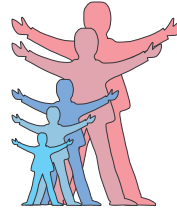




# Helpline



March 2007  
Newsletter

## National Nutrition Month® 2007

National Nutrition Month® is a nutrition education and information campaign sponsored by the American Dietetic Association (ADA). The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month® also promotes the ADA and its members to the public and media as the most valuable and credible source of timely, scientifically based food and nutrition information.

The theme of this year's campaign is "The Best Path to Fitness and Health is to be 100% Fad Free." The American Dietetic Association states that diet fads come and go, and some may help you lose weight-in the short term. However, for the most effective long-term way to achieve a healthful lifestyle it is best to be 100% Fad Free. Long-term goals help you to focus on your overall health.

The key messages for National Nutrition Month® 2007 - 100% Fad Free are as follows:

- ★ Develop an eating plan for lifelong health. Too often people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the Dietary Guidelines 2005 and MyPyramid as your guide to healthy eating.
- ★ Choose foods sensibly by looking at the big picture. A single food or meal doesn't make a healthful diet. When consumed in moderation in the appropriate portion size, all foods can fit into a healthful diet.
- ★ Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) (specific foods, nutrient supplements or combinations of foods may cure disease offer quick weight loss are key features of fad diets.
- ★ Find balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- ★ Food and nutrition misinformation can have harmful effects on your health and well-being, as well as your wallet.

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Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that is unique to your particular needs.

“Spending even a small amount of time on the Internet or at the library can tell you much about whether a dietary approach or product is based on science and isn’t just a fad.” Sandquist says, “Are the products’ claims backed up by a body of scientific research rather than one study-or none at all? Do reputable scientific and professional organizations support the claims?”

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### **Tips to Evaluate a New Product, Diet or Recommendation**

The American Dietetic Association (ADA) defines “food fads” as “unreasonable or exaggerated beliefs that eating (or not eating) specific foods, nutrient supplements or combinations of certain foods may cure disease, convey special health benefits or offer quick weight loss.”

If the answer to these questions is no, then you can do better in developing a health weight loss plan that is right for you. A consultation with a registered dietitian is the perfect place to start. A personalized plan will provide a balanced approach for long-term success.

Source: American Dietetic Association at [www.eatright.org](http://www.eatright.org)

According to Dee Sandquist, registered dietitian and ADA spokesperson, the reality is, no ‘super food’ or diet approach can reverse weight gain resulting in overeating and inactivity. And because most fad diets don’t teach new eating habits and require you to give up your favorite foods, people usually don’t stick with them. The following tips will help you evaluate a new product, diet or recommendation:

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## **National Nutrition Month® 2007 QUIZ**

- \* If it sound too good to be true, it is—especially if the diet or product offers a “quick fix.”
- \* Avoid products offering a guaranteed cure or which promote “limited-time offers.”
- \* Watch out for products that describe certain foods as “good” or “bad.”
- \* Is the source of the information—such as a book author—also trying to sell a product, like supplements.
- \* Fad diets may require you to avoid foods or entire food groups. “Countless studies over many years have shown balance and variety are needed for good health. Any diet that requires you to give up whole categories of foods and to take supplements to replace their nutrients is, by definition unbalanced.

### **1. What is a fad?**

- A. Bellbottoms and polyester
- B. Pet rocks
- C. Low carb/high protein diets
- D. All of the above

### **2. Following a diet fad is bad for your health...**

- A. Always
- B. Sometimes
- C. Never

**3. Which fad diet was originally published in 1825 but is still popular today?**

- A. Cabbage Soup Diet
- B. Grapefruit Diet
- C. Low-Carbohydrate Diet
- D. Banana and Skim Milk Diet

**4. A diet that recommends the following should raise a red flag:**

- A. Special food or drink to detoxify the body
- B. Eating a specific food with all meals
- C. Eating protein and carbohydrates at separate meals
- D. All of the above

**5. It's not a diet fad if it's endorsed by a celebrity.**

True / False

**6. Some diet fads work.**

True / False

**7. What popular cracker was originally created as part of a health-food diet?**

- A. Cheese crackers
- B. Saltine crackers
- C. Graham crackers
- D. Animal crackers

**8. Adding physical activity to your day can help give you:**

- A. A healthy heart

- B. Stronger bones
- C. Less emotional stress
- D. All of the above

**9. If you eat 100 more food calories a day than you burn, you will gain how many pounds in a month?**

- A. 1/2 pound
- B. 1 pound
- C. 2 pounds
- D. 10 pounds

**10. For the most reliable, fad-free, science-based nutrition information, consulting a registered dietitian is the best approach.**

True / False



**4-H Day at the Fair  
March 17, 2007**

Did you know that 4-H started the County Fair in the mid 1950's? It has greatly expanded over the last fifty plus years. The Miami-Dade Fair and Exposition (located at 10901 Coral Way) still reserves the first Saturday for special 4-H Day activities. The 4-H talent show begins at 12:30 and the fashion show begins at 2:30. Come out and see the 4-H members as they perform and visit the 4-H department with over 1000 exhibits.

