



Proper nutrition, which includes balance, moderation, and variety is essential to maintaining good health:

- Maintain healthy weight
- Proper intake of vitamins, minerals, fiber
- Stress Management

Now with increasing numbers eating out, especially fast food, we are trying to learn how to make better choices.

Pyramid Eating

USDA MyPyramid Plan

A decade ago, the U.S. Department of Agriculture created a powerful and enduring icon – the Food Guide Pyramid. Now, the *new* graphic, dubbed “MyPyramid,” interprets the food groups as rainbow-colored bands running from the tip to the base – orange for grains, green for vegetables, red for fruits, a narrow yellow sliver for oils, blue for milk products, and purple for meats & beans.

Preferred foods, such as grains, vegetables and milk products have wider bands. To emphasize exercise, the image depicts a figure climbing steps to the top.



USDA's *new* “MyPyramid Plan”

This pyramid encourages people to figure out their calorie and exercise needs using a new website sponsored by the USDA. There, people can find 12 different models based on daily calorie needs – from the 1,000 calories for sedentary toddlers to 3,200 for teenage boys. Check out the new pyramid at <http://www.mypyramid.gov>.

Dietary Guidelines for Americans

Dietary Guidelines for Americans is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The new edition was released in January 2005.

The *Guidelines* provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. The message was to choose foods packed with the most nutrition and the least calories. The key recommendations are similar to those from the **Healthy Eating Pyramid** found on page 3, but also specify the following:

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- Consume a sufficient amount and a variety of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products—at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

- Keep total fat at 20-35% of calories with less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep *trans* fatty acid consumption as low as possible. Most fats should come from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat free.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners.
- Consume less than 2,300 mg of sodium per day (approximately 1 teaspoon of salt).

Source: <http://www.healthierus.gov/dietaryguidelines/>

The Healthy Eating Pyramid

Before the USDA’s new “MyPyramid Plan” was released, nutrition experts from the Harvard School of Public Health created the **Healthy Eating Pyramid**. It is based on the best available scientific evidence about the links between diet and health. This new pyramid fixes fundamental flaws in the USDA pyramid and offers sound information to help people make better choices about what to eat.



Harvard School of Public Health’s “Healthy Eating Pyramid”

This isn’t the only alternative to the USDA’s Food Guide Pyramid. The Asian, Latin, Mediterranean, and vegetarian pyramids promoted by Oldways Preservation and Exchange Trust are also good, evidence-based guides for healthy eating. The Healthy Eating Pyramid takes advantage of even more extensive research and offers a broader guide that is not based on a specific culture. The Healthy Eating Pyramid is described in greater detail in *Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating*, published by Simon and Schuster (2001).

Source: <http://www.hsph.harvard.edu/nutritionsource/pyramids.html>

The **Healthy Eating Pyramid** sits on a foundation of daily exercise and weight control. Why? These two related elements strongly influence your chances of staying healthy. They also affect what and how you eat and how your food affects you. The other bricks of the Healthy Eating Pyramid include the following areas:

- **Whole Grain Foods (at most meals).** The body needs carbohydrates mainly for energy. The best sources of carbohydrates are whole grains such as oatmeal, whole-wheat bread, and brown rice. They deliver the outer (bran) and inner (germ) layers along with energy-rich starch. The body can't digest whole grains as quickly as it can highly processed carbohydrates such as white flour. This keeps blood sugar and insulin levels from rising, then falling, too quickly. Better control of blood sugar and insulin can keep hunger at bay and may prevent the development of type 2 diabetes.
- **Plant Oils.** Surprised that the Healthy Eating Pyramid puts some fats near the base, indicating they are okay to eat? Note, though, that it specifically mentions plant oils, not all types of fat. Good sources of healthy unsaturated fats include olive, canola, soy, corn, sunflower, peanut, and other vegetable oils, as well as fatty fish such as salmon. These healthy fats not only improve cholesterol levels (when eaten in place of highly processed carbohydrates) but can also protect the heart from sudden and potentially deadly rhythm problems.
- **Vegetables (in abundance) and Fruits (2 to 3 times).** A diet rich in fruits and vegetables can decrease the chances of having a heart attack or stroke; protect against a variety of cancers; lower blood pressure; help you avoid the painful intestinal ailment called diverticulitis; guard against cataract and macular degeneration, the major cause of vision loss among people over age 65; and add variety to your diet and wake up your palate.
- **Fish, Poultry, and Eggs (0 to 2 times).** These are important sources of protein. A wealth of research suggests that eating fish can reduce the risk of heart disease. Chicken and turkey are also good sources of protein and can be low in saturated fat. Eggs, which have long been demonized because they contain fairly high levels of cholesterol, aren't as bad as they're cracked up to be. In fact, an egg is a much better breakfast than a doughnut cooked in an oil rich in trans fats or a bagel made from refined flour.
- **Nuts and Legumes (1 to 3 times).** Nuts and legumes are excellent sources of protein, fiber, vitamins, and minerals. Legumes include black beans, navy beans, garbanzos, and other beans that are usually sold dried. Many kinds of nuts contain healthy fats, and packages of some varieties (almonds, walnuts, pecans, peanuts, hazelnuts, and pistachios) can now even carry a label saying they're good for your heart.
- **Dairy or Calcium Supplement (1 to 2 times).** Building bone and keeping it strong takes calcium, vitamin D, exercise, and a whole lot more. Dairy products have traditionally been Americans' main source of calcium. But there are other healthy ways to get calcium than from milk and cheese, which can contain a lot of saturated fat. If you enjoy dairy foods, try to stick with no-fat or low-fat products. Otherwise, calcium supplements offer an easy and inexpensive way to get your daily calcium.

- **Red Meat and Butter (Use Sparingly):** These sit at the top of the Healthy Eating Pyramid because they contain lots of saturated fat. If you eat red meat every day, switching to fish or chicken several times a week can improve cholesterol levels. So can switching from butter to olive oil.
- **White Rice, White Bread, Potatoes, Pasta, and Sweets (Use Sparingly):** Why are these all-American staples at the top, rather than the bottom, of the Healthy Eating Pyramid? They can cause fast and furious increases in blood sugar that can lead to weight gain, diabetes, heart disease, and other chronic disorders. Whole-grain carbohydrates cause slower, steadier increases in blood sugar that don't overwhelm the body's ability to handle this much needed, but potentially dangerous, nutrient.

Use Sparingly

This pyramid lumps red meat, butter, white rice, white bread, potatoes, pasta, and sweets into one category at the very tip of the pyramid, only to be used sparsely. Red meat and butter contain a lot of harmful saturated fat, whereas potatoes, refined grain products, and sweets contain 'empty calories' that may contribute to weight gain and diabetes.

Keep in mind that not all scientists buy into the theory that potatoes and pasta are bad for you, but most agree that loading up on one kind of food, like pasta, while shunning other kinds of foods, like vegetables, is an unhealthy way to eat. Regardless of how they package it, though, their nutrition advice is basically the same:

- Eat a diet high in fruits, vegetables, and whole grain foods.
- Eat less red meat and more fish.
- Choose low-fat dairy foods if you include dairy in your diet.
- Go with vegetable oils and spreads over animal fats like butter.

