

Section D

Articles for Publication

Take A Fresh Look At Nutrition
Articles for Publication

The following articles can be used throughout the year for publication in your military or local newspaper. Below are suggestions for months of publication to coincide with various National Health Observances.

January	The Straight Scoop on Weight Loss and Fraud
February	Lean, Low Fat, No Fat, What are the Facts?
March	<ol style="list-style-type: none">1. Take a Fresh Look at Nutrition2. Did You Know That the RDA's Are Changing?3. Being Overweight Can Hurt More Than Just Your Looks4. Don't Be Afraid to Eat, Be Aware!
April	The Importance of Nutrition and Physical Activity in Cancer Prevention
May	How to Boost Your Brain Performance and Nutritional Status
June	Put a Little R & R Back into Your Training Diet
July	“Does Everyone Need a Little KFC”
August	Energy Bars...Grab And Go
September	Executive Wellness The Stamina/Nutrition Connection:
October	Truth or Mis-truth?
November	Tips From CPT Nourishment & SGT Shape-Up
December	Maintain Energy During Weight Loss

January 1999

THE STRAIGHT SCOOP ON WEIGHT LOSS AND FRAUD

2 LT Ronna Winn

If you're like most people, by this time of year you have given up your New Year's resolutions to shed pounds and shape up. Many of us ask ourselves, year after year, "where did my determination and willpower go to? This was supposed to be the diet. This was the time I was going to get serious." You're not alone if this has been your pattern of weight gain and attempted weight loss. Why is dieting so frustrating and seemingly more difficult as we age? The answers lie in your body's response to a diet as well as the diet industry.

The research answers many questions about the risks of obesity and weight gain (diabetes and heart disease for instance) and even how a person becomes overweight. When it comes to losing the weight gain however, the lack of success and methods of weight loss attempts trouble even the experts. People who use diet alone as a method of significant weight loss are less likely to achieve their goals and maintain that loss.

The lack of success, and society's pressures to achieve an "ideal" weight lead many people to continue cycles of dieting that often lead to greater weight gains than the initial weight, leaving a sense of defeat and frustration. Many people believe that they have "ruined" their metabolism with years of yo-yo dieting or weight cycling; this is not the case. Anyone can make lifestyle changes that will promote weight loss and improve their health. People who have experienced years of dieting without long-term success often believe that they have permanently decreased their metabolic rate, and as result weight loss is extremely difficult to maintain. In truth, a decreased metabolic rate of about 20 calories for each kilogram (2.2 pounds) of weight loss will result from a decrease of food intake. However, this drop in metabolic rate is not *maintained* once the caloric restriction (dieting) stops.

To understand the body's response to a diet, consider the results of six experimental diets with young men. Initially, the men quickly respond to a decrease of energy intake (less food) with a loss of weight; the loss is about 70% water, 25% fat and 5% protein. The amount of calories restricted to achieve this loss was about 1,180 per day for the first three days. After about three weeks, however, the weight loss was still continuing but a much slower rate. By day 22 it took a caloric restriction of 3,955 to continue at the same rate of weight loss. For those that continued, the breakdown of weight loss was about 85% fat; so a higher "quality" of weight loss achieved (losing fat instead of muscle.) The body is adapting to a loss of weight by "holding onto" as much

energy as it can and by utilizing these calories more efficiently. And as we age, we have less muscle tissue. Our metabolism has naturally slowed as a result of less active muscle tissue and it is tougher for us to make changes in our diet (intake) and (exercise output) to cause a weight loss.

How can this information help you in your dieting? First, understand that the loss from the first few days of a diet is mostly water and not to expect a weight loss to continue at that rate (safe and effective long term loss is about a pound per week.) Each time weight comes off it will likely be more difficult to lose; if a regain occurs it may happen more quickly. Effective weight control demands a permanent change in eating habits and exercise that cannot be maintained with any other method. And lastly, don't get discouraged if the numbers on the scales don't keep coming down. Measure success in other ways such as: how your clothes feel, increased energy levels, or a decrease in cholesterol levels. You don't have to reach your ideal weight to enjoy weight management and good health, as even a 10-15 pound weight loss has been shown to reduce cholesterol levels.

As for the methods of most weight loss programs, "legitimate" programs are a minority-which focus on reasonable nutrition, exercise for a lifetime and supervision by health care professionals. Newsstands and television shows bombard the public with weight loss "tips," appetite suppressants and special meal plans. Strategies vary for selling products and plans, ranging from experimental nutrition and supplements to downright fraud and dangerous negligence. According to the FDA, weight loss schemes are one of the leading forms of fraud in the United States.

Let's face it, weight loss is hard work. The dieting industry is a multi-billion dollar industry that understands the frustrations and hard work involved with weight loss, therefore, sensationalizing quick fixes and short-term results. Unfortunately, weight loss is a result of water and muscle loss from very low calorie diets. They are more hype than sound advise and simply won't work in the long run. How can you spot a legitimate weight loss program from a "fraud?" The following are seven signs of an unhealthy or dangerous diet. Read a diet carefully before you invest your time and money, and set yourself up for frustration and health risks.

- ❖ *Seems extreme to you (asks you to do something that seems unreasonable or unproven.)*
- ❖ *Doesn't focus on a permanent lifestyle change*
- ❖ *Doesn't include or promote regular exercise*
- ❖ *Tells you that you can eat as much of any type of food as you would like (all foods should be eaten in moderation)*

- ❖ *Restricts whole food groups (tells you never to eat a certain food. In fact, all foods should be enjoyed and can fit into a healthy lifestyle if balanced with exercise.)*
- ❖ *Sells supplements or pills as part of the program (these often have no value, can be costly, and are not approved as safe or effective by the FDA.)*
- ❖ *Asks you to eat or drink special foods that you have to buy from a dealer or special store. (Expensive and sometimes dangerous, following these programs makes it difficult to return to eating “normal” foods and any weight lost often returns quickly when a normal diet is resumed.)*

Remember, it is dieting that fails and not people. The question to ask yourself next time you consider weight loss is “What guidelines can I live with on a permanent basis?” Answer this first, and you will be on your way to a lifestyle change with permanent benefits without the hype of an empty diet.

LEAN, LOWFAT, NO FAT, WHAT ARE THE FACTS?

2LT Jeffrey W. Canavan

Have you ever been confused by all the claims displayed on food labels? Well, you are not alone. Stores today contain more food items than at any other time in history. And, with concerns about eating foods with less fat and cholesterol, companies are making more foods with health claims than ever before. For many though, claims such as “low fat” and “lean” don’t have clear definitions on the labels.

The purpose of the New Nutrition Facts panels and nutritional claims developed by the FDA and the USDA in the early 1990’s was to standardize serving sizes and nutritional claims. In addition, this information about the products we are buying can lessen any confusion or labeling fraud. Nutritional claims are based on “Reference Amounts Customarily Consumed” (RACC). Most foods have an RACC, which is based on what people usually eat for a serving. These RACC’s also ensure that similar foods have similar serving sizes. For instance, the RACC for a luncheon meat like ham is 55 grams. For a burrito, the RACC is 140 grams. Serving sizes, which you see on a nutrition fact panel, must be based on these RACC’s. This may sound confusing, but it really isn’t.

Let’s look at the above example of the luncheon meat. The RACC is 55 grams so the serving size must be as close to that as possible. If each slice weighed 1 ounce (28 grams), the serving size would be “2 slices (56 grams)”. If each slice weighed half an ounce (14 grams), the serving size would be “4 slices (56 grams)”. This way serving sizes by weight are similar. The burrito is a little more difficult, but similar. If the burrito manufacturer decides to make a 5-ounce burrito, the serving size would be “1 burrito (140 grams).” For 65-gram burritos the serving size would be “2 burritos (130 grams).” As you can see, the second example doesn’t quite equal 140 grams, the RACC, but it is a lot closer than 1 burrito (65 grams) or 3 burritos (195 grams).

Next, nutritional claims are important to define. To keep things simple, assume all claims on a luncheon meat are based on a serving size of “2 slices (56 grams)”. Frequently, “Fat Free” is a claim on many labels. For luncheon meat to be labeled “Fat Free,” it must contain less than 0.5 grams of fat per RACC and serving size. Why per RACC and serving size? Good question. The reason is so that claims for all luncheon meats would be more similar. For example, compare two similar products labeled “Ham, serving size 2 slices (46 grams)” and the other labeled “Ham, serving size 2 slices (56 grams).” Both serving sizes would be correct because they are both based on the number of slices of ham closest to the RACC of 55 grams. To ensure one company does not have an unfair advantage, both claims must be based on the amount of fat in the serving size and RACC, in this case, at least 55 grams (e.g. “Low-Fat” is similar). A luncheon meat labeled “Low-Fat” cannot contain more than 3 grams of fat per RACC and serving size.

“Lean” and “Extra Lean” are other claims seen often on luncheon meats such as ham. “Lean” is defined as less than 10 grams of fat, less than 4.5 grams of saturated fat and less than 95 milligrams of cholesterol per RACC and 100 grams of product. As we see, the criteria for this claim is a little different this time, “per RACC and 100 grams.”

The purpose is the same, to ensure the basis for the claim is similar for different products. This prevents manufacturers from having an unfair advantage by basing their claim on a lesser amount of product. “Extra Lean” is like the lean claims, but a little more strict. “Extra Lean” is defined as less than 5 grams of fat, less than 2 grams of saturated fat and less than 95 milligrams of cholesterol per RACC and 100 grams.

As seen in the products described previously, all claims are based on RACC’s and serving sizes. Now the important part is up to us. We decide how much we want to eat, whether it is one serving, or three. How “lean” or “low fat” is something if we eat three servings? We must multiply the amount of fat stated in the nutrition fact panel by three! This can significantly increase the amount of fat at a meal.

There are many more claims allowed on labels than these described. If you want more information, contact the Food Labeling Divisions of the Food and Drug Administration and the Department of Agriculture. These agencies develop and monitor nutritional claims to ensure they are truthful and not misleading to us consumers. Remember to shop wisely and read claims and serving sizes carefully!

March 1999

TAKE A FRESH LOOK AT NUTRITION
Capt Wendy Larson RD, MPH

National Nutrition Month is an annual event sponsored by the American Dietetic Association. Each March registered dietitians, health promotion managers, and dining halls relish this spotlight to sing the praises of healthy eating. This year's theme is "Take a Fresh Look at Nutrition." This is a great opportunity to re-think your views on good nutrition. *Take a Fresh Look* isn't just a plea to enjoy fresh fruits and vegetables. It's an opportunity to seize the power that healthy eating plan provides.

Most people view "good nutrition" as the newest antioxidants, the miracle diets promising to restore youth, or boring and tasteless meals. They see it as timing of meals, avoiding all the "bad" foods or eating the right food combinations to maximize thermogenesis. Good nutrition becomes the newest research study covered by the evening news. Unfortunately, the simple views of good nutrition-the basics of healthy eating every day-gets a great big YAWN. It's not snappy-it's not quick-and it's certainly no miracle. I think that's just plain sad. Good food is one of the simple pleasures left in life that isn't immoral or illegal! Come with me and take a fresh look at nutrition.

