

Food and Fitness



Holiday Eating Strategies

Stressed about the unwanted pounds you may gain from holiday parties and dinners? You're not alone! It's the biggest worry of the health conscious at this time of year!

The extra 300 calories a day from higher fat, higher sugar holiday foods can add up to more than 5 pounds during the Thanksgiving to New Year holidays.

Consider these options to lighten up:

- Make sure you get your 3 cupfuls of vegetables in during the day before you indulge in the party treats.
- Have a small snack before you go to the party—make it a fruit or vegetable.
- When taking a dish to the party lighten old favorite recipes with



reduced fat and sugar ingredients.

- Use a small plate and put only 2-3

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Chocolate for Christmas!

Maybe a few mini-chocolate bars as stocking stuffers is not such a bad idea! Diane Becker and re-

searchers of the Johns Hopkins University Medical School stumbled onto something that

may be heart protective.

While testing the potential benefits

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Web sites of interest:

- aicr.org
- foodandhealth.com
- fsis.usda.gov
- eatright.org
- healthfinder.gov

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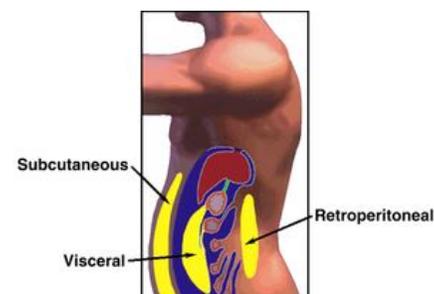
More on VAT FAT

VAT FAT, also known as visceral adipose tissue or belly fat, continues to be in focus in health research. Known to be a contributor to diabetes, heart disease and certain cancers, the ways to fight against VAT FAT are:

- Daily aerobic exercise—

directly burns VAT FAT.

- Portion control—too much food is not a good thing.
- Getting good sleep—late night wakefulness leads to late night eating.
- Stress management—stress hormones increase production of VAT FAT.



- Relaxation, yoga, and meditation are great stress relievers.

Holiday Eating Strategies (continued)

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items at a time on the plate.

- Move away from the food table! Talk to 5 people before returning for more re-

freshments.

- Alternate a diet soda with any alcoholic beverages to cut calories.
- Have a daily exercise plan to burn 300 calories—this

could take an hour or more depending on how hard you are able to work.

- You don't have to go to every party you're invited to!

Chocolate for Christmas! (continued)

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of aspirin on blood platelets in subjects with a family history of heart disease they advised



subjects to avoid chocolate. Those who could not do so took longer to form blood clots than those who avoided chocolate. While this is the same benefit associated with aspirin, Ms.

Becker does not yet advocate substituting chocolate for aspirin! Her group will conduct a study examining the effects of chocolate on the development of strokes and heart disease.

News on Low Carb Diets and Heart Disease—Quality vs. Quantity

The battle rages on between the “low carb” and “low fat” diet camps! A new study published by the Harvard School of Public Health in the November 9, 2006 issue of the *New England Journal of Medicine* sheds more light on the subject. Researchers looked at eating habits relative to the development of coronary heart disease in more than 82,800 women over a 20-year period from the Nurses’ Health Study.

The women completed surveys asking the frequency with

which they consumed certain foods

over the 20-year period.

During that time 1994 women had either a fatal or non-fatal heart attack. Their diets were



Foods made with sugar and white flour are referred to as refined carbohydrates.

compared to those of women with no heart attacks.

Low carbohydrate diets did not increase the risk of heart disease when the fat and protein in the diets were of vegetable (plant) origin. Low fat diets did not increase the risk of heart disease when the carbohydrate sources were not refined.

What does this mean and how does it relate to you? 1) If you decide to go on a low carbohydrate diet for weight loss, the protein and fat components should come mostly from plant rather than animal sources.

2) If you decide to go on a low fat diet (which would then be a high carbohydrate diet) the carbohydrate sources should not be refined.

