

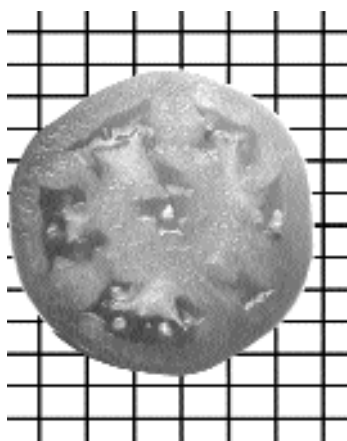
COMMUNICATING *Food for Health*[®]

DELICIOUS IDEAS AND

RESOURCES FOR NUTRITION EDUCATION

Fat: Lower is Still Better

Most research suggests that the most effective strategy for promoting weight loss, and avoiding diabetes, coronary artery disease and cancer, is to keep dietary fat below 20% of total calories.



In September, the National Academy of Sciences' Institute of Medicine (IOM) released a report with new dietary guidelines for Americans in the hope of reducing the risk of chronic diseases. According to Joanne Lupton, who chaired this panel of experts, "We established ranges for fat, carbohydrates and protein because they must be considered together. Fat should make up 20 to 35% of calories, protein 10 to 35% of calories and carbohydrate from 45 to 65% of calories. According to Professor Lupton, "Studies show that when people eat very low levels of fat, combined with very high levels of carbohydrates, high-density lipoprotein (HDL) concentrations, or "good" cholesterol, decreases." Conversely, high-fat diets can lead to obesity, and its complications, if caloric intake is increased as well, which is often the case."

Figure 1 on page 113 shows that as dietary fat is increased, from just below to well above the new fat

guideline (20 to 35%), calorie intake increases. This same study showed increasing weight on the highest fat content diet and reducing weight on the lowest fat content. Those eating the 30 to 35% diet saw no significant change in body weight.¹

The data from Figure 1 shows that increasing the percentage of fat in the diet from just below to about the new upper limit range promoted a significant increase in energy intake by about 265 calories per day. Over one year, an extra 265 calories a day could promote a body weight gain of about 25 pounds. The IOM is correct that higher levels of fat in the diet often promote weight gain.

The tendency for calorie intake to increase as fat is added or drop if fat is removed from foods is consistent with most clinical trials and epidemiological evidence. Most studies show a positive correlation between body weight and the percent of calories consumed as fat in adults and children.^{2,3,4}

With weight gain often

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NOVEMBER/DECEMBER

Healthy holidays can be a tasteful reality with the integration of a few healthier solutions into traditional fares. Substitute lower-calorie, reduced-fat and lower-sodium products and leave your worries behind, along with those unwanted pounds.

Sensational Starters:

For a great low-calorie, high-fiber beginning prepared in minutes, serve a **vegetable relish tray**. Good suggestions: celery sticks, baby carrots, broccoli and cauliflower florets and add a fat-free dip. To lower sodium further, add fat-free sour cream to ready-prepared dips.

Like **cheese**? Make your own healthier solution in minutes by adding: 8 ounces fat-free or light cream cheese, 1/2 cup fat-free sour cream, 1 garlic clove, and 1 tablespoon dried or 3 tablespoons fresh herbs (try dill, oregano, basil, thyme and chives). Blend in a food processor and refrigerate to blend flavors. Serve with an assortment of fresh vegetables and whole grain crackers or pita triangles.

Shrimp cocktail is an elegant entrance that is low in calories and fat. Make your own low-sodium cocktail sauce with no-added-salt ketchup, fresh lemon juice and horseradish and save 190 mg sodium per tablespoon.

Main Menu:

Watch those birds! Find fresh turkeys or turkey breasts that have not been “pumped up” with high-fat and sodium solutions. To hold in moisture, try wrapping fresh turkeys in cheesecloth or a cooking bag after rubbing with desired seasonings.

If you prefer ham, buy 98% lean spiral hams and rinse before cooking to remove any added sodium. Although lower in fat, stick to a 3-ounce (size of a deck of cards) portion since it is still high in sodium and fill up on all the trimmings.

