



Nutrition

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How Nutrition-Savvy Are You? Take Our Nutrition Quiz

How much do you know about whole grains, fiber and healthy fat? Test your nutrition knowledge here.

Are you savvy about nutrition? How much do you know about whole grains, fiber and healthy fat? Answer these questions to test your nutrition knowledge.

1) Avocado is a good source of:

- a. Saturated fat
 - b. Fiber
 - c. Calcium
 - d. Vitamin A
- b. Avocados are a surprisingly good source of fiber.** One-half of an avocado has 7 grams of fiber and is about 160 calories. Avocados are also a good source of heart-healthy monounsaturated fat, the same type of fat found in olive oil.

2) Which of the following is not a whole grain?

- a. Barley
- b. Oatmeal
- c. Wheat bread
- d. Brown rice

c. Oatmeal, barley and brown rice are all excellent sources of whole grains. Wheat bread, unless the label specifically says “100% whole wheat,” is typically made of regular processed white (wheat) flour. And sometimes it’s made with added coloring to make it darker. This type of bread typically is not a good source of fiber and other nutrients found in whole grains.



How Nutrition-Savvy Are You? (continued)



3) Which of the following has the most fiber per cup?

- a. Brown rice
 - b. Broccoli
 - c. Lentils
 - d. Blackberries
- c. **Lentils contain a whopping 16 grams of fiber in one cup (cooked).** Blackberries come in second, with a very respectable 7 1/2 grams of fiber, followed by brown rice and broccoli (both have 4 grams per cup).

4) An ounce of cheese is about the size of:

- a. A deck of cards
 - b. A DVD case
 - c. Three dice
- c. **One ounce of cheese is about the same size as three dice put together or a typical pre-sliced piece.** Full-fat cheese (most cheddar, Gouda and Monterey, for instance) has about 100 calories and 9 grams of fat per serving. Low-fat cheese (like part-skim mozzarella or reduced-fat cheddar) has anywhere from 50 to 70 calories and 3 to 7 grams of fat per serving (per ounce), depending on the brand and percentage of milk fat.

5) Which one has the most sugar per 12 fluid ounces?

- a. Bottled sweetened iced tea
 - b. Chocolate milk
 - c. Soda (non-diet)
 - d. Orange juice
- c. **Regular soda just squeaks by as the leader in this group, with 40 grams (10 teaspoons!) of sugar.** Most sodas come in 12-ounce cans, so this is a standard serving size. Bottled sweetened iced teas have about 38 grams of sugar in 12 ounces, but typically come in 16-ounce bottles. So when you drink a whole bottle, you get 52 grams (13 teaspoons) of sugar. Chocolate milk and OJ both have about 36 grams (9 teaspoons) of sugar per 12 ounces, but they also deliver other nutrients, such as vitamin C and calcium. Note: There are 4 grams of carbohydrates in every teaspoon of sugar.

6) It's 4 p.m. and hunger strikes. Which is the best snack option?

- a. A bowl of vegetable and bean soup
 - b. A serving of whole-grain crackers and low-fat cheese
 - c. Half a turkey sandwich on whole-wheat bread
 - d. One-quarter cup of hummus and medley of raw veggies
 - e. All of the above
- e. **You guessed it: All of the options above would make great afternoon snacks, all for around 250 calories or less.** Remember, the word “snack” does not have to conjure up images of potato chips or candy bars. Fueling your body mid-afternoon with a healthy “mini-meal” can stave off trips to the vending machine, keep your blood sugars at an even keel and prevent overeating at dinner.

7) When trying to lose weight, try to eat as little fat as possible. True or False?

False. Including some healthy fat in your meal plan is a safe and healthy way to lose weight, as long as your overall calorie intake is in check. In fact, up to 25 percent to 30 percent of your calories can come from fat, even on a weight loss plan. Fat can help keep blood sugar levels even, prevent cravings, contribute to feeling full or satisfied, and add flavor. Just be sure to choose healthy sources of fat, such as avocado, nuts and seeds, olive and canola oils and fatty fish like salmon and sardines.

8) Getting 15 grams of fiber a day is enough to reap benefits. True or False?