# Happy St. Patrick's Day

On St. Patrick's Day, people celebrate by wearing green or eating green. Start with a tasty breakfast of green eggs. If you're ambitious, you can eat green cuisine all day by serving a leaf salad or pea soup for lunch, celery snacks for appetizers, pesto pasta for dinner, and limeade for a beverage. Or you can add a bit of green food coloring to any of your favorite foods. Of course, the best green cuisine of all is a shamrock cookies. May the luck of the Irish be yours.



## Shamrock Cookies

Cream 1 cup sugar and 14 tbsp. butter together until pale and fluffy.

Beat in 1 egg and 1 tsp. vanilla.

Sift together 2 cups flour and 1/2 tsp. salt.

Stir the flour gradually into the creamed mixture and add green food coloring.

Wrap the dough and refrigerate it for at least 30 minutes.

Roll the dough out and cut with a shamrock-shaped cookie cutter. (Note: The dough can be frozen or kept refrigerated for about seven days.)

Place on a lightly greased baking sheet and bake in oven preheated to 350 degrees for 8-10 minutes. Frost with green icing, or green candy sprinkles if desired. Makes around 40 cookies.

**Green Eggs (Without Ham):** Turn the stove on medium heat and spray a frying pan with cooking spray or add butter or margarine. Crack 2 eggs and beat them in a bowl with a fork (you can use only the whites if you prefer). Add a drop of green food coloring. Scramble the eggs in a frying pan to your desired taste. Serve with a sprig of parsley.

**Green Deviled Eggs:** Slice 6 hard-boiled eggs in half and scoop out the yolk. Mix the yolks with 3 drops of green food coloring, then add 1 teaspoon prepared mustard and 1 tablespoon mayonnaise. Mix with a fork until smooth. Scoop the yolk mixture into each egg white half. Makes 12.



**St. Patrick's Punch:** Put 1 liter of lime sherbet in a punch bowl (it works best if it is half melted). Next, add 1/4 cup of pineapple juice. Whisk them together, making a smooth mixture. Last add a 2-liter bottle of Sprite slowly, mixing continuously, until the punch bowl is full.

## Go Fly A Kite

The best thing about the wind is that it knows how to play. When the March wind blows and the sun is brightly shining, we know springtime is not far away. While waiting for milder weather, use the windy days of March to have some fun making and flying a kite. All you need is an open space, a breeze day, and a kite. You'll feel a bit anxious before the kite rises off the ground, but once it does, children will feel victorious. Making a kite is a breeze, and when you see it fly way up in the sky you will feel really proud knowing you made it.

## Make a Kite

1. Cut the poster board into the shape of a diamond.
2. Make the kite's tail (for stabilization) by tightly tying the strands of ribbon to a piece of yarn at various intervals.



3. Decorate or draw pictures on the kite using your imagination.
4. At one corner of the kite, punch a small hole where you will insert the tail and secure with tape or ring reinforces.
5. At the other end of the kite, punch a similar hole for the other strand of yarn (or kite string) with which to pull the completed kite.

### Kite-Flying Tips:

Running is not always the best way to launch a kite. Instead stand with your back to the wind. Release the kite from your hand as you slowly let out the line. If there is sufficient wind, your kite will sail and you can start to pull on the line so it will climb. If the kite spins and dives, try lengthening the tail. Watch out for power lines and trees.



**Paper Bag Kite:** Punch four holes in the top of a paper bag—one in each corner—and add paper ring reinforcements. Create two handles using lengths of string about 30 inches long. Cut another piece of string and tie it to the two loops you created. Glue crepe paper or ribbon streamers to the bottom of the bag as kite tails. When finished, hold on tightly to the string handle and let the wind catch the kite. When the bag fills with air it will float and flutter behind you.

**Streamer Kites:** Colorful crepe-paper streamers tied to a short stick provide endless fun on a windy day. This streamer version is easier to handle than a full-size kite but it flutters just as happily in a strong breeze.