Slim Trimmings:

Need a **cream soup** for casseroles? Campbell’s® Healthy Request® line is lower in fat and sodium than their regular line of cream soups. You will save 4.5 g fat and 410 mg sodium per half-cup serving. Healthy Request® Condensed Cream of Mushroom Soup per 1/2-cup: 60 calories; 480 mg sodium; 2.5 g fat – compared to Campbell’s regular cream of mushroom condensed soup: 116 calories; 900 mg sodium; 8 g fat.

To make **lower fat gravy** chill meat juices, throw away fat layer and thicken with cornstarch. Need more gravy? Use Campbell’s® Healthy Request® chicken broth that trims 1.5 g fat and 580 mg sodium per cup from regular versions. You

can also go with Very Low-Sodium Broth by Campbell’s or look for Health Valley brand.

Another option is sodium-free chicken broth granules. Healthy Request® chicken broth per 1 cup: 30 calories; 405 mg sodium; 0 g fat compared to store brand chicken broth per 1 cup: 39 calories; 986 mg sodium; 1.5 g fat.

Like **stuffing**? Try Stove Top® Stuffing lower sodium mixes squeezing 200 mg sodium out and add lots of diced vegetables such as celery, shredded carrot, onion, bell pepper, water chestnuts and/or spinach. Better yet...substitute a wild rice medley using the Healthy Request® broth, chopped vegetables and dried cranberries for a tasteful change from traditional stuffing.

Remember to offer several steamed, baked or roasted **vegetable** combinations to balance out higher fat offerings.

Elegant Endings:

Baked pears or apples

make a delectable dessert that is guilt free. To make: core fruits, stuff hollow core with dried raisins, apricots or cranberries seasoned with desired spices (cardamom, cinnamon, cloves, nutmeg). Pour fruit nectar over apples, cover with foil and bake in 350-degree oven for 20 minutes. Uncover and bake additional 20 to 25 minutes or until tender. To

serve, top with lowfat yogurt, slivered almonds and a sprinkle of nutmeg.

Substitute a **lowfat graham cracker crust** for traditional high-fat flour crusts using reduced-fat graham cracker crumbs and light margarine to save 40 calories; 4 g fat; 80 mg sodium per 1/8 pie slice.

Slim down traditional **pumpkin or sweet potato pies** with three easy changes. Use evaporated skim milk instead of evaporated whole milk to remove 10 g fat and 70 calories per half-cup. Swap two egg whites or 1/4 cup egg beaters for each whole egg and save 50 calories and 5 g fat. Also try substituting cup-for-cup Splenda® sugar substitute for granulated sugar for a 700-calorie savings per cup.

For **eggnog** consider Silk® Nog. This soy-based product is delicious and a lot lower in fat and calories than regular soymilk.

If you are going to use **whipped cream**, go fat-free and watch portion size.

By Vicki Adcock, RD, LD.



Oranges — Winter's Favorite Fresh Fruit

When the sun doesn't spend much time in the sky, it's nice to have some fiery-looking orbs in the kitchen. Fresh navel oranges taste like summer, but are at their peak in the winter. Nutritious, delicious and beautiful, oranges are a pleasure of the season.

Varieties of oranges

There are many varieties of oranges, but the two most popular ones are navel oranges and Valencia oranges.

Valencias, which have a smooth, thin skin, ripen in the spring and are best known as juice oranges, though they are also good for eating. In the winter, look for seedless navel oranges, which are easy to identify by the "belly button" on their blossom end. Easy to peel, sweet and delicious, navel oranges are widely available from November through April, and are at the height of their season in January.

Choosing and storing

Oranges are picked ripe and ready to eat. Choose firm oranges that are heavy for their size, as heavier oranges have more juice inside. In general, smaller oranges are juicier than larger ones. Color is not a good indication of quality. Although the fruit changes from green to orange as it ripens, under certain growing conditions the ripe fruit will begin to turn green again – and may actually be sweeter than some fully orange fruit.

Store oranges on the counter for 10 days to 2 weeks, or up to 3 weeks in the refrigerator. The peel protects the fruit and very little nutritional value is lost until the skin is cut.