<http://nutrition.tufts.edu/news/matters/2001-10-02.html>

Tufts University, Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy

- **Multiple Vitamin:** A daily multivitamin, multimineral supplement offers a kind of nutritional backup. While it can't in any way replace healthy eating, or make up for unhealthy eating, it can fill in the nutrient holes that may sometimes affect even the most careful eaters. You don't need an expensive name-brand or designer vitamin. A standard, store-brand, RDA-level one is fine. Look for one that meets the requirements of the USP (U.S. Pharmacopeia), an organization that sets standards for drugs and supplements.
- **Alcohol (in moderation):** Scores of studies suggest that having an alcoholic drink a day lowers the risk of heart disease. Moderation is clearly important, since alcohol has risks as well as benefits. For men, a good balance point is 1 to 2 drinks a day. For women, it's at most one drink a day.

Check the Food Label Before You Buy

Food labels have several parts, including the front panel, Nutrition Facts, and ingredient list. The front panel often tells you if nutrients have been added – for example, “iodized salt” lets you know that iodine has been added, and “enriched pasta” (or “enriched” grain of any type) means that thiamin, riboflavin, niacin, iron, and folic acid have been added.

The ingredient list tells you what’s in the food, including any nutrients, fats, or sugars that have been added. The ingredients are listed in descending order by weight.

Refer to the label at right to learn how to read the Nutrition Facts. Use the Nutrition Facts to see if a food is a good source of a nutrient or to compare similar foods – for example, to find which brand of frozen dinner is lower in saturated fat, or which kind of breakfast cereal contains more folic acid. Look at the % Daily Value (%DV) column to see whether a food is high or low in nutrients. If you want to limit a nutrient (such as fat, saturated fat, cholesterol, sodium), try to choose foods with a lower %DV.

If you want to consume more of a nutrient (such as calcium, other vitamins and minerals, fiber), try to choose foods with a higher %DV. As a guide, foods with 5% DV or less contribute a small amount of that nutrient to your eating pattern, while those with 20% or more contribute a large amount. Remember, Nutrition Facts serving sizes may differ from those used in the Food Guide Pyramid or other dietary recommendations. For example, 2 ounces of dry macaroni yields about 1 cup cooked, or two (½ cup) Pyramid servings.

HOW TO READ A NUTRITION FACTS LABEL

Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % Daily Value

5% or less is Low
20% or more is High

Source: *Nutrition and Your Health: Dietary Guidelines for Americans*, United States Department of Agriculture & United States Department of Health and Human Services, Fifth Edition, 2000, Home and Garden Bulletin No. 232.

“A survey of shoppers found that nearly 70% base their buying decision on what a label says.”

(AHA Choose to Move; 4/25/00)

A Well-Balanced Diet

A well-balanced diet includes seven elements that work together to satisfy your body's needs for calories and essential nutrients. They are: Water, Carbohydrates, Protein, Vitamins, Minerals, Electrolytes, and Fat. Most foods have a combination of these elements.

<i>Food</i>	<i>Function</i>	<i>Recommendation</i>
Water	Maintains ability to deliver energy and oxygen to working muscles; maintains body temperature	6-8 glasses/day
Carbohydrates	Provides energy to the body	50-55% of total calories (or more if you're exercising an hour or more each day)
Protein	Builds, repairs and maintains body tissues	15% of total calories
Vitamins	Helps regulate the body's chemical reactions	100% of USRDA*
Minerals	Forms structures of the body and regulates body processes	100% of USRDA*
Electrolytes	Helps maintain fluid balance	Sodium – no more than 2400 mg per day; Potassium – eat lots of fruits & vegetables
Fat	Provides a long-term source of energy	Total fat intake should be no more than 30% of total calories: <i>Saturated</i> fat – no more than 8-10% <i>Polyunsaturated</i> fat – up to 10% <i>Monounsaturated</i> fat – between 10-15%

*The United States Recommended Daily Allowances are based on the RDA that meet the known nutrient needs of almost all healthy people. The USRDA are listed on food labels. They are a standard for nutrient intake based on the population group with the highest RDA for that nutrient.

Adapted from the American Heart Association pamphlet, Nutrition for Fitness, No. 51-1068, 11-96, 96 10 08 E

The primary dietary concern for Americans should be the consumption of too many calories, and particularly, too much fat. While overall calorie intake vs. calorie output results in weight gain or loss, fat calories are simply easier to store as body fat.

Fat: 1 gram = 9 cal
Carbohydrates: 1 gram = 4 cal
Protein: 1 gram = 4 cal
Alcohol: 1 gram = 7 cal

What is Fat?

Fat, like protein and carbohydrate, is a principal and essential component of the diet. Fat is the body's most concentrated source of energy. Some dietary fat is vital to enable the body to function properly. Fat is responsible for transporting "fat-soluble" vitamins A, D, E and K.

Dietary fats also are a source of fatty acids, including essential fatty acids that are necessary to assure good health. Essential fatty acids must be obtained from dietary sources (primarily vegetable oils) because the body cannot make them.

Fatty acids are separated by their structure as either saturated, monounsaturated or polyunsaturated. Although naturally occurring fats in food are a mixture of many different fatty acids, fats can be characterized by their origin:

- ***Saturated fats*** are mainly found in foods of animal origin. These include the fats in whole milk, cream, cheese, butter, meat and poultry. Saturated fats also can be found in large amounts in some vegetable products, such as cocoa butter, coconut oil and palm oil. Saturated fats are usually solid at room temperature.
- ***Trans fats*** are those that are "partially hydrogenated," according to the ingredients list. These can be just as bad, if not worse than saturated fats on a person's potential for cholesterol problems and heart disease. They are found in margarine, fast food, fried food, and other packaged, processed foods. They add stability to products to achieve a longer shelf life.
- ***Polyunsaturated fats*** are found mostly in plants. Sunflower, corn, soybean, cottonseed and safflower oils are vegetable fats that contain a relatively high proportion of polyunsaturated fats. Margarine with vegetable oil as the primary ingredient, and some fish, are also sources of polyunsaturated fats. Polyunsaturated fats usually are liquid at room temperature.
- ***Monounsaturated fats*** are found primarily in plants, but also are found in animals, particularly fish. Olive, peanut and canola oil are common examples of fats high in monounsaturated fatty acids. Monounsaturated fats are liquid at room temperature.

While the "Nutrition World" often characterizes fats as "good" or "bad", we must all understand that all fats have the same amount of calories and can still be "fattening". However, the distinction of good or bad is still important. Essentially, the "bad fats" include saturated fats and trans fats, which are associated with an increased risk of cardiovascular disease. The "good fats" are associated with lower cholesterol or higher good cholesterol (HDL).

Ways to Consume Less Fat: Foods That Do The Job

Cutting fat out of the American diet has seemingly emerged atop the agenda of America's national concerns. The American Cancer Society and the National Cancer Institute believe cutting fat intake lowers cancer risk. The American Heart Association says reducing dietary fat is an important step toward lowering heart disease risk. Now the U.S. Department of Agriculture says that fat calories are actually more fattening than carbohydrate calories.