False. Experts advise that most people get about 30 grams of fiber a day. The formula is: consume 14 grams of fiber for every 1,000 calories consumed. Increase your fiber intake in proportion if you eat more than 2,000 calories. Also, be sure to increase fiber slowly and drink plenty of water to avoid gas.



Calorie and Nutrition Needs for Kids

**Is it necessary to know how many calories your child needs?
Or are the nutrient needs more important?**

Ever wonder how many calories your child really needs? Most dietitians and pediatricians tend to agree that as long as a child eats a balanced diet and keeps a healthy weight, counting calories is not really needed.

Calorie guidelines, though, can be useful for parents whose children may be struggling with being overweight or underweight. In these cases, it can help to have a general sense of how many calories your child should be striving for.

Making sure they get the nutrients they need

Focusing on a nutritious, well-balanced diet is key to keeping your kids healthy and helping them maintain a

Children's calorie needs

For very young children (up to 3 years old), how many calories are needed is mainly determined by age. Once your child hits preschool, though, calorie requirements vary by gender, with boys typically requiring more calories than girls. Other factors that affect calorie needs include a child's size, body composition, and level of activity. A taller, very active child will need many more calories than a smaller and/or less active child.

Though there are quite a few variations, here are the basic guidelines for children's average calorie needs. Keep in mind that it is never a good idea to put a child on a strict diet or make a child count calories.

		Calorie Needs		
Gender	Age (yrs)	Sedentary	Moderately Active	Active
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	12-18	1,800	2,000	2,400
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200

Calorie and Nutrition Needs for Kids (*continued*)

healthy weight. Studies have shown that the nutrients most needed by most children and teens are calcium, potassium, fiber, magnesium, and vitamin E. Following the guidelines below will help ensure your child is making the most of his or her calories and getting in all the nutrients kids need.

Encourage whole grains

Whole-grain foods will offer more fiber, magnesium, and vitamin E than their refined counterparts. Choices here would include whole-wheat breads, cereals, English muffins, oatmeal, brown rice, and low-fat popcorn.

Vary your veggies

Vegetables are rich sources of fiber and potassium. Dark green leafy veggies also offer calcium. Try to work in all colors of the rainbow with choices like sweet potatoes, carrots, red peppers, tomatoes, broccoli, and spinach.

Count on calcium

Your child's growing bones need plenty of calcium, so make an effort to serve low-fat and fat-free milk, cheese, and yogurt a couple times each day. Fortified milk will also contain vitamin D, which is essential for bone development. Dried beans and green leafy vegetables are also good sources of calcium.

Prioritize protein

Lean or low-fat meat, chicken, turkey, eggs, and fish are all well-known protein sources. Also, consider serving more dried beans and peas, which are also good sources of magnesium, fiber, and calcium. Consider adding the following to your family's diet:

- Chickpeas, nuts, or seeds to a salad
- Pinto beans to a burrito
- Kidney beans to soup

Find the right fats

Encourage your kids to eat healthy fats from nuts and seeds, avocados, fatty fish (salmon, sardines), and olive and canola oils. These are good sources of vitamin E, heart-healthy omega-3, and monounsaturated fat.

Shy away from sugar

Added sugars contribute calories with few, if any, nutrients. Choose foods and beverages more often that do not have sugar and caloric sweeteners as one of the first ingredients. Ideally, you want your kids to fill up on wholesome foods and leave the sweets as an occasional treat.

Working closely with your child to establish healthy eating habits is always the best route. And as always, helping your child stay physically active is a must.



Healthy Eating on a Budget



How to eat healthy without going broke.

You know you should improve your diet, but fresh foods always seem to cost more. It is possible to have a healthy diet on a reasonable budget, though. If you follow these tips, you'll discover that you don't have to dip into your savings just to eat healthy.

1. Buy in bulk.

- Buy large portions, divide into individual servings and freeze. This works well for lean meats and poultry.
- Buy in bulk at discount membership stores. They have whole-grain cereals, soups, sauces, pasta, meats, fruits and vegetables at much lower cost than regular markets.
- Many health food stores/co-ops have bulk sections where you can buy rice, beans, oatmeal, nuts and other grains for much less than prepackaged products.
- When available, buy bags of fruit instead of individual pieces by the pound.
- Avoid snack traps like 100-calorie packs. Make your own single-serving portions with mini snack bags.