Good nutrition is not about tofu and bean curd. Good nutrition is not synonymous with dieting, or starvation or feeling deprived of favorite foods. It's not about guilt or willpower. It's not JUST carrot sticks, apples and oatmeal. And it certainly is **NOT** the bottle of multivitamins in the medicine cabinet. Take a step back from all the hype. In this hectic, fast paced society, wouldn't it be nice to simplify something? I invite all of you to do just that and get back to the basics of good nutrition-just plain ole fashion good food. Stop searching for the best "diet", that one savior to all eating woes. Stop spending hard earned cash on the newest craze and hottest fads.

The fresh look says that good nutrition-healthy eating-is nothing more than feeding your body the energy, vitamins and minerals needed to stay healthy. It's everything in moderation and lots of variety. Period. Simple-right?

Good nutrition only becomes complicated when you emphasize “barriers” to eating healthy. *Barriers* is the politically correct term-they’re excuses when you get right down to it (and I’ve heard them all).

Barriers #1: “I can’t keep up with what is healthy and what isn’t”. Today margarine is better than butter-tomorrow it’s not. Does coffee raise cholesterol or not? Yes- you have a point. Consumers are confused. All food seems to cause some kind of cancer. Today eggs are okay-tomorrow they’re bad again. There is very exciting research going on with antioxidants and herbal medicines and designer drugs. But it’s going to be several years before actual recommendations are made. You won’t go wrong, however, if you rely on basics like *Dietary Guidelines for Americans and the Food Guide Pyramid*. Those guidelines have not changed. Kind of like a white oxford shirt. Fads come and go-but you won’t go wrong with the basics.

Barriers #2: “Eating healthy is more expensive.” It can be if you buy mangos in Michigan in the middle of winter. Gourmet, organic specialty stores or “fat free” designer foods will be more expensive. But healthy eating doesn’t have to be costly. Take a typical grocery store receipt-total the cost of the chips and the sodas and convenience foods and all the extra “treats”. Surprised? How much money do you spend in restaurants? The bottom line here is personal choice. The basis of healthy eating includes lots of carbohydrates-breads, pasta, beans and rice. All if these things are very inexpensive. A healthy eating plan uses less meat, sweets, fats and extras. Eating less of anything will always be cheaper (that’s a law of economics-I didn’t make it up).

Of course there are many more barriers, or so claimed, to eating right. With change comes some challenges. This too, is a natural law. You can either use these challenges as excuses, or you take a fresher approach-your choice. And it’s so easy.

Freshen up and get back to the basics. Eat fruit for a snack or dessert. Drink water. Eat slowly and really enjoy each bite-not just the quantity. Eat breakfast. Use the salt shaker less. Drink water (again). Use meat as a side dish. Have seconds on vegetables. Drink your milk. Buy fewer “treats”. Enjoy a rich dessert once in awhile-not every night. Serve a salad with pizza. Use less sugar. Use whole grain breads. Listen to your body-stop eating when your full. Savor the flavors of fruit in season and home-grown tomatoes-there’s nothing quite like it.

Good nutrition-healthy eating-should be exciting. It gives you power, it gives you energy, it may add years to your life. It's just the right thing to do. It doesn't have to be complicated, it doesn't have to be expensive. And yes, you can still eat pizza. So come on...join us in celebrating National Nutrition Month. ***Take a Fresh Look at Nutrition.***

March 1999

DID YOU KNOW THAT THE RDA'S ARE CHANGING?

**(Recommended Dietary Allowances)
CPT Joanna Reagan, MHA, R.D./L.D.**

Since the first publication in 1943, the Recommended Dietary Allowances (RDAs) have been prepared by the Food and Nutrition Board (FNB) of the National Institutes of Health, National Academy of Sciences as "standards to serve as a goal for good nutrition." Since 1974, the RDA's have been defined as "the levels of intake of essential nutrients that, on the basis of scientific knowledge, are judged by the Food and Nutrition Board to be adequate to meet the known nutrient needs of practically all healthy persons." (1) Although the number of nutrients considered has expanded and the specific recommendations have changed, the basic purpose has remained the same—the RDAs have been designed to prevent the development of nutritional deficiencies in a general healthy population.

Since the 10th edition of the RDAs was published in 1989, the Food and Nutrition Board (FNB) has undertaken a re-evaluation of the purpose, scope, framework, and format of the RDAs. One of the goals of the Food and Nutrition Board is to construct a more open revision process for the RDAs. Also, the FNB has established collaboration with Health Canada (comparable to the U.S. Department of Health and Human Services) in order to ease the recommendations for North America. Mexico might also eventually take part in the process.

The new frameworks for the principles are:

- (1) New recommendations should incorporate the concept of risk reduction for chronic diseases, not just prevention of nutrient deficiencies.
- (2) New recommendations will provide multiple reference points for nutrient intake instead of one number for each nutrient. Three-reference point's collectively referred to as Dietary Reference Intakes (DRIs) are being developed, each with a specific focus. An EAR (Estimated Average Requirement) for a specific nutrient will be based on a determination of the mean requirement for specific age-gender categories. The EARs can be conceptualized as the midpoint of a normal distribution (bell) curve for a particular nutrient. Recommended Dietary Allowances (RDAs) will remain as recommendations for a "reference individual," most likely remaining as two standard deviations above the mean requirements (the EAR). Therefore, RDAs will still theoretically cover the biological needs of 97.5% of the reference population with the maximum upper levels not yet named specifically. These maximums will be the "upper limit of intake known or the risk of adverse effects in almost all members of the population group for which the recommendation is developed."(2)
- (3) Both essential nutrients and food components deemed valuable will be considered. This will allow for the committee to consider fiber, carotenoids, and other phytochemicals.

- (4) The committee will provide a rationale for the functional endpoint(s) used in setting recommendations. For example, the prevention of osteoporosis is the functional endpoint used by the committee considering bone nutrients. More is known about the relationship between calcium and osteoporosis than other possible endpoints such as high blood pressure, colon cancer, lead exposure, and kidney stones. If calcium intake is adequate to prevent osteoporosis, it is considered adequate for the other calcium-related disease states. (3)
- (5) New recommendations will develop a new format to better facilitate future updates. (Such as a loose-leaf notebook and/or electronically on the World Wide Web to easily make changes, as new data becomes available.)

The task is a huge one, and many issues and difficulties will face the committees. The expert panel face a lack of complete research in areas such as optimal intake of nutrients to reduce risk of chronic disease, variability of effective dose, interactions among different nutrients, and specificity of recommendations (e.g. Children vs. adolescents vs. women vs. men vs. the elderly). Communicating the final recommendations to the general public will be a major undertaking as well. Successfully meeting the challenges, however, should result in recommendations of greater use and broader application than the current RDAs.

Due to the provisions of the 1994 Dietary Supplement Health and Education Act, dietary supplements were not required to meet the 1994 food labeling standards (which included use of RDI's). On December 28, 1995, the FDA issued proposed rulings for labeling dietary supplements to become identical to present food labels, including the use of RDI's for six new nutrients (Vitamin K, selenium, chloride, manganese, chromium and molybdenum.)

References:

- (1) National Research Council Subcommittee on the Tenth Edition of the RDAs. "Recommended Dietary Allowances, 10th Edition, National Academy Press, Washington, DC, 1989.
- (2) Monsen, Elaine R. "New Dietary Reference Intakes Proposed to Replace the Recommended Dietary Allowances," Journal of the American Association 96(8):754-5, August 1996.
- (3) Weaver, Connie. Purdue University Interdepartmental Seminar Series, March 28, 1997.

March 1999

BEING OVERWEIGHT CAN HURT MORE THAN JUST YOUR LOOKS

CPT Joanna J. Reagan, MHA, RD

Often, we hear conflicting information about nutrition, fitness, and weight controls. Overall, total calorie intake has been increasing in the past 20 years, partly due to an increasing intake of foods low in fat.¹ Therefore, cholesterol levels are dropping in the United States.² But, because physical activity levels have not changed very much, Americans are getting fatter.

Is it harmful to be overweight? Last year, two reports in the New England Journal Medicine compared the relationship between body weight and mortality. Both reports indicate that obesity shortens lives. The Nurses' Health Study³ compared the association between mortality and body-mass index (defined as the weight in kilograms divided by the square of the height in meters). The Honolulu Heart Program (a study of Japanese American Men)⁴ showed the differences of obesity compared to race and sex.

The Nurses' Health Study started with 115,195 women (30 to 55 years of age) free of known cardiovascular disease and cancer. During 16 years of follow-up, 4726 deaths were documented of which 881 were from cardiovascular disease, 2586 from cancer, and 1256 from other causes. The results showed that women over 140 percent of their recommended weight were 4.1 times greater risk of developing cardiovascular disease.

In the Nurses' Health Study, mortality from coronary heart diseases (CHD) was strongly related to the relationship of the waist to the hip circumference, a stronger predictor of CHD than body mass index. The risk of CHD also depends upon where were the body fat lies. People who carry weight around the waist have a greater chance of heart disease (due to metabolized fat closer to the heart) than people who carry their weigh near the hips.

One thing is for sure, the incidence of obesity is increasing in America. Thirty-two million women and 26 million men (approximately one third of the U.S. adult population) are overweight (at least 20 percent more than "desirable" levels). National survey data suggest that in the past 15 years, the mean body weight of U.S. adults has increased by 8 lbs. (Not to mention that the recommended weight standards have become increasingly permissive over the past several decades.)

- There are many health issues associated with being overweight:**
1. High blood pressure occurs 2-6 times more frequently in overweight people.
 2. Obese males have a higher chance of colon, rectum and prostate cancer. Women have a higher chance of gallbladder, liver, breast, uterus and ovarian cancer.
 3. Studies show 70% to 85% of diabetics have a history of obesity.

4. Joint disease and musculoskeletal problems such as lower back problems and herniated disks are associated with obesity. Increased weight leads to greater wear and tear on these joints, which may become irritated and painful. The increased discomfort forces the patient to become less and less active, thereby leading to further weight gain.
5. The psychosocial costs of obesity include ridicule and discrimination which contributes to a low self-image and a negative emotional reaction to dieting.

Obesity is a serious issue in the United States and people have tried a variety of methods to lose weight. For example, a newsclip about the latest and greatest finding may trigger many people to try a new product or a method for a quick and easy way to lose weight.

One thing is clear from the hundreds of weight control studies conducted in the past 20 years-long term weight control can be achieved with regular physical activity and modified eating habits.

1. Kuczmarski RJ, Flegal KM, Campbell SM, Johnson CL., Increasing prevalence of overweight among US adults; the National Health and Nutrition Examination surveys, 1960 to 1991, JAMA 1994;272;205-11
2. Johnson CL, Rifkind BM, Sempos CT, et al. Declining serum cholesterol levels among US adults, JAMA 1993;269;3002-8.
3. Manson JE, Willett WC, Stampfer MJ, et al. Body weight and mortality among women, N Engl J Med 1995;333;677-85.
4. Iribarren C, Sharp DS, Burchfiel Cm, Petrovitch H. Association of weight loss and weight fluctuation with morality among Japanese American men. N Engl J Med 1995;333;686-92

March 1999

DON'T BE AFRAID TO EAT, BE AWARE!