Experts believe a person reaps the most health benefits from diets containing less than 30% of their calories as fat. Some experts believe that 20% would be even better. The tips below will aid the downward descent to low-fat healthful eating.

1. Eat red meat no more than once a day. One three-ounce serving provides about 11% of the Recommended Dietary Allowance for iron and 31% for zinc while keeping fat to a minimum.
2. Choose select grades of beef instead of the more fat-marbled cuts like choice or prime.
3. Use fat-free powdered milk to lighten coffee instead of cream or non-dairy creamers.
4. Use non-stick frying pans and non-stick vegetable sprays for pan-frying.
5. Remove the skin from poultry before cooking. Fat lies just under the skin.
6. To reduce oil in fried foods, drain them on a paper towel before serving.
7. Wait until oil in the pan gets hot before frying or sautéing foods. Foods soak up cold oil quicker than hot.
8. Make stews and soups containing meats the day before and refrigerate. Skim off the hardened fat before reheating.
9. Use vegetable purees over meats, potatoes, and rice instead of rich cream sauces and gravies.
10. Steer clear of high-fat snacks like potato chips and nuts. Eat pretzels and hot-air popped popcorn instead.
11. Keep butter and margarine use to a minimum. They both provide about 11 grams of fat per tablespoon.
12. Add a little plain non-fat yogurt to mayonnaise. It will cut the fat without taking away the flavor.

13. Avoid cream soups. Stick to clear consommé or broth with noodles or vegetables. Eaten before a meal they may help curb appetite as well as cut fat.
14. Choose white poultry meat over dark. It contains less fat.
15. Use “diet” margarine and “diet” mayonnaise instead of the regular varieties. They cut calories and fat by one-half.
16. Limit packaged luncheon meats to sliced turkey breast and turkey pastrami.
17. Don’t buy packaged foods that contain more than three grams of fat per 100 calories. Check nutrition labeling on the package to be sure.
18. Try sprinkle-on butter alternatives for hot foods. They contain only 4 calories per ½ teaspoon. One-half teaspoon of the sprinkle equals one tablespoon of butter (100 calories).
19. Choose 1% milk fat cottage cheese. Only 11% of calories come from fat, compared to regular cottage cheese which has 40% of calories from fat.
20. Avoid fast foods. Burgers, shakes, and French fries are oozing with fat.

*From “Shopping With Mary”
compiled by Mary Ressa, M.S., R.D.
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What's all the fuss about Carbohydrates?

“Carbs make me fat!”

It seems that most people these days are becoming obsessed with carbs and proclaiming this source of basic energy as the villain of obesity. Well, it's time to get the facts straight!

Carbohydrates are simply a source of energy – fuel for the body – and, quite frankly, the most efficient form of energy for humans. However, as with anything else, there are good choices and there are ones we should avoid. Carbohydrates themselves are not “bad” and do not just make us fat and do not cause diabetes alone. While many Americans are looking to the Atkins' and South Beach “low-carb” diets as a cure for their weight problem, our country continues to have an obesity epidemic.

What's the truth?

Well, here are the straight facts. We need carbohydrates...but we don't need the junk...and there are plenty of “junk” sources of carbohydrate energy. So feel free to throw out the sodas, the candy, the snack cakes, and more! In addition, white flour products (i.e., white bread and refined pasta) have been stripped of most of the fiber. We especially need to be more aware of the amount of added sugar in the products we consume. Most specifically, anything with high fructose corn syrup and other refined sweeteners should be reduced in the diet.

However, do not assume that important carbohydrate sources like fruits, vegetables, and other high-fiber foods (oats, bran, and whole wheat) are to be tossed in the garbage just because of their “carbohydrate count” or their “sugars” (which are natural and are still less than what is in most processed foods). Fruits and vegetables are not only beneficial for the energy and fiber, but also for the vitamins and minerals they provide.

It's wrong to think that you can take a multivitamin to get everything you could from healthy foods! Getting your vitamins, minerals, and fiber from foods is the best way to go!

So, think smart when it comes to carbohydrates. The average person should aim for 55-60% of their daily calories to come from carbohydrates (5-10% more if you exercise an hour or more each day)...and choose the less refined, less processed, and higher fiber sources most often.

Still Proactive About Protein...

the Body's Building Blocks

Okay, we've gotten the skinny on fats and sweetened our knowledge of carbohydrates. Now it's time to beef up on protein. Unlike carbs and fat, protein isn't actually a fuel. In extreme circumstances, it can be used as a fuel, but this causes great stress to the body and can result in loss of muscle mass, given being used as a fuel causes protein to stop doing what it's supposed to do – act as a building block for body tissue. Muscles, ligaments, and tendons are all made of and repaired by protein.

Team Protein:

When you eat protein, your body breaks it back down into 20 different amino acids. Of the 20, eight cannot be manufactured by the human body; therefore, it is essential that we get them through our diet. These eight appropriately entitled essential amino acids are tryptophan, lysine, methionine, phenylalanine, threonine, valine, leucine, and isoleucine.

The other 12 are glutamine, arginine, tyrosine, glycine, serine, glutamic acid, aspartic acid, taurine, cystine, histidine, proline, and alanine. While they aren't necessary for a healthy diet, supplementing of amino acids isn't uncommon. But if you choose to supplement single amino acids, do so with caution. There still isn't a lot of research on the practice, and some experts believe it can have negative effects.

Where are they?

Let's focus on the essential eight (that we need to get through diet). The traditional source of complete protein is meat. Pork, beef, poultry, fish, alligator, and even ants – all creatures great and small are made of protein. Dairy and eggs are also good sources of complete protein.

But what happens if you don't want to take all your protein from animals? No problem. The only nonanimal-derived source of complete protein is soy, so soy milk, tempeh, and tofu all provide the essential eight. Soy and other vegetable protein sources are perfectly healthy. Vegans and vegetarians may have to pay more attention to their diet, but they can be just as fit as their meat-eating counterparts.

Even if you don't like soy, there's still hope, but it gets a little more complex. Whole grains, such as brown rice and whole wheat, provide some of the eight. Legumes, such as beans, nuts, and peas, also provide a few of the eight, so by combining the two, grains and legumes, you get yet another complete source of protein. Way to go, rice and beans!

And then there's protein powder. While it may seem like some magic amino acid elixir, protein powder comes from pretty mundane stuff. Most powders are either soy- or whey-based, so they're complete.

Sounds great, let's eat!

So how much protein do you need? The RDA is 0.8 grams per kilogram of body weight. Any less than that can lead to reduced resistance to disease, skin and blood changes, slow wound healing, and muscle wasting. For athletes, the numbers are more like 1.2 to 1.7 grams. But you can also think in terms of 15-25% of your total daily calories.

On a meal-to-meal basis, keep in mind that the body can only digest so much protein per meal. For women, that number is usually around 25-35 grams, For men, it's around 40-50 grams. If you eat more than that, your body will still break it down to amino acids, but (as with ANYTHING in excess) it will store those acids as fat. This is highly variable and based on a number of factors, mainly weight and exercise frequency, but we all have a saturation point. So try and get some protein at each meal.

