

March 2016

National Nutrition  
Month



### Health Tips to Keep in Mind:

- ♥ Start your day with a healthy breakfast
- ♥ Make half your plate fruits and veggies
- ♥ Watch Portion Sizes
- ♥ Be Active even if you do 5-10 minutes a day. Get moving!
- ♥ Get cooking. Preparing food at home can be healthy, rewarding and cost-effective.
- ♥ Always have healthy snacks on hand so you don't reach for the vending machine.
- ♥ Get to know your food labels. More than 5 ingredients, really step back and think if you really want that in your body.
- ♥ Consult a Registered Dietitian if you have one available to you. They can really help keep you on track to meet your goals.
- ♥ Drink more water. Ditch the sugary drinks.
- ♥ Cut back on added sugar. They contribute empty calories to your diet and could lead to other health problems.
- ♥ Try new foods and flavors. Check out the recipe on the back page.
- ♥ Cut back on red meats. Add seafood twice a week and try a meat-less Monday dish.

Even if you're on the right track, you'll get run over if you just sit there.

# Wellness Corner Connection

Debby Schiffer, Wellness Director for BURLCO & TRICO

## Think Positive: Focus on Foods to Add Rather Than Avoid

Typically when someone contemplates starting a healthy eating pattern, certain words enter their vocabulary that sets them up for failure. These words include "don't", "limit", and "avoid" to name a few. **But eating healthy does not mean you have to give up those "not so healthy" choices for good.** Try to do your best to keep them under control. Do your best to make 90% of your day healthy giving yourself a little leeway to enjoy your favorite dessert. And focus on what you are doing right!!! If you have not been successful with "avoiding or limiting" certain foods, try this: start **ADDING** healthier options to every meal. For example, add a banana to your breakfast; have a salad with your lunch, and add one more vegetable to your dinner plate. I want you to be successful in eating healthier for life. Think about one change you can make and set your mind to do it. Positive thoughts breed positive results!!!

### 5 Ways to Help Your Diet Become a Way of Life

All too often we start out with grand intentions—"I'm going to lose weight and eat better (this time will be different, I swear!)"—only to revert back to our old eating habits within a week or two. So how can you give your desire to eat healthy and lose weight some sticking power? Try these five tips to help turn your weight-loss plan into a strategy for healthy eating for the long haul.

#### 1. Don't Give Up Your Favorite Foods

You shouldn't have to say goodbye to your favorite foods. In fact, having a small treat may help you stick to your diet. Research in the *Journal of the American Dietetic Association* found that a small daily treat didn't sabotage weight-loss efforts. Your favorite foods can fit into any diet if you find clever ways to incorporate them (in a diet-friendly way). One way to do this is to make lower-calorie versions of foods like French fries and brownies. Another trick is to be mindful of your serving sizes when it comes to more indulgent foods. Love pasta? Try adding vegetables to bulk up your serving instead of doubling up on pasta. Of course your diet should be full of mostly healthy foods like fruits and vegetables, lean proteins and whole grains—but make room for some of your favorite, more indulgent foods too.

#### 2. Eat Foods That Keep You Satisfied

If you feel hungry all the time, it's going to be hard to stick with a healthy-eating plan. Research shows that when you're hungrier, you're more likely to eat too fast at your next meal. Eating too quickly can lead to consuming extra calories because your body doesn't have time to register feeling full. While portion control is super-important for losing weight (and keeping it off), you shouldn't hear your tummy grumbling all day long. Two nutrients that help keep you full: protein and fiber. Good protein sources include plain Greek yogurt, chicken breast, tuna, tofu and almonds. And to get more fiber, munch on whole fruits and vegetables. Not only is produce high in fiber, but it's also generally low in calories. That makes it filling *and* diet-friendly—just what you're looking for when you're trying to lose weight and keep it off.

#### 3. Start with Small Changes

There's no need for dramatic shake-ups, like eliminating whole food groups. It's better to start with tiny diet tweaks if you want them to become permanent changes. According to Brian Wansink, Ph.D., EatingWell advisor and professor of marketing at Cornell University, "Making small, consistent changes fits more easily into people's routines [than radically altering your diet]." Think of doable things, like packing a wholesome afternoon snack, such as carrots and hummus or an apple with peanut butter, instead of hitting the vending machine. Small changes add up and can help you make healthier eating a way of life, rather than relying on short-term crash dieting.