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## National Breakfast Week

March 5-9 is National Breakfast Week. Did you know that breakfast is considered the most important

meal of the day? It means break-the-fast, as it has been approximately twelve hours since your sugar (glucose) has dropped to a low point. Without breakfast most people are less able to do physical work and some students do not perform well in school.

A good breakfast rule is to plan a breakfast with at least one serving from the grain group, one from dairy and one from fruits or vegetables (that contains Vitamin C) and one from the meat group is optional.

### Try a yogurt parfait.

Alternate layers of the following: yogurt, sliced fruit and cereal. For fun top it off with a strawberry or cherry. Enjoy!




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## Nutrition Month Awareness and Empowerment

### Healthy Weight

#### Understanding the Energy Equation

Whether you want to lose weight or maintain a healthy weight, it's important to understand the connection between the energy your body takes in (through the foods you eat and the beverages you drink) and the energy your body uses (through the activities you do). To lose weight, you need to use more calories than you take in. To maintain a healthy weight, you need to balance the calories you use with those you take in.

Want to find out if you are at a healthy weight? Use our Body Mass Index (BMI) at [www.usda.gov](http://www.usda.gov) and go to nutrition section and search for BMI chart to calculate your Body Mass Index

**Getting the Most Nutrition out of Your Calories**

There is a right number of calories for you to eat each day. This number depends on your age, activity level, and whether you are trying to gain, maintain, or lose weight. You could use up the entire amount on a few high-calorie foods, but chances are, you won't get the full range of vitamins and nutrients your body needs to be healthy.

Choose the most nutritionally rich foods you can from each food group each day – those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

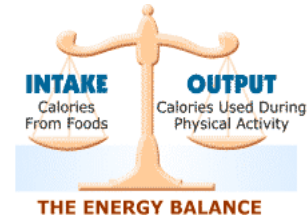
For more information about food choices and appropriate calories, visit the Dietary Guidelines for Americans 2005 and [MyPyramid.gov](http://MyPyramid.gov).

**Finding Your Balance between Food and Physical Activity**

Becoming a healthier you isn't just about eating healthy – it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you expend each day.

- Be physically active, at a moderate intensity for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active 60 minutes every day, or most every day.

Whether you want to lose weight or maintain a healthy weight, it's important to understand the connection between the energy your body takes in (through the foods you eat and the beverages you drink) and the energy your body uses (through the activities you do).



Energy Balance is like a scale. To remain in balance, the calories consumed (from foods) must be balanced by the calories used (in physical activity). To lose weight, you need to use more calories than you take in. To maintain a healthy weight, you need to balance the calories you use with those you take in. No matter which results you want, eating a healthy diet and being physically active can help you reach your goal.

**Calories Expended in Moderate Physical Activity**

Moderate	Calories/HR	Vigorous	Calories/HR
Hiking	370	Running	590
Light gardening	330	Bicycling	590
Dancing	330	Swimming	510
Golf	330	Aerobics	480
Cycling	290	Walking	460
Walking	280	Heavy yard work	440
Weight lifting	220	Weight lifting	440
Stretching	180	Basketball	440

U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005, American Dietetic Association, and *Finding Your Way to a Healthier You*:

## Overweight and Obesity

In the past 30 years, the prevalence of overweight and obesity has increased sharply for both adults and children. Between 1976–1980 and 2003–2004, the prevalence of obesity among adults aged 20–74 years increased from 15.0% to 32.9%.



This increase is not limited to adults. Among young people, the prevalence of overweight increased from 5.0% to 13.9% for those aged 2–5 years, 6.5% to 18.8% for those aged 6–11 years, and 5.0% to 17.4% for those aged 12–19 years.

These increasing rates raise concern because of their implications for Americans' health. Being overweight or obese increases the risk of many diseases and health conditions, including the following:

- Hypertension
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Although one of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%, current data indicate that the situation is worsening rather than improving. CDC's Division of Nutrition and Physical Activity (DNPA) takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. The scope of DNPA activities includes epidemiological and behavioral research, surveillance, training and education, intervention development, health promotion and leadership, policy and environmental change, communication and social marketing, and partnership development.

## A Simple 100 calories a day can be the difference in weight maintenance versus gain or loss

When you think about weight gain you probably think overeating to excess or failing to get any activity. The reality is a simple 100 calories a day can make the difference in weight gain or loss.