As with fats and carbs, taking in protein is all about balance, but if you do find that magic number, your muscles will thank you by growing and toning...and the rest of your body will thank you by staying healthy.

A Comparison of Fat in Grams, Calories, and % Calories as Fat in Selected Cuts of Beef

Serving Size: 3 ounces, cooked and trimmed of removable fat, unless otherwise indicated.	Fat (g)	Calories	% Calories as Fat
Beef, top round, broiled (select)	4.6	156	26
Beef, eye of round, lean only, roasted (select)	5.1	151	30
Beef, shank, crosscuts, simmered (choice)	5.4	171	28
Beef, top round, broiled (choice)	5.5	165	30
Beef, eye of round, lean only, roasted (choice)	5.7	156	33
Beef, tip, roasted (select)	5.7	156	33
Beef, top loin steak, broiled (select)	6.4	162	36
Beef, short plate, simmered, drained	6.5	169	35
Beef, tip, roasted (choice)	6.6	164	36
Beef, wedge-bone sirloin steak, broiled (select)	6.6	170	35
Beef, eye of round, lean only, roasted (prime)	7.0	168	38
Beef, tenderloin (filet mignon), broiled (select)	7.1	167	38
Beef, chuck arm roast, lean only, braised (select)	7.1	184	36
Beef, bottom round, braised (select)	7.4	182	36
Beef, wedge-bone sirloin steak, broiled (choice)	7.7	180	38
Beef, bologna, 1 medium slice (1 ounce)	8.0	88	82
Beef, top loin steak, broiled (choice)	8.0	176	41
Beef, boneless chuck for stew	8.1	182	40
Beef, tenderloin (filet mignon), broiled (choice)	8.2	176	42
Beef, bottom round, braised (choice)	8.5	191	40
Beef, T-bone steak, broiled (choice)	8.8	182	44
Beef, loin, porterhouse steak, broiled (choice)	9.2	185	45
Beef, rib, broiled (select)	9.6	181	48
Beef, rib eye (Delmonico) steak, broiled (choice)	9.9	191	47
Beef, rib, broiled (choice)	11.5	198	52
Beef, chuck blade roast, lean only, braised (select)	11.6	218	47
Beef, flank, London broil, braised (choice)	11.8	208	51
Beef, hamburger, single patty, plain	11.8	275	39
Beef, chuck blade roast, lean only, braised (choice)	13.4	234	52
Beef, ground, extra-lean	13.7	213	58
Beef, ground, lean	15.6	227	62
Beef, wedge-bone sirloin steak, untrimmed, broiled (choice)	15.7	240	59
Beef, rib, broiled (prime)	15.9	238	60
Beef, frankfurter, large (2 ounces)	16.0	179	80
Beef, brisket, corned beef	16.1	213	68
Beef, chuck blade roast, lean only, braised (prime)	17.5	270	58
Beef, ground, regular	17.8	244	66
Beef, hamburger, double patty with condiments (7.5 oz.)	32.0	576	50

To figure out how many calories come from fat, multiply the number of grams of fat by nine.

Source: USDA Handbook 8-13 and 456, www.nal.usda.gov/fnic

A Comparison of Fat in Grams, Calories, and % Calories as Fat in Selected Cuts of Meat and Poultry

Serving Size: 3 ounces, cooked and trimmed of removable fat, unless otherwise indicated.	Fat (g)	Calories	% Calories as Fat
Chicken, roaster, light meat w/o skin (roasted)	3.5	130	25
Chicken, broiler/fryer, light meat w/o skin (roasted)	3.8	147	23
Chicken, roaster, dark meat w/o skin (roasted)	7.4	151	44
Chicken, broiler/fryer, dark meat w/o skin (roasted)	8.3	174	43
Chicken, drumstick, meat & skin, fried with batter	11.3	192	53
Lamb, leg, lean only (roasted)	6.5	162	36
Lamb, loin chop, lean and fat	20.0	262	69
Pork, sausage, 1 link (13g weight)	4.1	48	77
Pork, fresh, loin tenderloin, lean only (roasted)	4.9	141	26
Pork, sausage, 1 patty (27g weight)	8.4	100	76
Pork, fresh, leg ham, lean only (roasted)	9.4	187	45
Pork, fresh, loin, lean only (braised)	12.4	232	48
Pork, spareribs, lean and fat (braised)	25.7	338	68
Turkey, light meat, without skin (roasted)	2.7	133	18
Turkey, dark meat, without skin (roasted)	6.1	150	34
Turkey, light meat, with skin (roasted)	7.0	167	38
Turkey, dark meat, with skin (roasted)	9.8	188	47
Veal cutlet, round lean only (roasted)	2.9	127	20
Veal, loin chop, lean only (braised)	7.8	192	36

To figure out how many calories come from fat, multiply the number of grams of fat by nine.

Source: USDA Handbook 8-13 and 456, www.nal.usda.gov/fnic

Fish and Seafood: Health Benefits and Risks

Benefits of Eating Fish and Seafood

Little by little nutritionists have grown convinced that eating fish, or taking the supplement, does the heart some real good. Evidence has emerged that omega-3 fatty acids, the largest concentrations of which are found in fish, may:

- **Lower the risk of dying from heart disease.**
- **Ease the pain of rheumatoid arthritis** (*Tufts University Health & Nutrition Letter, Feb. 1999*).
- **Protect against age-related macular degeneration (AMD), a major cause of blindness** (*Archives of Ophthalmology, March 2000*).

Omega-3s seem to help protect against heart disease by making blood less likely to coagulate. That means the blood is less likely to form clots that can lead to sudden death. Omega-3s also appear to stabilize the heart's muscle cells and thereby prevent life-threatening arrhythmia's, which are interruptions in heart-pumping rhythm.

Sources of Omega-3 Fatty Acids

There are several food sources of omega-3s – which it's always best to try first. Unfortunately, it's not easy to get enough omegas-3s from food alone to provide the pain-reducing benefit for arthritis patients. But taking pills should be something discussed with a physician because of adverse side effects of large doses. The best food sources of omega-3s include the following:

FISH

Herring	Salmon
Bluefish	Striped bass
Halibut	

OTHER FOODS

(in much smaller amounts)

**Green leafy vegetables, Canola oil,
Nuts – especially walnuts, Soybean oil,
Flaxseed, Tofu**

Shellfish and Dietary Cholesterol – Should We Avoid?

“For about 10 years, there has been increasing evidence that cholesterol in food doesn't have as much effect on blood cholesterol as we once thought,” says Frank Hu, M.D., Ph.D., nutritional epidemiologist, Harvard School of Public Health. *“What is important is limiting dietary saturated fat and trans fat.”*

So, shrimp, lobster, and other shellfish high in dietary cholesterol may not pose as big a threat on our cholesterol levels as doctors once believed. Also, we know that seafood tends to be low in fat and contain other nutrients. Shrimp, for example, is a source of calcium. However, we want to avoid dipping our shellfish in butter, or eating it fried!

Potential Risks?