2LT Tracy R. Hunter

Tainted hamburgers kill two children! Church dinner makes 700 ill! Frozen strawberries make children sick! These are headlines we have seen over the past few years. Food poisoning is a real threat to our health, but please don't be afraid to eat. It takes only a few easy steps in your own kitchen or ordering at a restaurant to ensure safe food. You just need to be aware of the threats.

First, let's review some basic information on food poisoning. The most common food poisonings are *Salmonella* and *E. coli*. Which are easily killed through proper cooking. *Salmonella* is present in most poultry such as raw chicken and eggs and is not harmful to the chicken but is to humans. Protect against getting sick from *Salmonella*, by not using the same knife and cutting board to cut raw chicken and then prepare other food. Wash the knife and cutting board with warm soap after preparing the poultry. Otherwise, the *Salmonella* on the raw chicken could contaminate other foods. Also, cook poultry meats to at least 165°F for 15 seconds. Check the temperature by inserting a meat thermometer into the thickest part of the bird and then read the thermometer after 30 seconds. Refrigerate any leftovers to prevent growth of any bacteria.

Precautions should also be taken with eggs. *Salmonella* may be carried on the shells and inside the eggs. If the shells of the eggs are dirty, wash them in soapy water. The bacteria is killed through heat, so cook eggs until they are not runny. Do not eat raw eggs! Beware of items made with uncooked eggs such as Caesar salad dressing and eggnog. Any commercially made products are heat treated to kill the bacteria, but many people make their own and do not realize the danger of raw eggs. Follow these precautions to avoid getting sick. The symptoms of *Salmonella* poisoning are diarrhea, fever, chills, and abdominal pain. Be sure to see your doctor if you think you may have food poisoning.

Recently, many scares involving ground beef and *E. coli* have been in the news. *E. coli* is found in the intestinal tracts of people and cows. It is transmitted to food when

people do not wash their hands after using the rest room or when a cow's intestine is cut during butchering, thus, contaminating the meat. As with *Salmonella*, *E. coli* is easy to destroy. To do this, cook ground beef to 155°F for 15 seconds. When preparing hamburgers, cook them until the juices run clear when the burgers are pressed with a spatula. When eating out, order meats well-done to ensure that the meat is thoroughly cooked. The symptoms of *E. coli* infection include severe abdominal pain, cramps, nausea, and diarrhea. Once again, if you suspect you have been infected, see your doctor.

Incidents of food borne illnesses involving fruits and vegetables have also been reported in the news. Over the last year, frozen strawberries infected with Hepatitis A were served to school children for lunch. Also, reports of people infected with *E. coli* originated from fresh lettuce. Both Hepatitis A and *E. coli* are found in human waste, cattle waste, and contaminated water. These bacteria get onto fruits and vegetables through workers who do not properly wash their hands, the water used in the fields, and manure used as fertilizer. The best ways to guard against infection is to properly wash your hands and to wash fresh fruits and vegetables with safe water.

What about food spoilage? People often wonder what “Sell By” and “Use By” mean when stamped on a food package. “Sell By” tells stores when to stop selling food products such as milk. It does not necessarily mean the milk is bad but the store can no longer guarantee the freshness of the milk. If you have milk at home that is past the date, do not automatically throw it out; it may still be good. Smell the milk to see if it sour. If it is sour, then pour it down the drain. “Use By” dates have to do with the quality of a product. These dates are usually stamped on products that do not have to be used immediately, such as boxed mixes, cheeses, and eggs. The products are not bad after the date; the quality tends to deteriorate over time when compared to a fresher product.

A common cause of food poisoning is stuffed foods. Seven hundred people were sick after eating stuffed ham at a church dinner in October 1997. Many people like to cook stuffing inside a turkey during the holidays. Often, the stuffing inside does not get heated properly, although the bird is cooked. This means any bacteria present in the stuffing may not get killed. To prevent food poisoning, do not stuff the bird until right before you cook it, pack the stuffing lightly, and cook until the stuffing reaches 165 F for 15 seconds. Remove the stuffing from the bird when done cooking.

By following these recommendations, you can keep yourself and your family safe from food poisoning.

A summary of the tips:

1. Wash your hands before and after preparing food and between handling raw and cooked foods. Use water as hot as you can stand, lather your hands with soap, and rub together for 10 seconds. This rubbing motion helps loosen germs from your skin. Then rinse your hands and dry completely. Don't forget to wash before you eat, too!
2. Wash knives, cutting boards, and counters that come in contact with raw meats. Use warm soapy water and wash before using these items with other food.
3. Wash fruits and vegetables before eating. Rinse lettuce with cool running water and scrub potatoes and fruits such as apples with a vegetable brush.
4. Invest in a meat thermometer. Cook meat, chicken, and stuffed items to 165 F for 15 seconds. Don't forget your food safety savvy when you eat out. Order meat well done to make sure any bacteria is killed.
5. Be sure to refrigerate food. Don't leave food on the counter overnight. Refrigeration helps prevent the growth of bacteria.

Please don't be afraid to eat! The news stories might be scary, but if you are aware of how your food is prepared, you reduce the risk of getting sick. Enjoy yourself, but be careful!

April 1999

THE IMPORTANCE OF NUTRITION AND PHYSICAL ACTIVITY IN CANCER PREVENTION

Sonal R. Antani, B.S.

With 1999 well under way, most New Year's resolutions have since been forgotten or, in some rare cases, deemed successful. When health is the issue, however, these changes need to last more than just a few months, but for a lifetime. The American Cancer Society has published recommendations to help Americans reduce their risk of cancer, based on various studies. The scientific evidence cited proposes that one third of the 500,000 cancer deaths per year in the US is caused by improper nutrition and another third by tobacco use. The studies also address physical activity and genetics as factors in causing cancer. According to the American Cancer Society, inherited genes can increase or decrease cancer risk. Nutrients and nutritional factors in the diet can protect DNA from being damaged and can delay or prevent the development of cancer in people who have a genetic risk for the disease. Although the American Cancer Society states that no program can offer guaranteed cancer prevention, practices such as eating a healthy diet, getting adequate physical activity, avoiding tobacco and environmental carcinogens, and detecting cancer early can significantly decrease the risk of cancer and death from the disease.

There are four specific recommendations published by The American Cancer Society's 1996 Advisory Committee on Diet, Nutrition, and Cancer Prevention. First, choose most of the foods you eat from plant sources. This means creating the foundation of your diet by eating plenty of grain products and beans, at least five servings of fruit and vegetables, and choosing beans as an alternative to meat makes this goal quite attainable. Further, focus on whole grain products such as whole wheat breads and lentils to maintain a sufficient fiber intake. These suggestions relate to the evidence that the intake of plant sources reduces the risk of gastrointestinal and respiratory tract cancers, and that increasing intake of fruits and vegetables reduces the risk of colon cancer. The second recommendation by the Committee also relates to diet, by advising individuals to "limit your intake of high-fat foods, particularly from animal sources." This can be done by choosing low-fat foods and limiting meat, specifically high-fat meat intake. For example, eat smaller portions of high-fat foods, bake and broil instead of frying, choose

low-fat dairy products, select lean meats and beans, seafood, and poultry rather than beef, pork, or lamb. These recommendations stem from the research that correlates high-fat diets with higher risks of colon, rectum, prostate, and endometrium cancers.

Physical activity is addressed in the third recommendation, advising at least 30 minutes of moderate activity on nearly all days of the week and achieving and maintaining a healthy weight. The lack of physical activity often contributes to obesity and thereby increases the risk of colon and rectum, prostate, endometrium, breast and kidney cancers. The 30 minutes of activity can include any exercise, which elevates your heart rate for the sustained amount of time. A brisk walk (15-20 minutes per mile pace) is a primary example of moderate activity, with other examples of activities such as jogging, swimming, housework, dancing, gardening, or calisthenics at that brisk pace. Finally, restricting alcohol intake is suggested, as alcohol and tobacco products cause cancers of the oral cavity, esophagus, and larynx. The Committee states that cancer risk may increase with the consumption of two or more drinks per day.

These guidelines on diet, nutrition and cancer prevention can be found in journals published by The American Cancer Society, by calling the organization at 1-800-ACS-2345, or checking out their website at <http://www.cancer.org>. By making these recommendations into lifestyle changes, we may be able to enjoy not only a healthy 1999, but many more healthy years to come!

May 1999

HOW TO BOOST YOUR BRAIN PERFORMANCE AND NUTRITIONAL STATUS

By CPT Joanna Reagan, MHA, RD/LD

The life of a senior executive is busy with many meetings, working long hours, traveling, and trying to keep your physical fitness on track. If I told you I could help you with improving not only your physical well being but your mental abilities as well, would you keep reading? Research on eating to boost brain performance is only just beginning.

There are at least forty neurotransmitters in the body to regulate nerve functions including memory, appetite, thinking, mood, and movement. Changing the level of just one of those neurotransmitters can adversely affect how you think and feel.

Certainly, a well-nourished body copes with stress better than a poorly nourished one. But even a well-nourished body can become a poorly nourished one as a result of stress and high levels of stress hormones. To further complicate the matter, nutrient deficiencies are easy to diagnose while marginal deficiencies are not. What happens to mental performance as the body becomes progressively undernourished from mental stress? Unfortunately, declining mental performance is hard to assess and you may be performing at a sub-optimal level and not even know it. According to research, stress affects nutrition by reducing nutrient absorption, increasing nutrient excretion, and altering how nutrients are used by the body. Stress also changes eating patterns. Some people eat less, others eat more, and others may turn to alcohol or subsist on coffee. Each scenario can cause an imbalance in the chemical messages that regulate how we think, act and feel.

No one knows exactly how much of specific dietary components are needed for optimal mental functioning, but it is well established that nutrition plays a vital role in memory, thinking, and personality. The three basic chemical neurotransmitters that are manufactured directly from food are serotonin, dopamine, and norepinephrine. The hormone levels are sensitive to how much and what you eat. Changes in these levels can have substantial effects on behavior, sleep, and energy levels.

Serotonin is a versatile neurotransmitter and has a calming effect.

Insufficient serotonin levels produce insomnia, depression, food craving, and increased sensitivity to pain, aggressive behavior, and poor body-temperature regulation. Its presence in your brain may improve concentration but, if you're sleep-deprived, it may make you feel drowsy. To increase intake of the amino acid tryptophan, eat carbohydrate-rich foods. *Your best source of carbohydrates* are whole grain bread, cereals, pasta, rice, pretzels and starchy vegetables such as potatoes.

The neurotransmitters dopamine and norepinephrine have an energizing effect. When your brain produces these chemicals, you may feel more alert and motivated. The amino acid tyrosine triggers the production of these "alert" chemicals. By eating protein you may raise your tyrosine level. As tyrosine rises, so do levels of dopamine and norepinephrine; then you may experience a boost in mental energy. *Your best sources of protein are low in fat:* seafood, skinless chicken or turkey, tofu, dried beans, lean beef and pork. Skim milk and low-fat yogurt are also good protein sources. The serving size should be no more than 3-4 ounces at a meal. Therefore, for that power lunch, try a meat sandwich such as tuna or turkey with a piece of fruit and yogurt.