According to the University of California Wellness Letter, the average American gains about two pounds a year. Since every pound of bodyweight equals 3500 calories, two pounds translates into an extra 19 calories a day. Nineteen calories is easy to surpass so if you look at the overweight incidence it's feasible to think in terms of 100 extra calories on a daily basis. Making a change in your intake that equals 100 calories is very simple, try -

- Water - packed tuna instead of oil-packed
- One cup of whole grain cereal instead of two
- Tomato slices, lettuce leaves and pepper strips on a sandwich instead of mayo
- Two cups of skim milk per day instead of two cups of whole milk
- A cup of low - fat, sugar free yogurt, instead of a doughnut
- A cup of water flavored with a lemon instead of a soft drink

In addition to making small changes in food choices, increase activity by walking fifteen minutes a day or climb stairs instead of taking the elevator or other options.

Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005, American Dietetic Association, and *Finding Your Way to a Healthier You: Based on Dietary Guidelines for Americans*.

## Nutrition Month Healthy Lifestyle Tips

### Are You a Good Role Model?

Did *you* eat *your* fruits and vegetables today? Did *you* go for a bike ride, walk or go to the gym? Did *you* drink low-fat milk?

### Do you think your children noticed?

Along with everything else, children learn their eating and physical activity habits from role models: their parents, older siblings or other caregivers. Whether you intend it or not, role modeling may be the most powerful, effective way for you to help your child eat smart and be physically active.

The next time you super-size a fast-food meal, eat because you're stressed or bored, or decide to spend the afternoon in front of the TV, think about the message you are sending your children. The best way to help your child live a healthy lifestyle is for you to do so!



### Apple and Pears: What's Your Shape?

Take a close look at yourself in the mirror. Are you shaped like an apple or a pear? In terms of health, being an apple shape can be riskier than being a pear shape.

If you carry most extra weight in your abdominal or upper body, that is considered an apple shape. This body shape has been known to increase the risk for some health problems such as diabetes, high cholesterol levels, early heart disease and high blood pressure.

On the other hand, excess weight carried in the hips, buttocks and thighs is known as pear shape. This body shape doesn't appear to be as risky for most health problems. However it may increase your risk for varicose veins and orthopedic problems. No matter where you carry extra body weight, the best bet is to lose it. Consult a registered dietitian to develop a plan that works best for your body type.

### Are you Speed-Eating? Hit the Brakes!

Eating on the run or grabbing food from a bag are

common eating methods for many Americans. But eating slowly may be better for your health.

Part of the enjoyment of eating lies in seeing what's on your plate, smelling the food and taking time to enjoy the process. Grabbing or eating on the run deprives you of the very things that make eating fun – and healthier. By eating slowly, you may improve what and how much you eat.

### Try these tips:

- Always eat from a plate
- Sit at a table
- Eat only when hungry
- Enjoy what you eat
- Eat what you like.

Focusing on what you eat makes it easier to sense when you are full and to stop eating before you over-eat. Try eating slowly for enjoyment and your health.

### All-Star Nutrition (NBA game)

You may not be a professional athlete, but you can eat like an "all-star."

Professional athletes know what their bodies need to perform, and they make eating choices to maximize their abilities. To get the most out of your body, give it all-star nutrition. As you sit down this weekend to watch the NBA All-Star game, think about your eating and activity routine.

- Do you exercise - walk, run, bike, skate or swim - for twenty minutes most days of the week?
- Do you choose a wide variety of foods with whole grains, fruits and vegetables making up the majority?
- Do you choose lean meat, fish and poultry in moderate portions?
- Do you include two or more servings of low-fat dairy products everyday?

If you answered yes to most of these questions, you're training your body for health. More no than yes answers? This might be the time to develop a game

plan for healthful eating and activity. The first strategy - make better food choices. Don't foul-out because of no exercise. Start slowly to get moving and before you know it you'll have a training routine you can enjoy to score big for life.

### **Add Regular Physical Activity To Your Daily Routine**

Along with a well-balanced eating plan, exercise is important for losing weight and maintaining your overall health. With planning, you can easily fit 30 to 60 minutes of aerobic activity into your routine most days of the week.

Aerobic activity includes walking, riding a bike, inline skating, ice-skating and dancing. It is important to your health because it strengthens your heart, lungs and blood vessels.

To increase your levels of aerobic activity, first decide which activities you enjoy and look at your daily schedule to see where you can fit these activities in.

If you're starting from little or no daily physical activity, plan for five to 10 minutes per day. Once you achieve that level, increase it every week by 10-minute increments until you're up to 30 to 60 minutes most days of the week.