Nearly all fish contain trace amounts of methylmercury, which are not harmful to humans. However, long lived, larger fish that feed on other fish accumulate the highest levels of methylmercury and pose the greatest risk to people who eat them regularly. These large fish contain the highest levels:

Shark

Swordfish

King Mackerel

Tilefish

The primary danger from methylmercury in fish is to the developing nervous system of an unborn child, but it is prudent for nursing mothers and young children not to eat these fish often, as well.

For additional information about the risks of mercury in seafood, call 1-888-SAFEFOOD or visit the FDA's Center for Food Safety and Applied Nutrition website:

www.cfsan.fda.gov

A Comparison of Fat in Grams, Calories, % Calories as Fat, and Omega-3 Fatty Acids in Fish and Seafood

Species	Fat (g)	Calories	% Calories as Fat	Omega-3 Fatty Acids Gram per 4 oz.
Cod	0.6	70	8	0.3
Haddock	0.6	74	7	0.2
Northern Pike	0.6	75	7	0.2
Scallop	0.7	75	8	0.4
Lobster	0.8	77	9	0.3
Pollack	0.8	78	9	0.6
Crab	0.9	74	11	0.5
Sole	1.0	77	11	0.3
Flounder	1.0	77	11	0.3
Whiting	1.1	77	13	N/A
Red Snapper	1.1	85	12	0.4
Squid	1.2	78	14	1.0
Rockfish	1.3	80	15	0.6
Ocean Perch	1.4	80	16	0.5
Shrimp	1.5	90	15	0.5
Mussel	1.9	23	23	0.8
Halibut, Pacific	1.9	94	18	0.4
Striped Bass	2.0	82	22	0.9
Oyster, Eastern (6 medium)	2.1	57	33	0.4
Channel Catfish	2.4	81	27	0.7
Turbot	2.5	81	28	0.3
Tuna, White in Water	2.5	108	21	0.2
Salmon, Pink	2.9	99	26	2.2
Salmon, Chinook (cooked)	3.7	99	34	3.3
Rainbow Trout, Farmed	4.6	117	35	1.2
Whitefish, mixed species	5.0	114	39	1.0
Salmon, Coho (canned)	5.0	124	36	1.8
Trout, mixed species	5.6	126	40	N/A
Salmon, Sockeye (canned)	6.2	130	43	1.8
Tuna, White in Oil	6.9	158	39	0.5
Herring, Atlantic	7.7	134	52	1.3
Clams	8.0	63	11	0.2
Salmon, Chinook (raw)	8.9	153	52	2.4
Eel, mixed species	9.9	156	57	1.9
Mackerel, Atlantic	11.8	174	61	2.5
Sablefish	13.0	166	70	1.7

For Omega-3 Content

Comparison:

Chicken Breast, No skin	0.03
Round Steak, Lean	Trace
Ground Beef	Trace

Fast-Food Nutritional Profile

Breakfast

Food Description	Servings	Calories	Fat (gms)	Fat (%)	Chol (mgs)	Sodium (mgs)	Carbs (gms)	Fiber (gms)	Protein (gms)
McDonald's Hot Cakes (plain)	1 serv (5.3 oz)	340	8	21.2	20	630	58	2	9
McDonald's Hash Browns	1 serv (1.9 oz)	130	8	55.4	0	330	14	1	1
McDonald's Scrambled Eggs	1 serv (3.6 oz)	160	11	61.9	425	170	1	0	13
Subway Western Egg Breakfast Sandwich	1 ea (6 inch)	351	12	30.8	182	683	44	4	16
McDonald's Egg McMuffin®	1 ea (4.8 oz)	290	12	37.2	235	790	27	1	17
Taco Bell Country Breakfast Burrito	1 ea (4 oz)	270	14	46.7	195	690	26	2	8
McDonald's Hot Cakes (with Margarine & Syrup)	1 serv (7.8 oz)	600	17	25.5	202	770	104	2	9
Arby's French Toastix	6 pcs (4.4 oz)	370	17	41.4	0	440	48	4	7
Arby's Sausage Patty	1 ea (1.4 oz)	200	19	85.5	60	290	1	0	7
Burger King Cini-minis, without Vanilla Icing	4 ea (3.8 oz)	440	23	47.0	25	710	51	1	6
Burger King French Toast Sticks	5 ea (4.0 oz)	440	23	47.0	2	490	51	3	7
McDonald's Sausage McMuffin® with Egg	1 ea (5.9 oz)	440	28	57.3	255	890	27	1	19
McDonald's Bacon, Egg and Cheese Biscuit	1 ea (5.5 oz)	540	34	56.7	245	1160	35	1	18
Burger King Croissan'wich® with Sausage & Cheese	1 ea (3.7 oz)	450	35	70.0	45	940	21	1	13
Burger King Biscuit w/Sausage, Egg & Cheese	1 ea (6.6 oz)	620	43	62.4	185	1650	37	1	20

Reference: www.cyberdiet.com

Burgers

Food Description	Servings	Calories	Fat (gms)	Fat (%)	Chol (mgs)	Sodium (mgs)	Carbs (gms)	Fiber (gms)	Protein (gms)
McDonald's Hamburger	1 ea (3.8 oz)	270	9	30.0	30	600	35	2	13
Burger King Hamburger	1 ea (4.2 oz)	320	15	42.2	50	520	27	1	19
Wendy's Plain Single Hamburger	1 ea (4.7 oz)	360	16	40.0	65	580	31	2	24
Wendy's Jr. Cheeseburger Deluxe	1 ea (6.3 oz)	360	17	42.5	50	890	36	3	18
Burger King Whopper Jr.® with Cheese, no mayo	1 serv (6.0 oz)	370	19	46.2	65	770	28	2	22
McDonald's Quarter Pounder ®	1 ea (6.1 oz)	430	21	44.0	70	840	37	2	23
McDonald's Big Mac®	1 ea (7.6 oz)	570	32	50.5	85	1100	45	3	26
Burger King Double Cheeseburger	1 ea (7.0 oz)	580	36	55.9	120	1060	27	1	38
Burger King Whopper ®	1 ea (9.5 oz)	660	40	54.5	85	900	47	3	29

Chicken

Food Description	Servings	Calories	Fat (gms)	Fat (%)	Chol (mgs)	Sodium (mgs)	Carbs (gms)	Fiber (gms)	Protein (gms)
Kentucky Fried Chicken Original Recipe ® Drumstick	1 ea (2.2 oz)	140	9	57.9	75	422	4	0	13
Kentucky Fried Chicken Tender Roast ® Breast with Skin	1 ea (4.9 oz)	251	10.8	38.7	151	830	2	0	37
Kentucky Fried Chicken Extra Tasty Crispy™ Chicken Drumstick	1 ea (2.4 oz)	195	12	55.4	77	375	7	1	15
Burger King Chicken Tenders ®	5 pcs (2.7 oz)	230	14	54.8	40	590	11	1	14
McDonald's Chicken McNuggets	6 pcs (3.7 oz)	290	17	52.8	55	540	20	0	15
Kentucky Fried Chicken Original Recipe ® Breast	1 ea (5.4 oz)	400	24	54	135	1116	16	1	29
Arby's Chicken Finger Snack	1 serv (7.4 oz)	610	32	47.2	30	1610	62	0	20
Kentucky Fried Chicken Hot Wings™ Pieces	6 pcs (4.8 oz)	471	33	63.1	150	1230	18	2	27