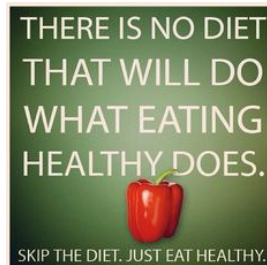
#### 4. Don't Try to Be Perfect

We often have grand ideas about implementing a new diet—like the promises you make yourself about eliminating sugar, never taking from the breadbasket or always having vegetables at dinner. Instead of trying to be perfect, be realistic. Make your eating plan one that you can actually stick to. You don't have to eat perfectly to lose weight; you just have to eat well. Set a goal for the week, like adding a serving of vegetables to dinner, or packing a healthy lunch one or two days—and go easy on yourself if you slip up. Eating indulgences are bound to happen. And when they do...



#### 5. Get Right Back on Track

If you have a diet slip-up and go overboard on chocolate or pizza—don't beat yourself up! Just get back on track again as quickly as possible. Remember that one meal doesn't undo all of your healthy efforts—but when you give up your diet entirely because of one slip-up, that's when the weight can start to creep back on. If you have a minor setback, understand that it's one small blip on the radar. Get right back to your healthy eating habits and right back on track for long-term success.



Sources: EatingWell.com

## Stay Away From Fad Diets

With all the focus on weight in our society, it isn't surprising that millions of people fall prey to fad diets and bogus weight-loss products. Conflicting claims, testimonials and hype by so-called "experts" can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is.

There are no foods or pills that magically burn fat. No super foods will alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. Some ingredients in supplements and herbal products can be dangerous and even deadly for some people.



Steer clear of any diet plans, pills and products that make the following claims:

### ◆ Rapid Weight Loss

Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than ½ pound to 1 pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards.

### ◆ Quantities and Limitations

Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

### ◆ Specific Food Combinations

There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

### ◆ Rigid Menus

Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

### ◆ No Need to Exercise

Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week.

If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more. For a personalized plan tailored to your lifestyle and food preferences, consult a registered dietitian nutritionist with expertise in weight management. An RDN can help you find a realistic, flexible eating style that helps you feel and be your best.

You Can't  
OUT  
EXERCISE  
a Bad Diet.



Check out [www.eatright.org](http://www.eatright.org)

Find great and reliable information on Food, Health and Fitness. Subjects are categorized to target specific needs for Kids, Parents, Men, Women and Seniors.

Find great recipes.

Find ideas on exercise.

Watch Videos.

Looking for a registered dietitian? Check out their search engine.

**CHECK THIS OUT!**

### Eating Right Isn't Complicated

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the *Dietary Guidelines for Americans* can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.



Academy of Nutrition  
and Dietetics



## Colorectal Cancer Awareness Month

**Colorectal cancer screening saves lives. If you're 50 years old or older, talk to your doctor about getting screened.**

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.



### What You Can Do

- If you're aged 50 to 75, get screened for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.
- Be physically active
- Maintain a healthy weight
- Don't drink too much alcohol
- Don't smoke

### Fast Facts

Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.

- Precancerous polyps and colorectal cancer don't always cause symptoms especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. If you have symptoms, they may include—
  - ◆ Blood in or on the stool (bowel movement).
  - ◆ Stomach pain, aches, or cramps that do not go away.
  - ◆ Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

### Are You at High Risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

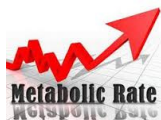
People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested

### Types of Screening Tests

Several different screening tests can be used to find polyps or colorectal cancer. Each can be used alone. Sometimes they are used in combination with each other. The U.S. Preventive Services Task Force (USPSTF) recommends colorectal cancer screening for men and women aged 50–75 using high-sensitivity fecal occult blood testing (FOBT), sigmoidoscopy, or colonoscopy. Talk to your doctor about which test or tests are right for you. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.

Resources: [www.cdc.gov/cancer/colorectal/](http://www.cdc.gov/cancer/colorectal/)

## Metabolism Myths and Facts (Resource: [www.eatright.org](http://www.eatright.org))



**Metabolism is the process by which our bodies convert what we eat into the energy we need to survive and function.** It powers everything from breathing to blinking. A fast metabolism is like a hot furnace that burns through fuel (calories) quickly. A slow metabolism needs less fuel to keep a body running.