For maximum cardiovascular health, try to engage in all your aerobic activity at one time. But if your schedule doesn't permit it, you can break up the time throughout the day.

### **Adequate Hydration All Year Long; Including During Exercising**



From the hot, sultry days of summer to the bone-chilling days of winter, your body needs water to maintain its normal temperature.

Staying well-hydrated is important no matter what the weather. Extreme temperatures act more quickly to dehydrate the body, making it important to drink

water-based beverages even though you may not feel like it. Try to drink eight 8-ounce glasses every day, with increased amounts for added activity. If you spend lots of time outside, your need will increase.

Beverages that best meet hydration needs include water, juices, milk or caffeine-free coffee or tea. Carrying a water bottle makes it easy to remember to drink. Alternating water and coffee in your mug is another way to meet your needs.

### **Accumulate Miles, Not Pounds**

Big portions, rich desserts and tantalizing menus are just a few of the roadblocks travelers face in maintaining a healthful eating style. But travel and nutritious eating can go hand in hand.

### **Consider the following air travel tips:**

#### **Drink lots of water, even if you're not thirsty**

With low humidity and recirculating air within the pressurized airplane cabin, air travel can be dehydrating and can aggravate symptoms of jet lag. Drink plenty of juice, water, milk or other non-caffeinated beverages-about eight ounces for each hour of flight.



#### **Pack a "survival kit"**

Put dry fruit such as raisins or apricots, muffins, bagels, crackers or pretzels in your carry-on bag. With the new carry-on rules, be sure to check the airline's policy.

#### **Go easy on the alcohol**

If you are going to drink alcohol, remember moderation is key. Some people mistakenly believe large amounts of alcohol will help them relax on long flights; the truth is alcohol can trigger restlessness and dehydrate you.

#### **The pilot has turned off the seatbelt sign....**

Especially on long flights, walk up and down the aisles. At the airport, walk through terminals and skip the "people movers" to get the extra health benefits of the longer walk.

# National Nutrition Month® 2007

## Answers

1. **Answer: D.** We all make mistakes. And if you've followed any of the fads —A, B or C — you've had lots of company. Fads are trends that seem like a good idea at the time, but often in hindsight are just the opposite. The most important lesson about fads is to avoid repeating them!
2. **Answer: A.** While you may lose weight with fad diets, they are potentially harmful to your health. A diet fad that excludes many foods or an entire food group eliminates key nutrients that are essential for health. Learn how to spot a fad diet. Don't get caught in a diet plan that doesn't allow foods you enjoy, promises fast weight loss or sounds too good to be true.
3. **Answer: C.** The low-carbohydrate diet has been around since 1825 when Jean Brillat-Savarin introduced it as the key to weight loss in his book *The Physiology of Taste*. Many decades and several variations later, low-carb diets are still among the most popular fad diets. Giving this diet another chance has never been shown to improve long-term health.
4. **Answer: D.** Requiring a specific food or beverage to be included with each meal or eating certain types of foods separately are clues to spotting a fad diet. There are no miracle foods or beverages that can lead to quick weight loss or stop you from aging.
5. **Answer: False.** Celebrity endorsements shouldn't replace sound science. Make sure your weight-loss plan is based on research studies that support effectiveness and safety. And be sure to talk with your physician and a registered dietitian about your weight-loss goals, especially if you have a health problem.
6. **Answer: True.** But only for the short-term. You may lose some pounds quickly; however, long-term maintenance of that loss is unlikely. Dieters often return to old eating habits and regain the weight they lost. Developing an eating plan for lifelong health, combined with regular physical activity, is the best way to reach and maintain a healthy weight.
7. **Answer: C.** Sylvester Graham may be the originator of food fads in the U.S. Beginning in 1830, he promoted a bland, meat-free diet and avoidance of rich pastries, alcohol, coffee and tea. Eating his whole wheat Graham bread was best. Graham crackers are his contribution to healthy eating.
8. **Answer: D.** Regular physical activity is important for your overall health and fitness — plus it helps control body weight, promotes a feeling of well-being and reduces your risk of chronic diseases.
9. **Answer: B.** You will gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity. Find your balance between food and physical activity.
10. **Answer: True.** Registered dietitians are your most valuable and credible source of timely, science-based food and nutrition information. RDs specialize in taking a personalized approach to weight management because one size does not fit all. RDs help individuals understand how healthy eating and physical activity are important in maintaining a healthy lifestyle.