2. Cook and store in bulk.

- Make dishes on the weekends that you can eat during the week, or freeze and use at a later date. A big bowl of bean soup or chili can be dinner as well as lunch for the next day or two.
- This can save you from more expensive options such as frozen dinners, take-out food, trips to the cafeteria or last-minute detours to the drive-through window.

3. Manage the meat.

- Look for lean meat, poultry and fish on sale, and freeze for later use.
- Trade lean meats for other protein sources sometimes.
- Beans, tofu and eggs are excellent protein choices and good alternatives to pricier animal protein.

4. Be season-savvy.

- Seasonal fruits and vegetables taste best and are often much less pricey than imported out-of-season varieties.
- Look for reduced produce in the supermarket. It is usually only a day or two old, but much less expensive.

- Visit local farmers and ethnic markets, where produce is often cheap and fresh

5. Go generic.

- Generic or store brands offer great savings and typically are just as nutritious as their costlier counterparts.

6. Convenience counts.

- If you find your produce often goes bad, try frozen options. Look for products packed in their own juice, or made without salt or sugar.
- Stock up on low-cost staples, such as brown rice, barley, dried or canned beans and whole-wheat pasta. These are great for stretching meals at little cost. Add brown rice to a canned vegetable soup, or mix lean ground beef with rinsed canned beans and whole-wheat elbow noodles.

7. Plan ahead.

- Menu planning will help you reduce any waste of produce and other fresh foods.
- Research shows that shoppers without a list tend to buy more food, especially of the snacking variety!

8. Don't go to the store hungry.

- Being hungry will weaken your resolve. You'll be more tempted to indulge in items that are unhealthy and more costly.

9. Limit junk food.

- Ice cream, chips, cookies and prepared frozen foods can add up to be the most expensive things in your cart.
- Trade the money you spend on junk for fresh avocados, luscious grape tomatoes and crunchy apples. All are delicious and totally natural.

Follow these simple tips, and your budget-conscious ways may also lead to fewer medical bills and prescriptions. A healthy body is the best bargain of all.



Nutrition for Men: A Game Plan for Weight Loss

Women may dominate the dieting world, but obesity is an issue for men, too. Read on for weight loss tips tailored for men.

Most men put more thought into how they fuel their car than how they fuel their body. It's no wonder that obesity is on the rise, and that the number of obese men in the U.S. has doubled over the past 25 years.

Sedentary habits and overeating have contributed to this epidemic. But the question remains: how to motivate men in a dieting world that is dominated by women?

Ready for a tune-up?

For starters, forget the word “diet.” Begin to manage your food intake – just like you manage your finances, your relationships and your job.

Next, think about your health and quality of life. Though your wedding tux may be out of reach, dropping a few pounds and exercising more will improve your fitness, strength and energy. Just check with your doctor before you increase your activity level.

Other benefits of losing weight may include:

- Decreased risk of diabetes, heart attack, some types of cancer, hypertension and sleep apnea.
- Better performance in sports.
- Longer lifespan (your spouse and kids will appreciate this).
- Enhanced sex life. Weight loss may even help with erectile dysfunction.

The game plan

Here's how to get the ball rolling:

- **Don't skip breakfast.** A morning meal gets your metabolic fire started. Ditch your muffin or donut, and have some instant oatmeal with walnuts, eggs and low-fat cheese on an English muffin, peanut butter on whole-wheat toast or a bowl of whole-grain cereal with nuts and fruit.
- **Cut portions in half.** Men like volume. But overeating is probably what got you here in the first place. So cut back on portions, especially when dining out. When cooking at home, add more veggies to your meal so you feel like you're eating more. For instance, add zucchini, mushrooms and onions to your pasta sauce. Use more sauce, and less pasta.
- **Don't overdo protein.** Strength training, along with moderate protein and carbs, is the key to muscle building – not excess protein. Most men get more than enough protein in their diets. Forget protein powders, and stick with lean chicken, turkey, fish, eggs and beans. Even veggies and grains have protein.
- **Focus on good carbs.** Carbs are essential for energy and building muscle. Stick with wholesome choices and go for fruits and veggies; whole-grain breads, cereals and pastas; brown rice; and baked and sweet potatoes. Limit cookies, donuts, cakes, large bagels and white flour rolls.