Reference: www.cyberdiet.com

Salads & Sandwiches

Food Description	Servings	Calories	Fat (gms)	Fat (%)	Chol (mgs)	Sodium (mgs)	Carbs (gms)	Fiber (gms)	Protein (gms)
McDonald's Garden Salad (without dressing)	1 serv (6.2 oz)	35	0	0	0	20	7	3	2
McDonald's Grilled Chicken Salad Deluxe (without dressing)	1 serv (9.1 oz)	120	1.5	11.2	45	240	7	3	21
Arby's Garden Salad (without dressing)	1 ea (10.2 oz)	110	3	24.5	0	150	16	1	9
Wendy's Side Salad (without Dressing)	1 ea (5.5 oz)	60	3	45.0	0	180	5	2	4
Subway Turkey & Ham Sandwich (without cheese or Mayo)	6 inch (8.5 oz)	288	4	12.5	23	1256	45	3	18
McDonald's Grilled Chicken Deluxe™ Sandwich (w/o Mayo)	1 ea (7.2 oz)	300	5	15.0	50	930	38	4	27
Subway Cold Roast Beef Sandwich	6 inch (8.5 oz)	296	5	15.2	20	928	45	3	19
Burger King BK Broiler® Chicken Sandwich (w/o Mayo)	1 ea (8.7 oz)	370	9	21.9	105	1060	45	2	29
Subway Cold Cut Trio Sandwich	6 inch (9.0 oz)	374	14	33.7	47	1435	45	3	19
Subway Hot Meatball Sandwich	6 inch (9.5 oz)	413	15	32.7	35	1025	50	5	19
Wendy's Garden Veggie Pita (with Dressing)	1 ea (9.1 oz)	400	17	38.2	20	760	52	5	11
Wendy's Chicken Club Sandwich	1 ea (7.6 oz)	470	20	38.3	70	970	44	2	31
McDonald's Grilled Chicken Deluxe™ Sandwich (with Mayo)	1 ea (7.9 oz)	440	20	40.9	60	1040	38	4	27
Arby's Regular Roast Beef Sandwich	1 ea (5.6 oz)	400	20	45	40	1030	36	3	23
Burger King BK Broiler® Chicken Sandwich (with Mayo)	1 ea (8.7 oz)	530	26	44.2	105	1060	45	2	29
McDonald's Filet-O-Fish® Sandwich	1 ea (5.5 oz)	470	26	49.8	50	890	45	2	15
Arby's Beef® n Cheddar Sandwich	1 ea (7 oz)	510	28	49.4	50	1250	45	3	26
Burger King BK Big Fish® Sandwich	1 ea (8.9 oz)	720	43	53.8	80	1180	59	3	23

Reference: www.cyberdiet.com

Burritos/Tacos/Wraps

Food Description	Servings	Calories	Fat (gms)	Fat (%)	Chol (mgs)	Sodium (mgs)	Carbs (gms)	Fiber (gms)	Protein (gms)
Subway Chicken Parmesan Ranch Wrap	1 ea (9.5 oz)	333	5	13.5	45	1393	56	2	17
Taco Bell Grilled Chicken Soft Taco	1 ea (4.5 oz)	200	7	31.5	35	530	20	2	14
Subway Steak and Cheese Wrap	1 ea (9.2 oz)	353	9	22.9	37	1450	53	2	16
Taco Bell Soft Taco	1 ea (3.5 oz)	210	10	42.9	30	570	20	3	11
Taco Bell Taco	1 ea (2.8 oz)	170	10	52.9	30	340	12	3	9
Taco Bell Bean Burrito	1 ea (7.0 oz)	370	12	29.2	10	1080	54	12	13
Taco Bell Grilled Chicken Burrito	1 ea (7.0 oz)	390	13	30.0	40	1380	49	3	19
Taco Bell Beef Gordita Supreme™	1 ea (5.5 oz)	300	14	42.0	35	550	27	3	17
Taco Bell 7-Layer Burrito	1 ea (10.0 oz)	520	22	38.1	25	1280	65	13	16
Taco Bell BIG BEEF Burrito Supreme™	1 ea (10.5 oz)	510	23	40.6	60	1500	52	11	23
Taco Bell Beef Chalupa Supreme™	1 ea (5.5 oz)	380	23	54.5	40	580	29	3	14
Taco Bell Taco Salad (with Salsa)	1 ea (19.0 oz)	850	52	55.1	70	2250	69	16	30

Pizza

Food Description	Servings	Calories	Fat (gms)	Fat (%)	Chol (mgs)	Sodium (mgs)	Carbs (gms)	Fiber (gms)	Protein (gms)
Pizza Hut Pepperoni, Hand Tossed	1 slice (3.5 oz)	301	8	23.9	15	867	43	3	13
Pizza Hut Cheese, Hand Tossed	1 slice (3.6 oz)	309	9	26.2	11	848	43	3	14
Domino's Pizza Cheese Only, 12 inches, Hand Tossed	2 med. Slices (5.6 oz)	375	11	26.4	23	776	55	3	15
Domino's Pizza Cheese Only, 12 inches, Ultimate Deep Dish	2 med. Slices (6.4 oz)	482	21.6	40.3	30	1123	56	3	19

Reference: www.cyberdiet.com

When Dining Out

American	Continental	Fast Food
<p>Look for:</p> <ul style="list-style-type: none"> ▪ Sandwiches on whole wheat, pita, or rye (without mayonnaise) ▪ Grilled, broiled, cajun blackened, or flame-cooked meats ▪ Baked potatoes ▪ Tossed salad (dressing on the side) <p>Look out for:</p> <ul style="list-style-type: none"> ▪ Home/deep-fried potatoes ▪ Bread/batter-dipped meat ▪ Sandwiches on croissants or biscuits ▪ Salad dressings ▪ Cheese, bacon bits ▪ Mayonnaise-laden salads 	<p>Look for:</p> <ul style="list-style-type: none"> ▪ Consommé, gazpacho ▪ Garden or spinach salad ▪ Vegetable plate with mustard sauce or salsa ▪ Steamed vegetables ▪ Entrees that are broiled, steamed, poached, roasted, or baked ▪ Plain rolls, bread sticks ▪ Baked and red skin potatoes ▪ Fresh fruit or sorbet <p>Look out for:</p> <ul style="list-style-type: none"> ▪ Bacon ▪ Croutons ▪ Cheese ▪ Quiche Lorraine ▪ Stuffed appetizers ▪ Cream soups or sauces ▪ Entrees that are breaded, fried, sautéed, au gratin, escaloped, en croute, creamed, en casserole, or Kiev ▪ Garlic Bread ▪ Flavored butters ▪ Sautéed, fried or twice-baked potatoes ▪ Croquettes ▪ Pastries 	<p>Look for:</p> <ul style="list-style-type: none"> ▪ English muffin (lightly buttered) ▪ Pizza with vegetarian toppings ▪ Broiled burger or chicken on whole-wheat bun ▪ Lettuce ▪ Tomato ▪ Low-fat or skim milk <p>Look out for:</p> <ul style="list-style-type: none"> ▪ Super-sized burgers ▪ Fried chicken ▪ Fried fish ▪ Pizza with pepperoni, sausage, or extra cheese ▪ Cheese ▪ Tartar sauce ▪ Mayonnaise ▪ Creamy sauces ▪ Shakes and soft drinks ▪ Danish pastries or pie