If you are having trouble concentrating, staying motivated or just thinking clearly, skipping breakfast could be the culprit. The brain depends entirely on glucose to fuel its activity.

Frequently skipping meals will exhaust glucose reserves, leaving your brain with an energy deficit. Studies with children show that eating breakfast improves school attendance, increases motivation and interest in learning and elevates mood. Adults also perform better at work if they have eaten a nutrient-packed breakfast.

What you eat also determines your brainpower. Although carbohydrate-rich foods at breakfast will help fuel your thinking during the morning hours, they may make you sleepy and reduce concentration after lunch. This effect is compounded if the primary source of carbohydrates is simple sugar such regular sodas, candy and cookies. Again, don't forget to have some protein source at lunch such as a sandwich or a small meat entrée.

Research indicates that high fat and "heavy" meals (more than 1,000 calories) have a similar effect to simple carbohydrates. Eating too much food can impair brain

functions by causing drowsiness and impede nutrient transport into the brain. In contrast, a light midday meal that supplies approximately 500 calories in a mixture of protein and carbohydrates will fuel the body without making you feel groggy.

On the other hand, too few calories for the day can cloud your ability to think clearly. One study conducted at the AFRC Institute of Food Research in Reading, England showed that dieters who cut calories by more than 1000 calories per day scored worse on mental aptitude tests than non-dieters. The dieters' short-term memory and ability to quickly process information was impaired. In fact, these abilities continued to deteriorate the longer they stayed on the diet.

Dehydration is probably one of the most common causes of fatigue. Crossing many time zones or even getting through a busy week can result in fatigue. The usual advice is to drink 8 glasses of water per day, and if you are physically active, drink even more. Simply, our daily fluid requirements are equal to at least eight cups of water each day, that can be consumed in the form of milk, non-caffeine soft drinks, fruit juices, sport drinks, lemonade, soup, or fruit. Drinks that contain caffeine, a natural diuretic, further increase fluid loss and are a poor choice for re-hydration. The same is true for alcoholic drinks; alcohol is a more potent diuretic than caffeine.

The body's level of vitamins and minerals are also jeopardized by stress. Heightened stress hormones cause the body to lose important minerals such as chromium, copper, magnesium, iron and zinc. Magnesium appears to be particularly sensitive to stress. A study from England's University of Southampton found that low magnesium intake may also be linked to chronic fatigue syndrome. Other studies have shown the RDA (Recommended Daily Allowance) level (280mg) magnesium to be effective for anxiety, insomnia, and some mental disorders. Some of the deficiency signs are muscle spasms, appetite changes, nausea, and apathy. Foods high in magnesium are beans, legumes, bananas, green vegetables, and wheat germ.

The adrenal glands (which produce adrenaline) use vitamin C during episodes of physical stress. In addition, illness or injury can deplete vitamin C. Eating a variety of fresh fruits and vegetables, especially citrus fruits, can help ensure that your body has adequate vitamin C. The RDA is 60 mg, or three-quarters of a grapefruit or one orange.

To B or not to B. The B vitamin complexes (thiamin, niacin, B6, B12 and folic acid) all play critical roles in brain functions and are frequently added to breads and cereals. Even so, marginal deficiencies are not uncommon, especially in adolescents, seniors or people who abuse alcohol. Folic acid is the B vitamin most likely to be deficient in the diet. Folic acid is found in dark green leafy vegetables such as broccoli, spinach, chard, and romaine lettuce. Unfortunately, the typical American diet is very low in these foods. This may lead to diminished brainpower because of folic acid's role in maintaining serotonin levels and in replication of brain and red blood cells.

Busy lifestyles keep us from eating regular, balanced meals. We can change that with a little bit of planning and thought. The key is to try to eat a variety of foods. There is no one magic food. Each food offers special nutrients that others do not. The second key is moderation. Even soda and chips, in moderation, can fit into a well-balanced diet.

For more questions, call 900/CALL-AN-RD (900/225-5267) for customized answers to your food and nutrition questions.

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**PUT A LITTLE R & R BACK INTO YOUR TRAINING DIET
CPT JOHN A. RUIBAL¹, REGISTERED DIETITIAN**

Do you ever feel run down at the end of a good week of training? It might not be from all of the tough workouts you were doing, but instead, low muscle glycogen levels. Proper nutrition may be your answer to increasing intensity and duration of your workouts. Most athletes are conscience about the importance of consuming large amounts of complex carbohydrates, starches, fruits and vegetables in their diets. Where they go wrong is in the timing of when they should be consuming these high-energy foods.

Muscle glycogen is the storage form of available energy for the athlete. Continuous hard workouts without repletion will lead to fatigue, even if you feel like you have been eating properly. So you ask, what is the solution? Just remember to have R & R (recovery and refuel) after hard or long workouts. The key to refueling is timing and consuming a high carbohydrate diet. Consuming 200-400 calories from carbohydrates within 30 minutes after exercise offers the best solution to refuel hungry muscle cells. The good news is that the carbohydrates after exercise can come from simple sugars or complex sugars. What does this mean to you and me? You can enjoy those sugary foods after exercise and reap the same benefits of the more complex sugars. The important thing to remember is stick with foods that have carbohydrates and are low in fat. But beware, many sugary foods tend to be high in fat. Some good refueling sources after exercise include:

(each represents one carbohydrate serving)

5 fig newtons

2 bananas

32 ounces of sports drink

15 ounce soft drink

1 powerbar or other lowfat sportsbar

2 packets of sports gel (GU, powergel, etc.)

Bowl of your favorite cereal with skim milk

In addition to refueling, make sure you rehydrate with plenty of cool fluids prior to, during and following exercise. Recovery after hard exercise is the other key to success. It

takes about 48 hours for your muscles to replenish its glycogen stores. If you workout intensely everyday, your gas tank will be on empty by the end of the week. Does this mean you have to take a day off between workouts? No, only if you are just starting your exercise program. If you are an experienced athlete, it is important that you get ample sleep, fluids and complex carbohydrates after an intense or long workout. Additionally, the experienced athlete should take an easy day between hard workouts. So remember to put a little R & R back into your training program.

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July 1999

“DOES EVERYONE NEED A LITTLE KFC”

2LT Jordan

Did you know that there are more than 300,000 fast food establishments in the US alone? Everywhere you turn is the "Golden Arches" or a Burger King. People eat fast food, on the average, nine times out of every month. Let's face it, fast food is part of our culture and here to stay. Dietitians and other nutrition experts say, "all foods can fit into a healthy eating pattern". Healthy eating is all about making choices. For example, a burger and french fries every now and then won't hurt you, but how often do you eat fast food? Fast food is high in calories, sodium, fat and cholesterol and too much can impact your health. This is why you need to limit yourself.

Can you make healthy choices and still eat fast food? The answer is yes! Let's look at some of the most popular fast food places and see how you can eat healthy when choosing fast food. We know salads can be a good choice, especially if fat-free or low-fat dressing are added. To reduce how much dressing you eat, dip the fork into the dressing, then eat the salad, rather than pouring the dressing on your salad. Salads are available at many fast food restaurants such as McDonald's, Burger King and Wendy's. Speaking of healthy choices, Wendy's has a great new sandwich called the stuffed pita. My only advice is that you order the dressing on the side and don't try to drive while eating one. Wendy's also has baked potatoes. These can be healthier than burgers, especially if you add only a small amount of sour cream or buttery toppings.

Another fast food restaurant, KFC, (known as Kentucky Fried Chicken) now has baked chicken which is lower in fat than the fried variety. KFC also has corn on the cob, coleslaw, and mashed potatoes with gravy which each have the same amount of fat in one serving as an order of small french fries. You might want to brace yourself for what I am about to tell you. A juicy BigMac or BK Whopper has between 30-40 grams of fat all by itself, not counting the french fries. Instead of having all of that fat, order a plain burger or cheeseburger with 20-30 grams of fat. Now, let's not kid ourselves, burgers are not low fat, but once in awhile can fit into your diet. Beware, a Bacon Double Cheeseburger or the BIG KING has over 40 grams of fat. The BK Chicken sandwich and the BK Fish

sandwich may sound healthy, but did you know each contains over 40 grams of fat? Both are deep fat fried and loaded with high fat "special sauce."

What about drinks? Plain water is just great, but on occasion, nothing beats a burger with a nice thick shake to wash it all down. Luckily, the McDonald's small vanilla shake has only 5 grams of fat and a whole lot of flavor. In addition, McDonald's has a soft serve ice cream cone with only 4.5 grams of fat. Now you can enjoy fast food by making good choices.

The trick to eating fast food is to really enjoy a that juicy burger as a treat, maybe once or twice a month. McDonald's has become an American icon through marketing, which has made it very successful. The average meal (burger, french fries, and a drink) at McDonald's costs around 5 or 6 dollars. It is hard to argue that eating fast food only once a month can be good for our hearts as well as our pocketbooks. Speaking of hearts, why can fat be so bad for us anyway? Actually, we can eat on the average between 50-80 grams per day. One bacon double cheeseburger and large french fries can exceed your daily limit with over 50 grams of fat. The fat is saturated which can raise your blood cholesterol level and increase your risk for a heart attack.

The American Heart Association recommends limiting your percentage of calories (energy in food that we eat) from fat to 30% or less. To determine the fat grams in a food, multiply the fat grams by nine to get the number of fat calories. Then, divide the fat calories by the total number of calories in the food to get the percentage of calories from diet.

For example, a bacon double cheeseburger and large french-fries for the calculation. The cheeseburger and fries together have about 51 grams of fat and 1010 total calories. Multiply 51 by nine to equal 459 fat calories. Divide 459 by 1010 to equal 45% of the calories from fat, which is well over our 30% recommendation.

To sum up, there are some basic rules about eating fast food. The less frequently you eat fast food, the better off you'll be. Any deep fried food is fattening, regardless of the oil or type of meat. Order a small french-fry instead of large size. This way you still enjoy them, but not as much. Of course, if they ask you, "DO you want to super size that order?" Think about your answer. Choose baked items rather than fried and as always,

sauces/salad dressings belong on the side. So, the next time you are in a fast food restaurant and "need a little KFC," remember these basic rules.

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ENERGY BARS...GRAB AND GO

LCDR Sue Hite

Energy bars are increasing in popularity not only with sports enthusiasts but also with people on the go. They easily fit in a briefcase, sports bag, or purse and provide a convenient and nutritious snack. The bars should not replace well-balanced meals but can provide quick energy before a workout or a long commute home.

The energy bars vary greatly in their composition. Let's look at a few examples of the most popular bars currently on the market.

<u>Energy Bar</u>	<u>Carbohydrate(grams)</u>	<u>Sugar (grams)</u>	<u>Protein (grams)</u>	<u>Fat</u> <u>(grams)</u>
POWER BAR 2	45	14	10	
PR BAR 6	19	17	14	
POWER BAR HARVEST 4	45	16	7	
BALANCE BAR 6	22	18	14	
CLIF BAR 3	51	15	4	
PURE PROTEIN	13	10	30	

Energy bars consist of two basic types: high carbohydrate or high protein. If you are eating meat and drinking milk, the excess protein obtained from a high protein energy bar is not needed. In fact, excess protein can stress the kidneys. These protein bars should only be used consumed by individuals with a low protein diet such as strict vegetarians (who do not consume any animal or animal by-products such as milk, eggs, or cheese).