Nutrition for Men (*continued*)

- **Pay attention to real hunger.** Eat when you are hungry, and stop when you are full. This includes pushing away from the table when there is still food left. It's more manly to refuse extra food than to clean the plate.
- **Snack smart.** Endless bowls of chips, ice cream and salted nuts are just some of the snacking downfalls of men. Instead of candy at the vending machine, go for a piece of fruit, half a turkey sandwich or some low-fat cheese and whole-grain crackers. Keep healthy snacks stocked at the office.
- **Exercise regularly.** There is no better one-two punch for weight loss than regular exercise and good nutrition. Work in some type of aerobic exercise most days of the week. Strength train two to three times a week to build muscle. This will help increase your metabolism. Check with your doctor before you increase your activity level.
- **Travel light.** Traveling for business adds an extra challenge. Try to skip heavy meals and keep to a meal schedule.
 - For breakfast, go for scrambled eggs with toast, oatmeal with low-fat milk and fresh fruit. Limit refined carbs, such as bagels, pancakes and waffles.
 - For lunch, opt for salads or sandwiches/wraps with grilled chicken, shrimp or salmon. Ask to skip or go light on the mayo.



- Watch dinner portions. Don't hesitate to leave leftovers on your plate. Opt for more fish and chicken versus beef, and avoid fried foods.
- **Limit alcohol.** Spoiler alert: alcohol has calories. If you care to drink, limiting yourself to two drinks a day will cut the amount of calories you consume. It will also help you avoid gaining belly fat and will enhance your overall health.
- **Finally, don't rush it.** A goal of one-half to one pound a week is the most sensible for the long-term. When it comes to permanent weight loss, slow and steady wins the race.

Can Diet Play a Role in Cancer Prevention?

How much do your eating habits affect your risk for cancer? Probably more than you think. Check out the latest on what foods may help prevent cancer.

How much do your daily eating habits affect your risk for cancer? Probably more than you think. Along with quitting smoking and exercising regularly, the best way to cut your risk of cancer is to eat well and watch your weight. And that's in your favor: Your lifestyle habits, including how you choose to eat, are under your control.

Here are some eating tips based on the latest cancer prevention guidelines:

Increase servings of fruits, vegetables, beans and whole grains.

Research consistently shows that a diet high in antioxidant-rich plant foods may offer protection from several types of cancer.

- Whole, plant-based foods provide a wide array of vitamins, minerals, fiber, antioxidants and phytonutrients. These are plant compounds that have been shown to help fight disease.

Can Diet Play a Role in Cancer Prevention? (continued)

- Experts do not know which of the many compounds in these foods are most helpful, so a wide variety of all types is best.
- Look for fruits and vegetables of varying colors and flavors. Wash them thoroughly first.
- Try different types of whole grains such as barley, quinoa and bulgur.
- Add beans to soups and salads.
- Toss raw nuts into casseroles or cereal.

A whole foods diet (with limited amounts of processed foods) is also helpful for weight control. Obesity is a known cancer risk.

Choose whole foods over supplements.

Don't rely on supplements to protect against cancer. They do not give you the same benefits as a healthy diet.

- Experts believe that it is the combination of vitamins, minerals and phytochemicals in whole foods that contribute to cancer protection. They don't think it's the isolated compounds in a supplement that help.

Get enough calcium and vitamin D.

Several studies have suggested that foods high in calcium and vitamin D may help cut the risk for some types of cancer. But a high calcium intake, mainly through supplements, has been linked with higher risk for prostate cancer.

- Both men and women should try to get the recommended levels of calcium, mainly from food sources.
- More research is needed to define the best levels of intake and blood levels of vitamin D to reduce cancer risk. A balanced diet, supplements and limited sun exposure are usually the best methods of getting vitamin D.

Limit red and processed meats.

A diet that is high in red meats and processed meats (cured, smoked and salted) may raise our risk of certain types of cancer.

- Experts say this may be due to nitrites. These are preservatives that are added to many luncheon meats, hams and hot dogs to maintain color and to prevent bacterial growth.
- Methods of cooking meats at very high temperatures (frying, broiling, or grilling) may create cancer-causing compounds that can increase risk.

