Healthy Lifestyles Newsletter July/August 2012

~ Enhancing the quality of life for the people of Idaho by helping to improve their lives through research based education and leadership development focused on issues and needs in the areas of Health & Nutrition, Fitness, Food Safety and Quality ~

Newsletter Topics:

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Current Classes:

Tuesdays/Thursdays: 6-7am
June 5th – August 23rd!
Kick Your Bootcamp, ages 15+, Lions Park & Grangeville HS Track - $5/class

Questions or Information?
Call Kirstin at (208) 983-2667 or email kdjensen@uidaho.edu

READ YOUR LABELS!!

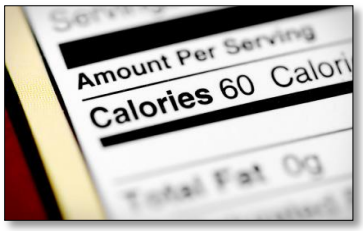
Nutrition & You ~ Addicted to Sweets?

Have a sweet tooth that you can't control? Want to have that dessert with every meal and/or snack? Not to worry…many of us struggle with satisfying those constant cravings, the key is **moderation** and swapping out some of your favorite sugar-filled treats for some tasty lower-calorie options.

AVOID: Ice Cream

SWAP WITH: Sorbet (Sorbet is a tasty cold treat during the warm summer months with ¼ the amount of calories).

AVOID: Cookies



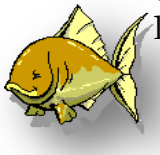
SWAP WITH: Biscotti (Love your cookies with milk and coffee? Try dipping biscotti in your beverages instead of those Oreos. Biscotti often is made with whole grains and nuts…making this sweet snack a healthy choice).

AVOID: Candy Bar

SWAP WITH: Strawberries dipped in dark chocolate (Chocolate cravings seem to be a common occurrence amongst most. Many candy bars will max out your daily caloric intake from fat calories. Try grabbing a handful of strawberries at only 50 calories/cup, then add a small drizzle of dark chocolate to satisfy your chocolate craving and provide you with additional antioxidants).

Health & Fitness ~ The Low-Down on Cholesterol

- **Healthy** Fats & HDL (High-density Lipoproteins)
  - **Polyunsaturated** – Lowers total blood cholesterol and LDL levels
    - ✓ veg. oils (corn, safflower, sunflower, soybean), fish oils, nuts, seeds



  - **Monounsaturated** – Lowers total blood cholesterol, LDL levels, and raises HDL levels (returns cholesterol back to liver for disposal)
    - ✓ olive oil, canola oil, peanut oil, peanut butter, avocado, olives, nuts, seeds

  - **Omega-3 Fatty Acids** – Prevents blood platelets from clotting and sticking to arterial walls
    - ✓ fish, flaxseeds, flaxseed oil, canola oil, soybeans, soybean oil, pumpkin seeds, pumpkin seed oil, walnuts, walnut oil

- **Unhealthy** Fats & LDL (Low-density Lipoproteins)
  - **Saturated** – Solid at room temperature – stimulates cholesterol production which raises total blood cholesterol and LDL levels
    - ✓ high fat meats (regular ground beef, bologna, hot dogs, sausage, bacon, dark poultry meat, poultry skin)
    - ✓ high fat dairy (full-fat cheese, cream, ice cream, whole milk)
    - ✓ tropical oils (coconut oil, palm oil), butter

  - **Trans-fats or Hydrogenated** – Produced when liquid oil is made into a solid fat, raises total blood cholesterol and LDL levels, lowers HDL levels
    - ✓ processed foods, fried foods, stick margarine, shortening

- Keep total fat intake between 20-35% (~44-78 grams) of total calories
- Keep **total** blood cholesterol **less** than **200mg**, with **LDL less** than **100mg** and **HDL greater** than **40mg**

Food Safety & Quality ~Understanding a "Nutrient-Rich" Approach to Eating

The latest buzzword in healthy eating is "nutrient-rich". Many of us strive to choose healthy foods to include in our daily diet, but with all the media-hype coming at us from every direction, how do we stay ahead of the game? To consume good quality and nutritious food, we need to look at more than the number of calories on the label. Compare a 100 calorie snack pack of Oreo cookies with a 100 calorie bowl of fresh strawberries. What kind of nutritional benefits do you gain from each? Nutrient-rich foods have a high nutrient-to-calorie ratio, making them nutrition bargains, rather than only calorie, fat or sodium bargains (Environmental Nutrition, March 2010). Our society is consuming too many empty calories. We need to focus on the quality of the calories we are choosing making each calorie count for more!

A few tips to include more "nutrient-rich" foods in your diet:

~ Focus on whole foods (produce, lean meats, skinless poultry, fish, eggs) and whole grains.

~ Shop the perimeter of the store where you will find less processed foods.

~ Include a variety of brightly colored fruits and veggies on your plate.

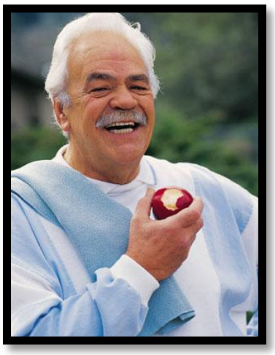
~ Choose reduced-fat dairy products.

~ Nuts are dense in calories, but also contain many nutritional rewards (good source of protein).

~ Stay away from empty calorie beverages, and choose "safe" artificial sweeteners (Truvia, PurVia, Sweetleaf – all come from the Stevia plant, or Splenda).

Senior Corner ~ Spot Malnutrition Warning Signs

Good nutrition is critical to senior health, but many older adults do not eat right. As we age, we are more susceptible to numerous health problems related to an inadequate diet. Knowing the causes and danger signs of nutrition problems, as well as taking steps to ensure a diet rich in protein and other necessary nutrients, is critical in maintaining senior health and strength. Often the cause of malnutrition isn't a single event, but a cascade of difficulties that can include physical, social and psychological issues.



Spot malnutrition warning signs continued…..

Physical Causes:

- Chronic illness, trouble chewing and swallowing, nursing home or hospital stay, trouble absorbing nutrients, medications that suppress appetite, and diminished taste and smell.

Social and Psychological Causes:

- Limited income, depression and loneliness, alcoholism, reduced social contact, and restricted diets due to other health issues.

Signs of Malnutrition:

- Weight loss, poor wound healing, easy bruising, loss of appetite, low protein levels (leads to low energy levels), and depression.

How to Help:

- Enrich diets (add protein to snacks), spice up food to help it taste better, plan between-meal snacks, add nutritional supplements to ensure vitamin/mineral intake, involve family doctor to screen for nutrition problems, make meals social events, and encourage regular exercise.

(Mayo Clinic)

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