Nutrition

Oranges are among Mother Nature's finest gifts. Just one navel orange will meet your entire day's requirement for

vitamin C! If you eat an orange, you'll also be getting more than three grams of dietary fiber, including soluble fiber, as well as folate, potassium, calcium and magnesium. You won't use much of your calorie budget to get this either, because an orange has only a little more than 60 calories. Oranges also contain health-promoting flavonoids and terpenes, which appear to help fight off cancer.

Weight control with oranges

In a recent study, people ate the same number of calories from a variety of different types of food and reported how full they felt afterward. Those who ate fruit, especially oranges, reported feeling fullest over the next couple of hours. And their behavior proved this to be true. When allowed to eat freely from a buffet two hours later, the orange eaters ate noticeably less than those whose snacks had not made them feel as full.

Preparation

How easy can you get – just peel and eat! Navel oranges are so easy to peel that no knife is necessary, just stick a finger in the end and pull. To juice an orange, cut it crosswise. Room temperature oranges will provide more juice than cold ones. The juice of navel oranges can turn bitter on standing or heating, so squeeze them right before drinking. If you cook with navel oranges, add them at the last minute, just to heat them.

Orange zest, the colorful peel, adds sparkle to baked goods and sauces. Scrub the orange well and then use a very fine grater or a special zesting tool to remove only the outer, colored part of the peel. The white part, which is fine to eat with the rest of the orange, can become very bitter if cooked.

Tips for using oranges

- Should you go for the juice or the whole fruit? The whole fruit has more fiber to fill you up and is chock full of nutrients. Juice is low in fiber, but it is high in folate, which may help prevent certain birth defects and lower homocysteine levels which helps lower the risk of heart attack.
- Calcium-fortified orange juice is an excellent source of well-absorbed calcium.
- Oranges are wonderful in a salad. They pair beautifully with fresh spinach leaves.
- Blend orange sections into your next fruit smoothie or serve them with baked fish.
- When you squeeze an orange, save the shells. They make fun containers for fruit salad or sorbet.
- Dry citrus peel to use later in recipes. Spread grated peel out as a single layer on a cookie sheet. Bake at 200 °F for one hour. Store in a tightly covered container.

By Cheryl Sullivan, MA, RD.



Holiday Table Done Light

- **Keep your mashed potatoes “skinny”** by using skim milk instead of whole milk or cream. Instead of adding butter, add a shake or two of parmesan cheese along with pepper to taste.
- **Sweeten cranberries and pumpkin pies** with Splenda® brand sweetener instead of using sugar. You will save more than 650 calories per pound.
- **Instead of serving two starches**, e.g., mashed potatoes and stuffing, serve only one starch and two veggie side dishes such as holiday tossed salad, green beans, mixed steamed vegetables, carrots or turnips.
- **Crushed gingerbread cookie crumbs** make an excellent top crust for fruit pies (leave out the bottom crust) or bottom crust for pumpkin pies.



Holiday Side Dishes

Apple-Rice Stuffing

This recipe contains 38% fewer calories, 75% less fat, 66% less sodium and 66% more fiber than regular stuffing.

- 3 cups diced apples, onions and celery
- 1 Tbsp margarine
- 4 cups stuffing (or 1 box of Stove Top® brand stuffing), made without fat
- 3 cups cooked brown rice (1 cup rice plus 2 cups water cooked for 30 minutes in the microwave)
- 1 cup low-sodium broth

Directions: Sauté the apples, onions and celery in the margarine. When they are soft (about 5 minutes), add the prepared stuffing, rice and broth. Combine well and place in covered casserole or baking dish. Bake for 45 minutes at 350 °F.

Serves 16. Each half-cup serving: 104 calories, 2.8 g fat, 0.5 g saturated fat, 0 mg cholesterol, 175 mg sodium, 17 g carbohydrate, 1.5 g fiber, 2 g protein.

Holiday Tossed Salad

This salad is sure to add color to your holiday table.