Next, check the amount of sugar in the energy bar you choose. The total grams of sugar should be no more than one half (50%) of the total grams of carbohydrate, as excess sugar can lead to fluctuating blood sugar levels. To calculate the percentage of

sugar in an energy bar, simply divide the grams of sugar by the total grams of carbohydrate and multiply by 100.

Example: for Power Bar $\frac{14 \text{ grams}}{45 \text{ grams}} \times 100 = 31\%$ sugar

Balance Bar $\frac{18 \text{ grams}}{22 \text{ grams}} \times 100 = 82\%$ sugar

Finally, do not forget to consider the cost. Energy bars are high in price compared to an equal amount of carbohydrate from other food sources such as crackers, bread, bagels, fruit and juices. You do not need to spend a lot of money to get the same carbohydrate benefit.

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**AN ONLINE BOOK: EXECUTIVE WELINESS
THE STAMINA/NUTRITION CONNECTION:
A Guide for Senior Leaders by Joanna Reagan Captain, US Army**

Many leaders know what they should eat, but they don't eat well. As they juggle meetings and projects, commitments to family and friends, and social obligations, they may make time to exercise but don't always make time to eat right. Yet, nutrition plays as critical a role for their stamina as does exercise. A finely tuned engine, out of gas, goes nowhere.

Eating Enough, of the Right Fuels.

In the perspective of Nancy Clark, a registered dietitian who has worked with many top athletes, food is more than something that stops your hunger; it is fuel composed of important nutrients essential for maintaining optimal health and top performance. She coaches her clients to learn the basics of nutrition for top performance. The right mix of fuels provides power for stamina:

Carbohydrate - A source of calories that fuels your muscles and brain. Carbohydrates are the primary energy source when you're exercising hard. You should get 60 percent of your calories from the starches and sugars found in carbohydrate-rich foods such as fruits, vegetables, breads, and grains.

Fats - A source of stored energy that we burn primarily during low-level activity, such as reading and sleeping. You should limit your fat intake to about 25 percent of your daily total calories.

Protein - Essential for building and repairing muscles, red blood cells, hair, and other tissues, and for synthesizing hormones. Protein is digested into amino acids, which are rebuilt into the protein in muscle and other tissues. Protein is a source of calories and can be used as energy if inadequate carbohydrates are available such as during a strict diet or exhausting exercise. About 15 percent of your calories should come from protein-rich foods such as fish, chicken, and dried beans.

Vitamins - Metabolic catalysts that regulate the chemical reactions within the body. They include vitamins A, B complex, C, D, E and K. Most vitamins are chemical substances that the body does not manufacture, so you must obtain them through your diet. They are not a source of energy (calories).

Minerals - Elements obtained from food that combine in many ways to form structures of the body (for example, calcium in bones) and regulate body processes (for example, iron in red blood cells transports oxygen). Other important minerals are magnesium, phosphorus, sodium, potassium and zinc. Minerals do not provide energy.

Water - An essential substance that makes up about 50 to 55 percent of your weight. Water stabilizes body temperature, carries nutrients to and waste away from cells, and is needed for cells to function. Surprisingly, most people overlook the importance of adequate amounts of water in their daily diets.

Busy lifestyles keep us from eating regular, balanced meals. But that doesn't mean that we can't change that with a little bit of planning and thought. The key is to try to eat a variety of foods. There is no one magic food. Each food offers special nutrients that others do not. The second key is moderation. Even soda and chips, in moderation, can fit into a well-balanced diet. For the most part, try to choose natural or lightly processed foods as often as possible, such as eating whole wheat rather than white bread, apples rather than apple juice, and baked potatoes rather than potato chips.

Eating in the Fast Lane

An executive's life can be hectic and fast-paced, placing large demands on the body for energy. Moreover, high tempo and required travel disrupt healthy eating patterns essential for stamina. With a great proportion of dining at restaurants or catered affairs, learning how to make healthful selections is a critical survival skill.

When Ray Kroc opened the doors of that first McDonald's restaurant in 1955, he opened a New World for busy parents, fussy eaters, and people who just plain did not like to cook. He also gave the hurried executive a source of "fast food". With so many time constraints, even eating is measured carefully against other priorities. Fast foods make the desk or the car seem like a suitable dining room. Convenience foods are a major source of energy fuels, so some awareness of the options and limitations is important to make healthy choices.

Over the last five years, many convenience food chains have begun to offer salads and salad bars. Some offer baked potatoes, and sell small (child size) portions, and more recently, may offer nonbreaded or nonfried chicken selections. As more Americans are seeking healthful choices, these chains are developing new products.

If you want nutrition information from any of the larger chains, ask the manager or write directly to the company. You probably won't be able to determine the exact nutrient content of foods served at your local nonchain fast food restaurant, but many restaurants offer some selections with 'healthy heart' symbols for the low calorie, low fat alternatives.

As with all aspects of healthy nutrition, eating out at convenience food chains involves planning. This not only includes a choice of the restaurant and menu, but also requires a global view of your day. If you're going to eat out, it's better to plan for it early. When a burger restaurant is your last-minute decision and you are starving, you may be setting yourself up for high-risk eating. Consuming three out of five calories as fat or refined sugar, as many people do, affects more than our waistlines. It crowds-out fresh fruits and vegetables, milk, and other nutrient-packed foods. We also don't get the fiber we need -

fiber that may help protect us against heart attacks and cancers (which are more prevalent in people with a diet high in fat and calories).

With some planning, you can find healthy meals at convenience food restaurants. The goal is to try to have the main entree under 15 grams of fat, and the whole meal under 20 grams of fat. This amount represents about one-third of the fat allowance for a 1500-calorie eating plan or one-fourth of that for a 2000-calorie plan. So, you can eat healthy when eating out.

Some healthy choices to choose from while eating out are:

Calories grams of fat	Calories	Grams of fat
Junior Roast Beef	233	11
Light Roast Beef Deluxe	294	10
Light Roast Chicken Deluxe	276	7
Light Roast Turkey Deluxe	260	6
Garden Salad	117	5
Roast Chicken Salad	204	7
Cheese Pizza (2 slices)	344	10
Ham Pizza (2 slices)	362	10
Rice and side salad	330	5
Hamburger Deluxe Sandwich	340	12
Grilled Chicken Classic	250	3
Grilled Chicken Classic	250	3
Light Soft Taco Supremes (2 tacos)	400	10
Light Chicken Burrito (1 serving)	290	6

Without going into every chain's selections, this example demonstrates that you *can* 'have it your way', if your way is healthy as well as tasty. Here are some general tips from the experts:

- Pass up mayonnaise-type sauces and tarter sauces.
- Choose the smaller burger, rather than the larger ones.
- Skip the extra crisp/crunchy coatings.
- Be careful with your beverages. A regular 12-ounce soda has 150 calories, and no nutritional value.
- Choose a salad, but be careful of the extras, such as creamy dressings, bacon bits, cottage cheese (if not low-fat), potato salad, olives and cheese.
- Complete your basic meal at home with a salad, low-fat milk, fruits and vegetables.

Techniques to Use When Dining Out

Even when dining at an "upscale" restaurant, advance planning is a good survival skill. Start early. If you expect to be dining out in the evening, anticipate your whole day's food

requirements and plan the meals you consume for the remainder of the day around your plans to eat out. You will avoid excesses in your daily calories and fat requirements. It is very easy at the end of a tiring day to decide to go out to eat and to end up eating too much. Fatigue is a high-risk trigger for many people. Is it one of yours? If it is, be careful about eating out on the spur of the moment.

At a restaurant, you can:

- Order from the a la carte menu.
- Choose a salad, soup and roll (with jam, not butter or margarine).
- Choose a salad and an appetizer or two.
- Think before you order.
- Before beginning to eat, ask for a "doggie bag."
- Order meats, fish, or poultry broiled or grilled without butter, sauces on the side. Good choices: petite filet, marinated breast of chicken, broiled fish or seafood, and steamed shellfish.
- Eat half of the main entree and save the rest for lunch tomorrow.
- Look for the hidden fat items on the menu. Beware of terms like: sauteed (cooked in butter), crispy, fried, deep-fried, and au gratin (in cheese).
- Share a meal (entree, desserts). Order separate salads to complete each meal.
- Ask for sauces and dressings on the side. Dip your fork into the sauce or dressing, then spear the food.
- Limit alcoholic beverages. Consider club soda with lime, orange or tomato juice, etc.
- Watch the breadbasket.
- If you are very hungry, a small roll or two crackers may take the edge off your appetite. But use judgment on how much bread you should eat. And limit the butter. Better yet skip the butter margarine.
- Learn foreign foods and how they are customarily prepared:

Italian: *Alfredo/primavera* = cream sauce

A la parmesan/mozzarella = cheese

Chinese: *Chow mein* noodles, egg rolls, sweet and sour = fried food

Japanese: *Tempura* = fried in batter

French: *Scalloped* = creamed sauces

Eating for Health

There is scientific validity to the adage; "You are what you eat." Food is the source of our fuel, but it also contains nutrients that protect us from cellular damage, including cancer.

Several years ago, the National Cancer Institute and the "Produce for Better Health Foundation" launched a national campaign to encourage the American public to eat five servings of fruits and vegetables a day, because they help with improved healing, reduce the risk of cancer, high blood pressure, constipation, and aid in recovery after exercise.

Many people claim they rarely eat fruit because it's unavailable, or they don't have the time to cook vegetables or fix salads.

If you have trouble including fruits and vegetables in your daily diet, the following tips will help you balance your intake better and make these foods a top priority in your good nutrition game plan. First, if you like fruit but just don't get around to eating it, plan into your breakfast either a banana or glass of orange juice. These are among the most nutritious fruits, so you'll be getting a good start to the day. Citrus fruits such as oranges, grapefruit, and tangerines surpass many other fruits or juices in terms of vitamin C and potassium. If you do not have time to peel an orange, then juice is a good alternative and will cover your vitamin C requirement (60 milligrams) for the day. Bananas are high in potassium and are easy to carry with you. Cantaloupe, kiwi, and strawberries are also nutrient-dense fruits, which are good sources of vitamin C and potassium. Dried fruit is easy to carry and is rich in potassium and carbohydrates.

In general, vegetables have more nutritional value than fruits, and dark, colorful vegetables usually have more nutritional value than paler ones. The deeper green or deeper yellow a vegetable is, the more vitamin A it contains. If you're struggling to improve your diet, don't stuff yourself with pale lettuces, cucumbers, zucchini, mushrooms, and celery. Instead, feast on *colorful* broccoli, spinach, green peppers, tomatoes, and carrots, which offer far more nutrients.

Antioxidants

In the United States, cancer follows heart disease as the most frequent cause of death. Diet is a factor in an estimated 35 percent of cancer cases. Despite the gloomy news that one in four of us will get cancer, the encouraging news is that diet can prevent perhaps one third of cancer deaths. A low-fat, high fiber diet can also be a cancer protector. One key to the role of diet in preventing cancer may be its antioxidant capacity, a food's ability to deactivate harmful chemicals known as "free radicals" that are produced during the course of cell metabolism. Free radicals are formed daily through normal body processes, including exercise. Environmental pollutants such as cigarette smoke, automobile exhaust, radiation, and herbicides, also generate free radical precursors.