Chinese	Italian	Mexican
<p>Look for:</p> <ul style="list-style-type: none"> ▪ Wonton soup ▪ Beef with broccoli ▪ Chicken, scallops, or shrimp with vegetables ▪ Hot and sour soup ▪ Steamed rice <p>Look out for:</p> <ul style="list-style-type: none"> ▪ Sweet and sour pork or shrimp ▪ Lemon chicken ▪ Egg rolls ▪ Fried wontons ▪ Peking duck ▪ Fried rice 	<p>Look for:</p> <ul style="list-style-type: none"> ▪ Breadsticks ▪ Vinegar and oil dressing ▪ Minestrone soup ▪ Chicken cacciatore ▪ Pasta with red sauce (such as marinara) <p>Look out for:</p> <ul style="list-style-type: none"> ▪ Creamy Italian dressing ▪ Antipasto plates ▪ Italian sausage ▪ Italian ice cream ▪ Buttered garlic bread ▪ Creamy white or butter sauce (such as Alfredo) 	<p>Look for:</p> <ul style="list-style-type: none"> ▪ Black bean soup ▪ Menudo ▪ Burritos, soft tacos ▪ Enchiladas, tamales ▪ Salsa ▪ Soft, plain tortillas <p>Look out for:</p> <ul style="list-style-type: none"> ▪ Crispy, fried tortillas ▪ Sour cream and cheese ▪ Tacos, taco salad, tostadas ▪ Chili rellenos ▪ Quesadillas ▪ Guacamole and taco chips

Focus on Fiber

What Fiber Does For Your Heart

You may already know that a fiber-rich diet helps prevent constipation and reduces your risk for some forms of cancer, but did you know that fiber may be good for your heart, too? According to ongoing research, good old fiber - or “roughage” - may actually reduce your risk for developing atherosclerosis, a leading cause of heart disease.

What is Fiber?

Fiber is the undigestible part of plants. Fiber can be water-soluble (like the fiber in oats, fruits, seeds, dried peas and beans) or water-insoluble (like the fiber in nuts, grains, and vegetables). In general, fiber helps rid the body of waste products, can help prevent constipation, diverticulitis (an infection in the pockets of the intestines), and possibly colon cancer. Water-soluble fiber helps regulate blood cholesterol levels, which can have a positive effect on heart disease risk.



It's important to eat a *variety* of fiber-rich foods for your overall health.



The water-soluble fiber in oats can actually lower serum cholesterol.

Fiber and Cholesterol

Studies show that the water-soluble fiber in oats (rolled oats, oatmeal, oat bran) can actually lower levels of **LDL cholesterol** - the type of cholesterol that causes fatty deposits on the walls of the arteries. In fact, people who eat 2/3-1 cup of oats daily may be able to lower their serum (blood) cholesterol levels by as much as 5%. By supplementing a low fat, low cholesterol diet with a daily serving of oats, you may be able to significantly lower cholesterol levels and your risk for heart disease.

Fiber Guidelines

While it is the water-soluble fibers that help regulate cholesterol levels, it's important to eat a *variety* of fiber-rich foods for your overall health. Fresh fruits and vegetables, whole grains, and legumes are excellent sources of dietary fiber. (Nuts and seeds are high in fiber, but also contain high levels of fat.) If you are trying to control cholesterol, try eating one cup of oatmeal daily, in addition to following a low fat, low cholesterol diet. For most people, 20-35 grams of dietary fiber each day is the suggested daily allowance.

Fit With Fiber

The evidence seems clear - fiber is not just a “fad.” In fact, fiber is more than a laxative, more than a diet aid, more than just “bulk.” Fiber can be good for your heart and is an essential part of a healthy diet.

Reproduced from Kopy Kit, Parlay International, 1989.

Fiber in Foods

Fiber is lost through food processing such as milling whole wheat into white flour, peeling skins, pureeing vegetables, and juicing fruits. To reach the target intake of 20 to 35 grams of fiber per day, you should eat foods that have not been processed. You should also eat a *variety* of fiber-rich foods because different types of fibers have different positive health effects.

<u>Product</u>	<u>Fiber (g)</u>
Cereals, 1 oz	
All Bran, ½ cup	15.0
Post Raisin Bran, 1 cup	7.7
40% Bran Flakes	5.0
Fruit and Fiber	5.0
Shredded Wheat	3.0
Quaker Oatmeal	2.6
Granola	Trace
Legumes, ½ cup	
Kidney beans	6.7
Split peas	5.0
Lima beans	5.0
Vegetables, ½ cup	
Peas	4.0
Brussel sprouts	4.0
Corn	4.0
Potato	4.0
Broccoli	2.6
Mushrooms	1.0
Lettuce	Trace
Grains	
Brown rice, cooked ½ cup	5.3
Whole wheat bread, 1 slice	2.1
Spaghetti, cooked, ½ cup	1.0
White bread, 1 slice	0.5
White rice, ½ cup	0.1
Fruits	
Raspberries, 1 cup	8.3
Prunes, 1 cup	12.0
Apple with skin, medium	3.6
Banana, medium	2.0
Peach, medium	1.5
Raisins, 2 tablespoons	1.3
Grapes, 12	0.5

Why Water?

Water keeps your energy up, weight down, muscles strong, joints supple, digestive system smooth – your whole system in physical balance.