It's tempting to throw up our hands and blame weight issues on a slow metabolism, but there are ways to support metabolism and maintain a healthy weight.

### Claim: Our metabolic rates can't change.

**The truth:** While it's true that genetics help determine our metabolic rates, we can boost metabolism by increasing **lean muscle mass**. Muscle burns more calories per hour than fat, which means that people with lean, muscular bodies need more calories to function than people with a higher percentage of body fat.

Our muscle mass decreases as we age, and this contributes to a slower metabolic rate. But you can counteract this process by **picking up the weights** to help lessen this decline.

### Claim: Eating late at night slows metabolism.

**The truth:** It's the extra calories — not when you eat them — that cause weight gain. There is little evidence to support the fact that eating after 8 p.m. causes weight gain. However, you may be more likely to snack mindlessly in the evenings while watching television. Calories in these snacks add up, and that can cause weight gain.

### Claim: Very low calorie diets and skipping meals can jumpstart weight loss.

**The truth:** Weight loss is all about creating an energy deficit — ingesting fewer calories than your body expends each day — but **creating too large of a calorie deficit can backfire**. Our bodies are smart and programmed for survival. Severely limiting calories can make your body think it's entering a famine, and that it needs to do more with fewer calories. Your body adapts to the restricted caloric intake, and uses fewer calories to perform the same tasks.



## Get Moving...Get Lifting...Get Younger

### Sneaky ways to Add Strength Training to your Day

You're busy. I get it. But your body doesn't deserve to suffer because you can't make time to exercise. Notice that I said "make" and not "find." People who work out consistently make time to exercise by treating their trip to the gym like an appointment, a very important appointment that can't be cancelled. If you haven't been able to strength train two or more days a week as recommended by the CDC, it's time to start *making* time by consciously sneaking in small bouts of strength training into your daily routine and no gym required!

You can use a wall, your desk chair, or those ticking minutes on the microwave to gain strength and all the benefits that go along with it.

Check out my "Exercise of the Month" flyer to see seven effective and 'sneaky' ways to add strength training to your day. Choose three or four, or if you're ambitious, why not add all seven daily? Start today to feel stronger tomorrow!

**Resource:** <http://weighttraining.about.com/>



### Why Strength Training?

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often bene-

fit the most from an exercise program that includes lifting weights a few times each week.

Strength training, particularly in conjunction with regular aerobic exercise, can also have a profound impact on a person's mental and emotional health.

### Benefits of Strength Training

There are numerous benefits to strength training regularly, particularly as you grow older. For one thing it strengthen our bones helping to reduce chances of osteoporosis. It can also be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions, among them:

- arthritis
- diabetes
- obesity
- back pain
- depression



*Not lifting weights because you are afraid of looking like a bodybuilder is like not driving your car because you fear becoming a NASCAR driver."*

The Power of...

# Vitamin D



If you live north of the line connecting San Francisco to Philadelphia and Athens to Beijing, odds are that you don't get enough vitamin D. The same holds true if you don't get outside for at least a 15-minute daily walk in the sun. African-Americans and others with dark skin, as well as older individuals, tend to have much lower levels of vitamin D, as do people who are overweight or obese.

Worldwide, an estimated 1 billion people have inadequate levels of vitamin D in their blood, and deficiencies can be found in all ethnicities and age groups. Indeed, in industrialized countries, doctors are even seeing the resurgence of rickets, the bone-weakening disease that had been largely eradicated through vitamin D fortification. Why are these widespread vitamin D deficiencies of such great concern? Because research conducted over the past decade **suggests that vitamin D plays a much broader disease-fighting role than once thought.** Being "D-ficient" may increase the risk of a host of chronic diseases, such as osteoporosis, heart disease, some cancers, and multiple sclerosis, as well as infectious diseases, such as tuberculosis and even the seasonal flu.