Free radicals are unstable compounds that attack, infiltrate, and injure vital cell structures. Fortunately, our bodies have natural control systems that deactivate and minimize free radical reactions within the cells. These natural control systems involve many vitamins and minerals. *Beta-carotene*, a form of vitamin A found in plants and converted into vitamin A in the body, helps prevent the formation of free radicals. Vitamin C guards against harmful reactions within the cells. Vitamin E and selenium protect the cell walls from free radical damage. Selenium also enhances the immune system's response with increased resistance to cancer growth.

In order to boost your intake of these anti-cancer nutrients, you should focus your diet on dark green and colorful vegetables rich in vitamin A, such as broccoli, spinach, carrots,

and leafy greens; members of the cabbage family (cruciferous vegetables), such as cauliflower, broccoli, kohlrabi, bok choy, and brussel sprouts; vitamin C rich foods, such as grapefruit, oranges, melon, strawberries, broccoli, and spinach; whole grain foods rich in vitamin E, including whole wheat bread, wheat germ, nuts and peanut butter; selenium-rich foods, such as tuna, nuts, lean meats and seafood. It is better to obtain these important nutrients from the natural foods instead of in the pill or powder form.

Foods that Boost Your Moods

Pick your passion. Scientists are discovering that when you're in the mood for a particular food, your brain may have as much to do with what you pick as your taste buds. Part of performance nutrition is to provide the right balance of these foods so that we have the psychological stamina to join our physical vigor. These nutrients also help people to resist fatigue and regulate positive mood, two requirements to stay in the fast lane.

Carbohydrates boost brain serotonin, a calming neurotransmitter that counters irritability and depression. Eating carbohydrates begins a process that allows the amino acid tryptophan to enter the brain more easily to make serotonin. Antidepressants like Prozac keep serotonin high. "If you notice that, for no good reason, you feel down, anxious, put upon or unable to focus, try carbohydrates," says Judith Wortman of the Department of Brain and Cognitive Science at MIT, who is a pioneer in the study of food and mood. Wortman suggests you eat cereal, a bagel, a potato, rice cakes or pretzels, allowing 90 minutes for the food to work. Keep in mind that fat, as well as a full stomach, slows digestion, blunting the tryptophan's effect. Expect the resulting mood to last about three hours.

The amino acid *tyrosine*, contained in **protein-rich** foods, stimulates dopamine and norepinephrine brain chemicals make people more alert, improve attention, motivation and reaction time. An Institute of Medicine committee on military research recently reported that tyrosine supplements helped soldiers think more clearly under conditions of severe stress, such as extreme cold or high altitude, says the committee chair, Robert Nesheim. Does this mean that eating more tyrosine-rich food such as fish, chicken, meat, eggs and beans will make you more alert? It is more accurate to say that protein is less sedating than carbohydrates. The two nutrients fight fatigue better than carbohydrates alone - especially at lunch, when the normal rhythms of your body make post-meal drowsiness more likely.

An individual should eat 3 to 4 ounces of lean protein food to prepare for mental activities. You can eat carbohydrates along with it, but skip the fat. Avoiding red meat completely may do more harm than good. With all the hoopla over low-cholesterol diets, many women experience low-level iron deficiencies that make them feel tired and blue. (The body needs adequate iron to keep its cells fueled with oxygen and, thus, energized.) Those most at risk for iron deficiency are women who exercise frequently, have been pregnant in the past two years or consume fewer than 2,500 calories per day. The key is choosing lean meats such as flank steak, round steak or sirloin which are lower in fat.

Not drinking enough **water** each day can leave you feeling lethargic. Mild dehydration is a common but often overlooked cause of fatigue, says dietitian Elizabeth Somer, author of *Food and Mood*. When the body dehydrates, blood flow to the organs decreases and the brain slows down. Relying on thirst, however, is a poor way to determine how much water you need. Most adults should drink six to eight glasses of water or plain seltzer per day. Soft drinks, however, are no substitute. Many act as diuretics and increase dehydration.

Caffeine is more than a perk-me-up," says nutritionist Robert Nesheim. "It can also help maintain alertness, especially when doing long, tiresome tasks." Recent research links the amount of caffeine in one to two cups of coffee with an improved ability to think clearly, make snap decisions and feel more energetic up to three hours after drinking it. In a study of fifty sleep-deprived people, the amount of caffeine in as little as one and a half cups of coffee boosted their concentration, energy and confidence levels.

Although the mechanism is not firmly established, some researchers believe that caffeine raises blood pressure slightly and blocks hormonal messengers that lull us to sleep. Keep in mind, however, that if you drink more than two cups of coffee a day or are sensitive to caffeine, it can make you irritable and jittery.

Magnesium deficiency and stress are also linked so closely that some doctors and dietitians now advise people who lead hectic lives to add magnesium rich foods like bananas to their diets, according to Dr. Mildred Seelig, a former executive director of the American College of Nutrition. Most Americans do not eat the Recommended Daily Allowance (300 mg) of this important mineral. If you have a hectic schedule or a stressful job, the problem is worse. Stress hormones, which flood the body during times of tension, leach magnesium out of cells, resulting in lower resistance to viral infection.

There is more evidence for magnesium's energy-promoting role from studies on the Chronic Fatigue Syndrome at the University of Southampton, in England. One group of patients received a placebo, while another received a weekly gram of magnesium, the equivalent of about two bananas a day (If you don't like the thought of eating two bananas a day, substitute servings of other good magnesium sources, such as nuts, beans, leafy greens and wheat germ). After six weeks, the group who took magnesium reported a significant boost in energy. Other research has found that increased magnesium intake resulted in less anxiety and better sleep.

Citrus fruits are among the richest sources of vitamin C, a key ingredient for boosting levels of the energizing brain chemical norepinephrine. This neurotransmitter regulates the body's ability to be alert, attentive and motivated. Researchers have found that even a small deficiency in vitamin C (the RDA is 60 mg, or three quarters of grapefruit or one orange) can leave you feeling irritable and blue. The precise mechanism is still unclear, but a lack of vitamin C-rich foods can also inhibit your body's ability to absorb the iron it needs to fight fatigue.

In a recent study of more than 1,000 people with diets only slightly deficient in vitamin

C, more than half reported feeling less nervous, cranky and depressed when they ingested amounts equal to the RDA. Consuming more than that, however, may make you feel even more upbeat. In a University of Alabama study, researchers found that those who regularly consumed 400 mg of vitamin C per day (equal to two twelve-ounce glasses of orange juice or six oranges) were half as tired as those who consumed less than 100 mg per day.

Another trace mineral to consider is **selenium**, which has been linked to upbeat moods. In a 1990 study conducted at University College, in Swansea, Wales, people who consumed the least selenium tended to be the most anxious, depressed and tired. Those given the amount found in *one Brazil nut* reported a greater sense of happiness, more energy and a reduction in tension compared to participants given a placebo. Other good sources of selenium: seafood, cottage cheese and fruit.

The food you crave may trigger the release of endorphins, pleasure-enhancing substances made by the brain. Cravings often differ by gender: women tend to prefer fat-sugar combinations like chocolate, ice cream and cake; men like fat-protein or fat-salt mixtures such as steak, pizza and French fries. Satisfy your cravings healthfully by cutting fat; for example, fat-free pudding for a fat-sugar craving; lean meat for a fat-protein craving; fat-free tortilla chips for a fat-salt craving. For the lowest-calorie high of all, try exercise. Those who exercise regularly produce more endorphins than those who do not.

Summary

In order to have the stamina you need, you must energize yourself with the best fuels. Whether at home or on the road, at the dining table or desk, your choices impact on the quality of your life, the energy you feel, and the health you keep.

October 1999

TRUTH OR MIS-TRUTH?
DECIPHERING THE BARRAGE OF NUTRITION INFORMATION.
2LT Kerryn Davidson

A couple of weeks ago, I was visiting with my family and had the chance to enjoy a relaxing breakfast while reading the morning paper. I quickly skimmed the headlines, mostly full of bad news. Then I turned to the *Lifestyles* section where I came across a piece of good news, or at least what seemed to be good news upon first glance. Although I don't recall the exact headline, the article emphasized the use of a pill that would burn away fat and thus reduce body weight without any major lifestyle changes. A few weeks later, however, I picked up the same paper only to find an explanation that this particular weight loss program involved much more than just that little pill. To reduce body weight, the program recommended a high-speed crash diet in addition to taking the pill, an important fact left out in the first article. Now, which story should I believe (or perhaps neither)?

As a consumer, you must make a choice. Should you go ahead and continue eating that high fat diet and just hope the weight will "fall" off by taking the pill, or should you heed the advice to start the "crash" diet in addition to taking the pill? Perhaps, maybe you should consider neither of the two. The public faces overwhelming amount of food and nutrition information, and unfortunately, it is not always easy to separate nutrition facts from misinformation. What constitutes misinformation, and how can you spot it?

Nutrition misinformation consists of the reporting of erroneous facts or misinterpretation of nutrition science, which confuses and misleads people. The inherent danger in the barrage of nutrition misinformation is that it may lead to health fraud or food faddism. Health fraud, in an economic sense, occurs when consumers buy products that do not work. Food faddism involves a diet practice with an exaggerated belief in the positive and negative effects of nutrition on health and disease. Food fads emphasize that some attribute of a particular food may cause a unique health benefit, or that certain foods should be eliminated from the diet because they are deemed harmful. Some nutrition misinformation flourishes because it is based in a certain culture. Throughout the years,

cultures tend to choose specific foods based on the belief of health-promoting powers. For example, the ancient Egyptians often used Chinese herbs as "herbs of immortality." Today, these herbs are promoted to body builders in health food stores. How many times have you heard the statement, "Eat your spinach and you'll be strong like Popeye," or how about, "you are what you eat?" These are two examples of folk beliefs about food which are not backed by scientific evidence; they have been passed down through times. Thus, people believe them to be true.

Another source of misinformation is the misinterpretation of scientific studies. Preliminary results of experimental research are often quickly capitalized by the media to enhance readers' ratings of the magazine or newspaper. Research findings from just one study are not enough to be considered legitimate to confirm the research. So, take caution if you read results of research that are backed by only one scientific study. Studies done on small, select groups are not necessarily applicable to the whole population. Do not let one study change your life!

Nutrition misinformation does not stop with scientific studies. Testimonials by sports figures, celebrities, coaches and media commentators are another way misinformation is disseminated. People believe celebrities, when in fact, such nutrition messages may not be backed by sufficient scientific evidence. Often, the celebrity is hired by a particular company to endorse a product. Usually, they do not intend to misinform the public through their promotions, but often the reliability of information is questionable.

Now the question remains.... How can you, as a consumer, detect nutrition misinformation? A recent report from the American Dietetic Association (ADA) has the following suggestions for spotting "junk" science. ADA defines the "10 Red Flags of Junk Science" as follows:

- * Recommendations that promise a quick fix.
- * Dire warnings of danger from a single product or regimen.
- * Claims that sound too good to be true.
- * Simplistic conclusions drawn from a single product or regimen.
- * Recommendations based on a single study.
- * Dramatic statements that are refuted by reputable scientific organizations.
- * Lists of "good" and "bad" foods.
- * Recommendations made to help sell a product.
- * Recommendations based on studies published without peer review.

