ham

# Join Us for an Experience that could Change Your Life



## “A Taste of Ornish” *Open House*

If you have heart disease or are at risk for developing it, now is the time to learn more about the **Dr. Dean Ornish Program for Reversing Heart Disease®**. Please join us for an Open House to learn the countless health benefits of this program. Experience and sample the four components of the program: Nutrition, Stress Management, Exercise and Group Support. Meet the professional team that will support you every step of the way in improving your heart health.

### *Find an Open House near you.*

|                                     |                    |                                      |
|-------------------------------------|--------------------|--------------------------------------|
| St. Mary's Medical Center           | <b>November 6</b>  | 4:00 p.m. – 6:00 p.m.                |
| Charleston Area Medical Center      | <b>November 9</b>  | 6:30 p.m. – 8:00 p.m.                |
|                                     |                    | (Registration 5:30 p.m. – 6:30 p.m.) |
| The Wellness Center @ City Hospital | <b>November 13</b> | 6:00 p.m. – 8:00 p.m.                |
| West Virginia University Hospital   | <b>December 7</b>  | 5:00 p.m. – 7:30 p.m.                |
| United Hospital Center              | <b>December 11</b> | 5:30 p.m. – 7:30 p.m.                |

Please call 1-800-879-2217 to register for the Open House. Space is limited.





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This newsletter was 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.

[www.state.wv.us/seniorservices/](http://www.state.wv.us/seniorservices/)

# The Emotional Side of Diabetes (continued)

*(Continued from page 1)*

- 2) Overcome depression—get help
- 3) Defeat denial—know your numbers
- 4) Give up the guilt—nobody’s perfect!
- 5) Appreciate the power of pals—ask for the help you need.
- 6) Arrest the “diabetes police”—talk with your loved ones about their “policing” you.

- 7) Move from discouraged to encouraged—look at your successes and the accomplishment of your short term goals.
- 8) Keep diabetes in its place. It doesn’t have to run your life—rather, you can manage it!
- 9) Take control of your environment—get rid of or put unhealthy foods out of sight. Have a convenient place for

your medications, and have an exercise area.

- 10) Take a “diabetes vacation” - have one night a

week where you deviate from your diabetes meal plan, but talk with your doctor about arranging your medications accordingly.



Visit

[www.behavioral diabetes.org](http://www.behavioral diabetes.org) to download a free brochure with details.