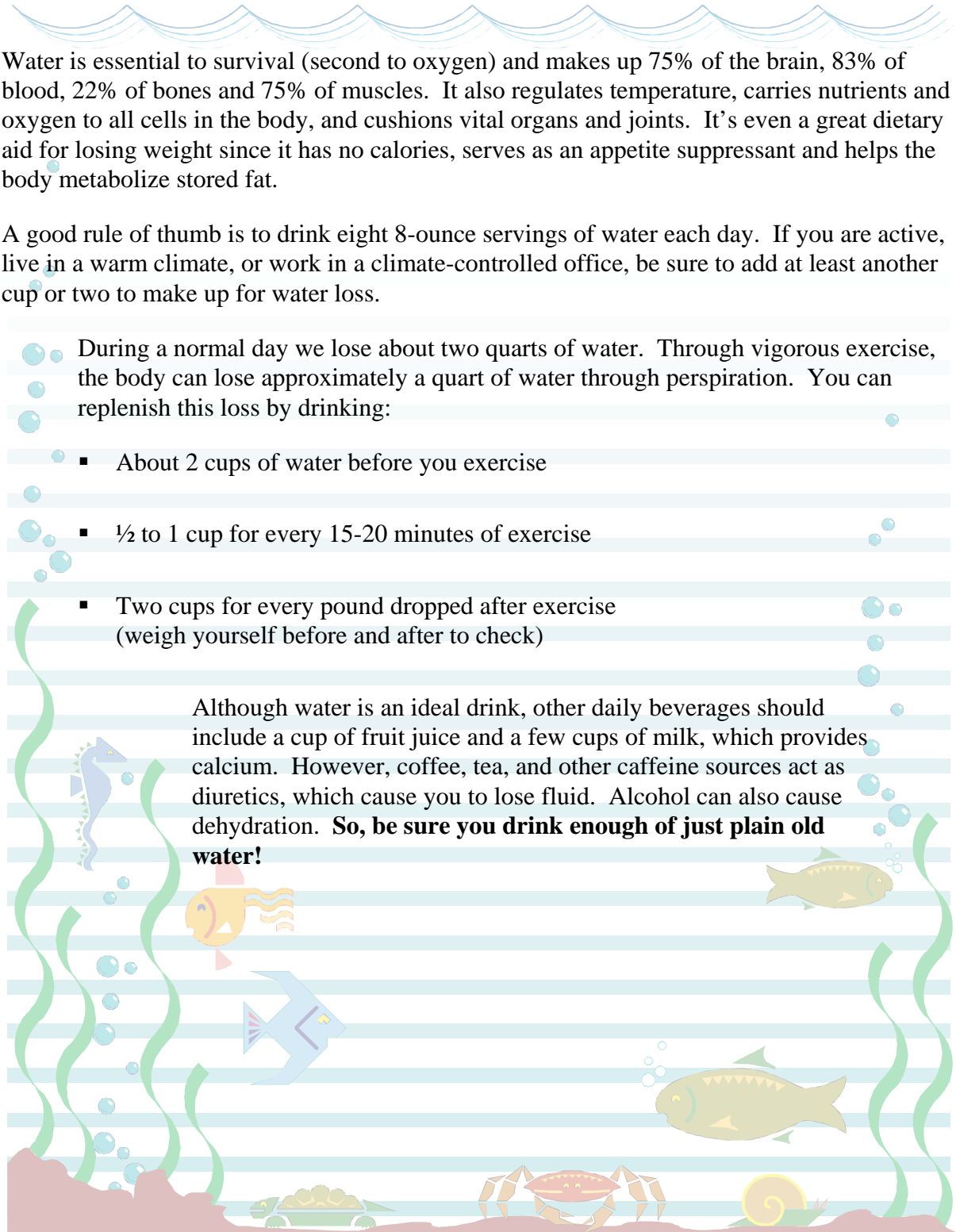
Water is essential to survival (second to oxygen) and makes up 75% of the brain, 83% of blood, 22% of bones and 75% of muscles. It also regulates temperature, carries nutrients and oxygen to all cells in the body, and cushions vital organs and joints. It's even a great dietary aid for losing weight since it has no calories, serves as an appetite suppressant and helps the body metabolize stored fat.

A good rule of thumb is to drink eight 8-ounce servings of water each day. If you are active, live in a warm climate, or work in a climate-controlled office, be sure to add at least another cup or two to make up for water loss.

During a normal day we lose about two quarts of water. Through vigorous exercise, the body can lose approximately a quart of water through perspiration. You can replenish this loss by drinking:

- About 2 cups of water before you exercise
- ½ to 1 cup for every 15-20 minutes of exercise
- Two cups for every pound dropped after exercise (weigh yourself before and after to check)

Although water is an ideal drink, other daily beverages should include a cup of fruit juice and a few cups of milk, which provides calcium. However, coffee, tea, and other caffeine sources act as diuretics, which cause you to lose fluid. Alcohol can also cause dehydration. **So, be sure you drink enough of just plain old water!**



Vitamins, Supplements, and Alternative Nutrition

Supplementing Your Diet

Most doctors and nutritionists agree people should try to get all the vitamins and minerals they need by eating a balanced, healthful diet. “The evidence that eating a variety of fruits, vegetables, whole grains and other fresh foods can protect against cancer and other chronic diseases is overwhelming,” says Donald Hensrud, M.D., Assistant Professor of Preventive Medicine and Nutrition at the Mayo Clinic in Rochester, Minnesota. “Getting the same health benefits from a supplement is less likely because food contains hundreds of nutrients that aren’t found in supplements.”

Multivitamins

You may need a multivitamin if:

- ***Your diet is poor.*** Skipping meals, eating a lot of fast food or eating many meals high in fat and sugar can make it difficult to get all the nutrients you need.
- ***You’re older.*** If you’re older than 65, you may need to increase your intake of vitamins B6, B12, and C because your body may not absorb these as well. Older women, especially those not taking estrogen, may need to increase their calcium and vitamin D intakes to protect against osteoporosis. Taking vitamin E may improve immune functions.
- ***You’re on a very low-calorie weight loss regimen.*** You may not be eating enough food for adequate nutrition if you eat less than 1,000 calories a day or your diet has limited variety because of food intolerances or allergies.
- ***You smoke.*** Smoking reduces vitamin C levels.
- ***You often have more than 2 drinks a day.*** If you regularly consume more than a moderate amount of alcohol, you may not get enough vitamins because of poor nutrition.
- ***You are pregnant or breast-feeding.*** Pregnant or breast-feeding women need more folic acid and other nutrients.
- ***You’re taking birth control pills.*** Women who take oral contraceptives may have lower levels of vitamins C and B6, folic acid, and riboflavin.
- ***You eat a vegetarian diet.*** Vegetarians may need additional vitamin B12.

(Donald Hensrud, M.D.; *Vitality*, June 1998)

Diet Drugs

Millions of Americans are turning to diet drugs and weight-loss supplements to lose weight. “There’s no magic pill for weight loss, but many diet drugs work as appetite-suppressants that can help end the tyranny of food obsession,” says Michael Hamilton, M.D., Director of the Duke University Diet and Fitness Center in Durham, North Carolina. “They can help you gain control so you can concentrate on choosing healthful foods instead of being overwhelmed by hunger and overeating.”

Yet diet drugs don’t offer the dramatic results many people expect. “At best, if used correctly under medical supervision, you’ll achieve a 10% weight reduction within six months,” Hamilton says.

However, most people who resort to “diet” or “fat burner” pills are looking for a quick fix. Use of these products normally does not result in that, and is generally not best for long-term results. In fact, many of the products indicate that use “along with regular exercise and a balanced diet” will help users achieve the results they want. These pills do not teach lifestyle modification which is essential for keeping weight in control.

Last but not least, some people experience heart palpitations, high blood pressure, and other medical problems when using these products.

To Use or Not To Use:

- **Prescription diet drugs.** These medicines aren’t for people who want or need to lose only 5 to 10 pounds. “You’re a candidate for a prescription diet drug if you’re 30% above your ideal weight or your body mass index is over 30,” Hamilton says.
- **Nonprescription diet drugs.** Some over-the-counter (OTC) drugs can be beneficial for losing 5 to 10 pounds. But check with your doctor before taking any OTC diet aid. Hamilton explains, “They can be dangerous, especially if you have conditions such as hypertension or heart disease and don’t know it.”

(Vitality, March 1998)

**The bottom line is BUYER, BEWARE – and check with you doctor
before spending your hard-earned money on supplements
that promise to do everything from restoring youthful energy to melting fat.**