* Recommendations from studies that ignore differences among individuals or groups.
There are several sources of credible nutrition information, for consumers.

Government agencies providing reliable information include: the Food and Drug Administration, US Department of Agriculture, US Department of Health and Human Services, National Institutes of Health, State Cooperative Extension Services, National Cancer Institute, Federal Trade Commission, and the National Heart, Lung, and Blood Institute. Some professional organizations are: The American Dietetic Association, American Society of Clinical Nutrition, Society for Nutrition Education, American Medical Association, American Cancer Society, American Diabetes Association, National Dairy Council and the American Heart Association. These organizations often have toll free telephone numbers and internet sites to obtain more information.

So, with all of this in mind, what is the best advice? Don't believe everything you read in newspapers and magazines about nutrition. Check to see if the information came from a reliable source. Do not be influenced by promoters who have fine-tuned their art of selling. Most likely, they have mastered manipulation and are waiting for vulnerable customers. Finally, don't buy into quick fixes, such as the diet pill. Although it may appear to help initially, some pills may actually do more harm than good. Such pills could even cause weight gain instead of loss. So, next time you see a nutrition article that appears to be "good" news, read again. It may not be as good as it sounds!

November 1999

TIPS FROM CPT NOURISHMENT & SGT SHAPE-UP
5-A-DAY GUILT-FREE HOLIDAY RECIPES
CPT Dianne Helinski, RD

The holiday season brings many opportunities to sneak fruits and vegetables into our daily intake. The 5-A-Day Program is a national campaign that encourages the intake of five fruits and vegetables per day. Enjoying tasty desserts and down home cookin' can delight the taste buds and save the body from harmful free radicals that cause cancer. Here are some recipes that are packed with flavor, fiber and anti-oxidants. Anti-oxidants are substances which help our bodies fight off those free radicals. Use this holiday season to practice creating healthy alternatives for your family to enjoy. After all, health is the most precious gift you can give to those you love. Show 'em you love 'em by feeding them nature's medicine: antioxidants.

Deep Dish Fruit Pie:

Serves 8

6 Cups fresh or frozen fruit (cherries, blueberries, peaches, raspberries, apples, apricots)
1/3 to 1/2 cup all-purpose flour (depends on juiciness of fruit)
1/2 cup sugar
1 1/2 tablespoons lemon rind

Topping:

1/2 cup all-purpose flour
1/2 cup firmly packed brown sugar
2 tablespoons margarine, melted
1/2 teaspoon mace
1/4 teaspoon allspice
1/8 teaspoon nutmeg

Preheat oven to 375

In a small bowl, combine fruit, flour sugar and lemon rind; mix well, Pour into a 9-inch deep-dish plate. Set aside. In a small bowl, combine topping ingredients and mix until evenly blended. Sprinkle over top of fruit. Bake 45 minutes.

Southern Green Bean Casserole

Serves 6

10 3/4 ounce can low fat cream of mushroom soup
3/4 cup 1% milk
1 small can mushrooms
1/8 teaspoon pepper
2 (9oz) pkgs. Frozen French style green beans, thawed
2.8 oz can French Fried Onions

In 1 1/2 qt. Casserole, mix all ingredients except 1/2 can French fried onions. Bake 30 minutes; stir. Top with remaining onions. Bake 5 minutes.

Ginger Peach Chutney

Makes 5 cups

2 pounds fzn peaches (5 cups diced)
4 slices candied ginger, minced
1 cinnamon stick
4 allspice berries
4 whole cloves
10 black peppercorns
½ red onion, diced (1/2 cup)
½ red bell pepper, cored, seeded and diced
½ green bell pepper, same as above
½ cup raisins
¼ cup rice wine vinegar
3 tablespoons brown sugar (or to taste)

Thaw peaches. Tie the ginger, cinnamon, stick, allspice, cloves and peppercorns in a piece of cheesecloth. Place the peaches, spice bundle and remaining ingredients in a heavy saucepan. Simmer, stirring frequently, for 10 minutes or until peaches are soft. Correct the seasoning, adding vinegar and sugar to taste. The chutney should be a little sweet and a little sour. Let cool to room temperature, then transfer to a clean jar. Store in the refrigerator. Serve with roast turkey/chicken, baked ham or grilled fish.

Pilgrim's Dressing

Serves 12

Vegetable oil spray
¼ cup chopped onion
¼ cup chopped celery
2 tablespoons margarine
1 cup diced, unpeeled apples
1 cup chopped dried fruit (apricots or peaches)
½ cup raisins
4 cups dry whole wheat bread cubes
½ teaspoon poultry seasoning
½ teaspoon dried sage
freshly ground black pepper to taste
½ cup low sodium chicken broth

Preheat oven to 350. Lightly spray a large baking dish with vegetable oil. Place onion, celery and margarine in a skillet over medium-high heat. Sauté 5 minutes, or until vegetables are tender. Transfer to a large bowl. Combine chopped dried fruit with raisins. Simmer in water in a covered saucepan for 20 minutes. Drain and cool slightly. Combine with dry ingredients. Add broth and toss lightly. Turn into prepared baking dish, cover and bake 45 minutes.

Cardinal Sundae

Serves 16

½ cup fzn no-sugar-added strawberry halves
½ cup fzn sweetened raspberries
1 teaspoon cornstarch
¼ teaspoon fresh lemon juice
1 tablespoon currant jelly
8 cups lime sherbert

Thaw and drain strawberries and raspberries, reserving juice. Set berries aside. In a saucepan, combine cornstarch and lemon juice with berry liquid. Bring mixture to a boil and cook gently for 1 minute. Add jelly and stir until it melts. Remove sauce from heat and stir in berries. Cover and refrigerate. For each serving, spoon 1 tablespoon of sauce over a ½ cup scoop of lime sherbert. Note: Unused topping may be refrigerated for later use.

Note: Recipes compiled from American Heart Association Cookbook, High-Flavor Low-fat Cooking, and Quick & healthy Volume II.

December 1999

Maintaining Energy During Weight Loss **CPT Lori Hennessy, Registered Dietitian**

Are you planning a New Years Resolution to lose weight? Are you trying to lose weight and still maintain your energy to exercise, spend time with the family, and continue to meet all the time crunches at work? If so, the following hints may be helpful to you to balance your busy days.

What you must know to lose weight:

1. **Diets don't work.** If you have ever been on a diet, you know that dieting does not work. Eventually, dieting and denial lead to overeating and often, binge eating and regained weight.
2. **Calories do count.** If you eat more calories than what you are burning off through exercise and daily activities, you will gain weight. On the other hand, eating less calories than what your body requires should result in weight loss. Reducing the fat in your diet will help reduce total caloric intake, but only if you consume appropriate portion sizes. Just because you're eating fat-free cookies doesn't mean that you're entitled to the whole box. Calories add up whether they're calories from protein, carbohydrates, or fat.

The following are 9 tips for successful weight reduction as outlined in Nancy Clark's Sports Nutrition Guidebook:

7. **Write down what and when you eat or drink in a day and why.**

Keeping accurate food records of every bite can help identify why you are eating (happy, sad, hungry, bored). Plus, it's amazing to find out how the little snacks add up during the day. (A few handfuls of peanuts or M&Ms can easily contribute 500 to 800 extra calories.)

7. **Become aware of meal timing.**

You may eat lightly during the day, but devour dinner and snacks throughout the evening. Experiment by eating a considerable breakfast and lunch, then eating lightly for dinner. Usually, people are most active during the day, so it only makes sense to

consume the bulk of our calories during this time. Some people aren't hungry for breakfast because they eat large snacks before bedtime.

7. **Learn your calorie budget.**

Know how much you can eat to lose weight and still maintain your energy. Use this formula estimate your daily calorie requirement:

#1 Multiply your desired or goal weight by 10 to find your resting metabolic rate (RMR).

This is the number of calories you burn at rest.

Example: Your goal weight is 170#: $170 \times 10 = 1700$ calories

#2 Multiply RMR by your daily activity level:

Sedentary 20-30% Moderately active 40-60% Very active 70-80%

Example: you are moderately active.

$1700 \times .4 = 680$ calories burned through physical activity.

#3 Add Steps #1 and #2 to determine daily calorie requirements.

$1700 + 680 = 2380$ calories per day to maintain weight.

#4 To lose weight, subtract 500.

$2380 - 500 = 1880$ calories per day to lose weight (lb./week).

7. **Divide your calorie budget into 3 parts of the day.**

If you are eating 1800 calories a day to lose weight, divide your calories into three parts of the day:

Breakfast/snack 600 calories

Lunch/snack 600 calories

Dinner/snack 600 calories

You will not gain weight from eating more at breakfast and lunch. If anything, you will be less hungry at the end of the day which will help eliminate or reduce excessive eating in the evening.

7. **Eat slowly.**

The brain needs about 20 minutes to receive a signal that you're full. Try to pace your eating by putting the fork down between bites and chewing slowly.

6. **Eat your favorite foods regularly.**

Believe it or not, you can still eat your much-loved potato chips and still lose weight. If you deny yourself permission to eat your favorite foods, you are much more likely to binge. A handful of potato chips once or twice a week is much better than a whole bag after days of denial!

7. **Stay away from foods that tempt you.**

Out of sight, out of mind, and out of mouth. Storing cookies and other fattening snacks in see-through containers on the counter will more than likely tempt you every time you walk by. Store these items in areas out of sight or don't buy them at all. While shopping, don't walk down the snacks/cookie aisle if you aren't planning on buying any of those foods.

Exercise consistently.

Exercise regularly but don't overdo it. What is "overdo"? Don't punish yourself after a day of overeating by pushing yourself twice as hard. One day of overeating will not make you gain weight. Remember that it takes 3,500 extra calories to gain one pound of weight. Daily weight changes are normal, and are usually due to fluctuations in body water.

Think Fit and Healthy!

Every day, visualize yourself as getting fitter and leaner. Positive self-talk is very important to your well-being and will help not only with weight loss, but also with daily living.

LOSE UP TO 15 POUNDS A WEEK AND FEEL GREAT! MIRACLE DIET BREAKTHROUGH??

What caught your eye in the title? Losing 15 pounds in a week? Feeling great? Why are you reading this article? Do you want to lose weight quickly? Do you want to wear a dress you wore 10 years ago, or fit into your favorite pair of jeans you wore last summer? Are you hoping this diet will do the trick? If you feel this way, you are not alone. Each year, millions of Americans try fad diets to lose weight and look and feel better.

There are many “quick fix” diets available to us. For example, some fad diets are the cabbage soup diet, carbohydrate addicts diet, Beverly Hills diet. Most recently, the restrictive Sacred Heart Memorial Heart Patient Diet is circulating the War College. This diet seems like a winner. After all, it’s named after a reputable hospital and the heart patients are following this diet. **WRONG.** Several diets unjustly tout the names of prestigious hospitals or health organizations. Often, the organizations are unaware of the diet’s presence and most would not support the diet. This sacred Heart diet should not be followed by a healthy person, let alone a heart patient with serious medical conditions.