Vitamin D is also an **essential nutrient, helping your body absorb calcium**, which in turn helps you build and maintain strong bones throughout your life. **Fatty fish, such as salmon and tuna, and egg yolks are among the few foods that naturally have some vitamin D.** You can also get vitamin D through fortified foods, sun exposure or supplements containing vitamin D. Don't go overboard on vitamin D supplements, though. Too much vitamin D can be associated with kidney stones, nausea, constipation and other health problems. **Consult your physician to determine if you could be deficient in vitamin D.**



### Health benefits of Jicama

Jicama is one of the very low calorie root vegetables; carrying only 35 calories per 100 g. However, its high quality phyto-nutrition profile comprises of dietary fiber, and anti-oxidants, in addition to small proportions of minerals, and vitamins.

It is one of the finest sources of dietary fiber; particularly excellent source of **oligofructose inulin**, a soluble dietary fiber. The root pulp provides 4.9 mg or 13% of fiber. Inulin is a zero calorie sweet inert carbohydrate. It does not undergo metabolize inside the human body which make jicama an ideal sweet snack for diabetics and dieters.

As in [turnips](#), fresh yam bean tubers are also rich in **vitamin C**; provide about 20.2 mg or 34% of DRA of vitamin C per 100 g. Vitamin-C is a powerful water-soluble anti-oxidant that helps body scavenge harmful free radicals, thereby offers protection from cancers, inflammation and viral cough and cold.

It also contains small levels of some of valuable B-complex group of vitamins such as folates, riboflavin, pyridoxine, pantothenic acid and thiamin.

Further, the root provides healthy amounts of some of important minerals like magnesium, copper, iron and manganese.

## What the heck is Jicama?

**Jicama**, (pronounced HEE-kah-mah) also known as yam bean, is a round, fleshy taproot vegetable of bean family plants. Its underground starchy root is one of the popular edible tuber-vegetables grown in many parts of Central American, South Asian, Caribbean, and some Andean South American regions. It's refreshing, crispy, ice-white, fruit-flavored tuber can be eaten raw or cooked in a variety of sweet as well as savory dishes worldwide.

Some of the common names of yam bean are *Mexican water chestnut*, *Mexican turnip*, *sengkawang*, *yacon*...etc.

## Jicama Salad with Lime-Marinated Shrimp (taken from Eatright.com)

In Mexico, thinly-sliced jicama sprinkled with fresh lime juice and salt, makes a quick, crisp, finger-food snack, and a great inspiration for this refreshing main dish salad. Marinated with south-of-the-border flavors, jicama, cucumber and bell pepper, tossed with shrimp — a seafood favorite from the Gulf coast — transforms into a colorful, nutrient-rich main dish salad.

### Ingredients

1 small jicama (about ¾ pound), peeled, cut in 2-inch matchsticks  
 1 small unwaxed cucumber, unpeeled, halved lengthwise, seeds removed, thinly sliced  
 ½ medium red bell pepper, seeds removed, cut in 2-inch matchsticks  
 ½ small red onion, thinly sliced  
 ¼ cup finely-chopped fresh cilantro or parsley leaves  
 1½ pound large or jumbo shrimp, steamed, peeled (deveined, if desired)  
 8 cups shredded leaf lettuce  
 Lime wedges, for garnish

### Dressing

Juice from 2 limes  
 1 tablespoon honey  
 1 teaspoon lime peel, grated  
 1 clove garlic, minced  
 ¼ teaspoon red pepper flakes  
 Salt to taste  
 ¼ cup canola oil

### Directions

Combine the jicama, cucumber, bell pepper, onion and cilantro or parsley in a medium bowl; gently mix. Add the shrimp. To make the dressing, combine the lime juice, honey, lime peel, garlic, red pepper flakes and salt in a small bowl; mix together. Add the oil; whisk well to blend the ingredients. Pour the dressing over the vegetable-shrimp mixture; toss gently to coat the ingredients. Cover. Refrigerate for 1 to 2 hours to marinate and blend the flavors. Arrange the salad over lettuce. Garnish with lime wedges.

### Nutrition Information

Serves 8

Calories: 260; Calories from fat: 100; Total fat: 11g; Saturated fat: 1g; Trans fat: 0g; Cholesterol: 170mg; Sodium: 200mg; Total carbohydrate: 16g; Dietary fiber: 5g; Sugars: 7g; Protein: 25g

Can you say "yum"?



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*Don't strive for perfection...strive for progress!*