Stated either way,

the messages remains the same:

- 1) Keep the animal fats down. This would include greasy meats (sausage, ribs, bacon) and high fat dairy products (cheese, butter, ice cream).
- 2) Include walnuts, flax seed, fish and canola oil for omega-3 fats.
- 3) Keep the refined carbohydrates low—limit sugary sweets, white bread, white rice, and white pasta.
- 4) Use brown rice and whole grains in breads, pastas, and cereals. Eat whole fruit and lots of vegetables.



Fish, especially salmon, is a good source of omega 3 fat.



Recipe Corner

Chocolate Brownies

1/2 cup fat free margarine
 1 cup sugar
 1/2 cup Splenda
 5 egg whites
 1/2 Tbs. vanilla flavoring
 3/4 cup flour
 1/2 cup oatmeal
 1/2 cup baking cocoa
 1/2 tsp. baking powder
 1 cup mashed sweet potatoes
 1/4 cup chopped walnuts

Preheat oven to 350 degrees. Spray a 9"x16" baking pan with Pam. Cream the margarine, sugar, and Splenda. Add the egg whites one by one, beating. Add remaining ingredients except walnuts. Mix well. Spread batter in pan. Top with walnuts. Bake for 30 minutes or until firm in center. Makes 16 brownies.

Nutrition information per brownie:

Calories 169

Total fat, g 7
 Saturated fat, g 1
 Trans fat, g 0
 Cholesterol, mg 0
 Sodium, mg 99
 Carbohydrate, g 23
 Dietary fiber, g 1.5
 Protein, g 3

Salmon with Berry Relish

4 4-oz. salmon filets
 1 cup frozen raspberries
 1 cup frozen blueberries
 1/2 cup orange juice
 1 Tbs. sugar
 1/2 tsp. cinnamon
 1/2 tsp. ginger
 1/8 tsp. black pepper
 Dash Tabasco sauce

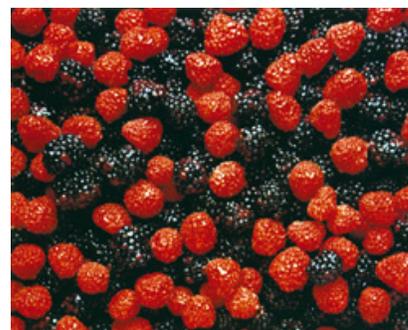
Preheat oven to 375 degrees. Place salmon on baking sheet and cook for 20 minutes or until done. Place berries, sugar, juice, and all seasonings in a small sauce-

pan and cook over high heat until mixture comes to a boil. Reduce to medium heat and cook for 2 minutes. Remove from stove. Serve the hot cooked fish with the warm relish. Serves 4.

Nutrition information per serving:

Calories 221
 Total fat, g 7.5
 Saturated fat, g 1
 Trans fat, g 0
 Cholesterol, mg 62
 Sodium, mg 53
 Carbohydrate, g 15
 Dietary fiber, g 3
 Protein, g 23

Both recipes from:
www.foodandhealth.com



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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.

Holiday Salad Wreath for Christmas Table Centerpiece

Having trouble deciding what to use for your holiday table centerpiece? Let your salad serve as a beautiful decoration and a way to help get in those 3 daily cups of vegetables! Allow guests to serve themselves from the centerpiece.

1) Choose a round glass or silver tray as the base for the wreath.

2) In the very center place a small bowl of dressing made with olive oil, vinegar, and seasonings.

3) Arrange raw or steamed colorful vegetables in rings from outermost to inner circle:

- Baby leaf spinach
- Small whole beets
- Broccoli florets
- Cauliflower florets
- Cherry tomatoes
- Rings of red, green, and yellow peppers
- Sprigs of green onions and parsley
- Baby carrots
- Whole mushrooms
- Grape tomatoes
- Edamame or green beans