How do you know if a diet is safe? First, look at the diet and the amount of weight lost per week. Be cautious of any diet that promises at least five pounds of weight loss or more per week. It is possible to lose 5 to 15 pounds in a week, but the loss is mostly water and muscles mass, not fat mass, which should be your ultimate goal. As you lose muscle mass, you are reducing your body’s metabolic rate, which is how fast your body burns calories. At the end of two to four weeks of fad dieting, your fat mass is relatively unchanged (it may actually be higher), but your muscle mass is significantly decreased. Since you have less muscle, your body now requires fewer calories each day. For example, your body may have needed 1800 calories a day before you started dieting. With less muscle and a decreased metabolic rate, you may only need 1500 calories a day to maintain the same amount of weight. What might happen when you stop dieting and return to normal eating habits? More than likely, you will re-gain all the weight you lost and more. This results from returning to past habits and eating more than your body needs.

A second red flag is the diet's instructions--"...absolutely no substitutions. You must follow the diet exactly as written". Let's look at The Sacred Heart Memorial Heart Patient Diet. For example this diet allows only fruits on Day #1, only vegetables on Day #2, both fruits and vegetables on Day #3, etc. The first three days of this diet are severely low in several nutrients: carbohydrates, protein, fat, calcium, iron, Vitamins A, D, and B. Fruits and vegetables are primarily carbohydrates, but low calories means low CHO and virtually no protein in the diet on these days. Eventually, the body begins to break down muscle stores for energy with a low protein diet and your body starves for calories. Also, your carbohydrate stores are slowly being used for energy, Because you aren't consuming enough carbohydrates to maintain adequate energy stores. In addition, Carbohydrates require water for storage. As you use these carbohydrate stores, you also lose water which in turn reduces your body weight.

On Day #5 of the diet, 10 to 20 ounces of beef or chicken and six whole tomatoes is allowed. Now that your protein stores are almost wasted, the beef/chicken intake will help rebuild these stores--at least that's what the inventors of this diet want you to think. Realistically, the extra protein will probably be burned for energy as your body desperately needs these calories. Protein alone will not rebuild lost muscle mass. Physical activity and strengthening exercises are necessary to regain the muscle mass you had before the diet.

Brown rice is the only allowed complex carbohydrate allowed on the diet. Bread is not allowed. What is wrong with bread? Consuming a slice of whole wheat bread is nutritionally similar to a 1/2 cup of brown rice. Why not white rice or pasta? These foods are calorically the same as brown rice, but contain less B vitamins and fiber.

The Sacred Heart Diet recommends consumption of a special soup similar to the popular cabbage soup diet. This soup is healthy and nutritious, but who wants to eat it every day in unlimited quantities? More than likely, after 2 or 3 weeks of eating the soup, you'll never want to eat cabbage or tomatoes again! In fact, you may develop an long-term aversion to vegetables.

The cold hard facts-Eat a variety of foods every day in moderation along with a regular exercise routine can help you lose weight. Sorry, there is no glamorous, flashy method to lose weight. Sure, You can lose weight on fad diets temporarily. You can try

all the quick loss techniques you want, but more than likely, you won't achieve the desired goal--permanent weight loss. After fad dieting, you will probably weigh more than before, have a slower metabolism from less muscle mass, and a higher percentage of body fat. More importantly, fad diets don't facilitate the development of a healthy lifestyle to lose weight and keep it off. Here are the guidelines for safe weight loss (sorry they aren't more alluring and exciting!):

1. Do not lose more than 2 pounds a week. The first week you may lose more than two pounds which is okay--this is mostly excess water weight.

2. Eat three meals a day (skipping meals also reduces your metabolism).

3. Monitor your portion sizes. Cut back on large portions, especially of fried and fatty foods.

4. Eat a variety of foods from all food groups. Don't eliminate your favorite high fat foods altogether, but reduce the portion size and the number of times you eat them every week.

5. Begin and maintain an exercise program. (Start slowly, and then increase frequency and duration of exercise sessions.) A recommendation for weight loss includes burning between 500 to 1000 calories per week. Strength training two to three times per week is important for maintaining muscle mass when caloric intake is reduced.

6. Set realistic goals! Don't expect to drop three pant sizes in one month.

This may not seem like the exciting way to lose weight, but it works! The bottom line is that five years from now you will weigh less and be in better shape than you are today.

Can you say the same for those who always seem to be on a diet?

CPT Lori Hennessy, RD

Army Physical Fitness Research Institute



5 A DAY FOR BETTER HEALTH Program Backgrounder

Since its inception in late 1991, the 5 A Day for Better Health program has proven to be one of the nation's most widely recognized health promotion programs. As the largest national public-private nutrition education program ever launched, the 5 A Day program's strength is the combined effort of the National Cancer Institute (NCI) and the Produce for Better Health Foundation (PBH), a nonprofit consumer education foundation.

The program seeks to increase the number of fruits and vegetables Americans eat each day to five or more servings by the year 2000. Along with this main goal, the program works to inform Americans that eating fruits and vegetables can improve their health and may reduce the risk of cancer. Another objective is to show easy ways to add more fruits and vegetables to one's daily eating pattern.

Results of the program's efforts have, so far, been encouraging. The percentage of Americans who know they should eat five or more servings of fruits and vegetables a day has increased nearly five-fold from 8 to 39 percent since the 5 A Day for Better Health program began in 1991. Even better is the fact that during the first three years of the program, the average adult's daily consumption of fruits and vegetables has increased significantly. Data from the United States Department of Agriculture's (USDA) Continuing Surveys of Food Intakes by Individuals (CSFII), shows that from 1989 to 1991, adults ate an average of 3.9 daily servings of fruits and vegetables. In 1994 that number had increased to approximately 4.4 servings per day only about a half a serving from the recommended minimum of five. As Americans continue to increase their fruit and vegetable consumption, NCI and PBH will continue in their efforts to encourage all Americans to build their intake to five to nine daily servings.⁶⁷

The 5 A Day audience targeted by the national media program is all adult Americans currently trying to eat more fruits and vegetables, but not yet eating the recommended minimum of five servings daily (i.e., generally eating two to three servings), or about 40 to 50 percent of the U.S. population. Through a broad spectrum of activities, the program builds awareness, encourages eating five or more servings of fruits and vegetables every day, and offers easy, practical ways to reach that goal.

All the U.S. Military services, as well as 55 state and U.S. territorial health agencies, are licensed by NCI to establish and coordinate 5 A Day programs within their services, states and territories to reach consumers with the 5 A Day message.

PBH membership embraces virtually all segments of the fruit and vegetable industry, including fresh, frozen, dried, canned, and juice. PBH has licensed approximately 1,000 industry participants, including 35,000 grocery retailers, commissaries, food service operators, growers, shippers, packagers, merchandisers, commodity boards, trade associations, branded products, and others to conduct 5 A Day efforts.

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Eat fruits and vegetables For Power Performance

How You Can Score 5 A Day

The sports season is upon us. Eat right throughout the day, especially during the busy sports season. It's so important to staying healthy and energized. Including five or more servings of fruits and vegetables each day can be a great start to better overall health and performance. Here are some no-prep healthy snacks for before and after practice:

- small apples
- seedless grapes
- mini bananas (also known as apple bananas)
- a container of cherry tomatoes
- a bag of berries
- orange quarters
- crunchy raw snowpeas or green beans
- dried fruit like cranberries and apricots



Don't forget to serve fruits and vegetables during meals, too- to add nutrients and fiber to your **"training table"** at home. **Serve 2** instead of just one.

The Warm Up

When you need to eat later than usual due to a sporting event, try these healthy tips to hold off hunger while dinner is cooking:

- Keep some sliced vegetable strips in the fridge for before-dinner snacking. Dip them in your favorite low-fat dressing.
- Put out a bowl of dried fruit.
- Pour some salad- pre-washed, pre-cut salad in a bag is a truly great convenience. One cup accompanied by low-fat, bottled dressing is one 5 A Day serving ready in one minute.
- Slice cucumbers and serve them in red-wine vinegar with a sprinkle of black pepper.
- Keep a large container of fruit salad, sprinkled with lemon juice, in the fridge to have anytime during the week. Add bananas right before serving to prevent browning.



The Main Event

At last, mealtime! Here are some no-hassle, quick ways to get delicious fruits and vegetables on the table.

Salads and Sides:

- Open cans of kidney beans, wax beans, chickpeas, and green beans, and toss with a low-fat vinaigrette for an ultra-fast bean salad.
- Try adding fresh herbs to vegetables before you roast, stir-fry or steam them. For example, tomatoes go well with basil and oregano, and carrots go well with dill.
- Broil sliced vegetables such as zucchini, bell peppers, eggplant and tomatoes, for just a few minutes until they blacken around the edges. Serve warm with a light dressing of lemon juice, reduced-fat mayonnaise, and black pepper.
- Boil corn on the cob and squeeze lemon juice all over it. The kids will love it.

Entrées:

- Top grilled or broiled meat with salsa. Each ½ cup of salsa is a serving.
- Add grapes and sliced apples and pears to chicken salad. Or add tomatoes, radishes, and green bell peppers to tuna salad.
- Remember beans count as a 5 A Day serving. Drain and rinse some canned black beans, and wrap them up in tortillas with sliced bell peppers. Lay the tortillas in a baking dish, sprinkle with low-fat shredded cheese, and bake at 350 degrees for 15-20 minutes.
- Add 1-2 cups of frozen veggies to canned soup before heating; serve on top of rice in a shallow bowl.
- Use a 12-inch, pre-baked packaged pizza crust to create a 20-minute dinner; add sliced zucchini, fresh spinach, mushrooms, tomatoes, garlic, onions, and cheese and bake at 400 degrees until the cheese bubbles.

Overtime

Also known as dessert!

- **Stock up on frozen fruit when it's on sale, but watch the sugar content– natural sweetness is all you need. Try heating frozen cherries and eating them alone or with low-fat vanilla frozen yogurt.**
- Puree frozen strawberries or blueberries and serve on top of angel food cake.
- Slice up a new kind of fruit– starfruit, for example, or mango, or papaya.

I'll Sit on the Bench Tonight, Thanks

For times you'd rather pick up food to take home, try these tips.

- Take home some Chinese stir-fried vegetables and rice; try adding a shot of low-sodium soy sauce and wrapping everything in a big lettuce leaf, like a burrito.
- Order extra vegetables on your pizza.
- Try a veggie burrito when you order take-out Mexican food. Make sure it's light on cheese and topped with plenty of fresh, cool tomatoes, lettuce, bell peppers, and salsa.
- Supplement your take-out dinner with fruits and vegetables from home– a glass of 100-percent fruit or vegetable juice, a salad, microwaved vegetables, or some fruit for dessert.



- Buy prepared foods from your grocery store's salad bar and deli– and then fortify them with extra fruits and vegetables from home. For example, buy pre-made pasta salad and add steamed vegetables or a drained, rinsed can of beans.
- Look on the restaurant menu for vegetables that are steamed or roasted. Avoid vegetables that are sauteed or fried.



by Mary Kay Solera, MS, CHES