- 6 cups romaine lettuce or mixed greens
- 1/2 cup parsley (fresh), chopped
- 1/2 cup cranberries, dried or fresh-chopped
- 1/2 cup diced fresh orange segments or canned mandarins, drained
- 1/4 cup red onion, chopped
- 2 Tbsp pecans, chopped
- 1 Tbsp olive oil
- 3 Tbsp red wine vinegar
- black pepper to taste

Toss lettuce and parsley in large salad bowl. Top with cranberries, oranges, pecans and onion. Refrigerate until ready to serve. Toss with oil, vinegar and pepper at service time. Serves 4. Each 2-cup serving: 92 calories, 6 g fat, 0.5 g saturated fat, 0 cholesterol, 15 mg sodium, 9 g carbohydrate, 2.5 g protein, 3.5 g fiber.

Pumpkin-Apple Butter

Use this bread spread on your holiday table. It is also an excellent topping for hot oatmeal, toast, yogurt and English muffins. From Janet Powell, RD.

- 2 baking apples, peeled and halved
- 1-1/2 tsp pumpkin pie spice
- 2 Tbsp brown sugar, packed
- 1 cup orange or apple juice
- 15 oz canned pumpkin

Place apples, spices and orange juice in a covered glass container and microwave on full power until apples are tender, about 15 to 20 minutes. Mash apples and add pumpkin; microwave an additional 5 minutes. Puree in a food processor if you want the end product to be very smooth. Serve warm or refrigerate for later use or to use as a gift.

Serves 8. Each 1/3-cup serving: 60 calories, 0 fat, 0 saturated fat, 0 cholesterol, 3 mg sodium, 14 g carbohydrate, 2.5 g fiber, 1 g protein.

Continued from front page comes insulin resistance and the “metabolic syndrome,” which can lead to heart disease and diabetes.

Is Less Than 20% Dangerous?

There have been many short-term studies showing that HDL drops on a very-lowfat (VLF) diet. This is most likely to happen when the subjects eating the low-fat diet are required to eat the same number of calories as those on a higher-fat diet. The IOM apparently believes that this drop in HDL on a VLF diet would somehow increase the risk of coronary artery disease.

There are two reasons to believe this is not the case. First, there is growing evidence that the drop in HDL that results from restricting dietary fat intake does not lead to a permanently lower HDL. This is because reduc-

ing dietary fat usually leads to a lower calorie intake and weight loss. A lower body weight usually leads to an increase in HDL. A study by Thuesen found that when a group of men with high cholesterol were placed on a VLF, near-vegetarian diet for three months, their calorie intake decreased and they lost about 16.5 lbs on average. Changes in blood lipids on this VLF, high-carbohydrate diet are shown below:⁵

| | Initial | VLF | Change |
|-----|---------|-----|--------|
| LDL | 236 | 139 | -41% |
| TG | 170 | 145 | -15% |
| HDL | 36 | 37 | +3% |

(LDL is “bad cholesterol and TG stands for triglycerides.)

The Thuesen study demonstrated that when a VLF diet was fed ad libitum (until full) to patients at high risk of coronary artery disease that HDL levels do not necessarily drop on average after

just three months. In fact, blood lipids overall usually improve dramatically.

The second reason a drop in HDL is not of concern on a VLF, high-carbohydrate diet is that research has shown that cholesterol is cleared out of the arteries faster on a lowfat diet than one higher in fat.⁶ Another study that examined the mechanism responsible for the drop in HDL when dietary fat was reduced noted that the decrease in HDL “should not be viewed as a negative outcome with regard to coronary heart disease risk.”⁷ This means that it is likely that the amount of cholesterol transported back to the liver from the arteries is not impaired on a VLF, high-carbohydrate diet even if the HDL level ends up somewhat lower.

Indeed, other studies have shown that in many patients with advanced artery disease

that a VLF diet often leads to regression of atherosclerotic plaque.⁸

Bottom Line:

Most research suggests that the most effective strategy for promoting weight loss, and avoiding diabetes, CAD and cancer, is to keep dietary fat below 20% of total calories. There is no credible research linking diets with less than 20% calories from fat with an increased risk of heart disease.

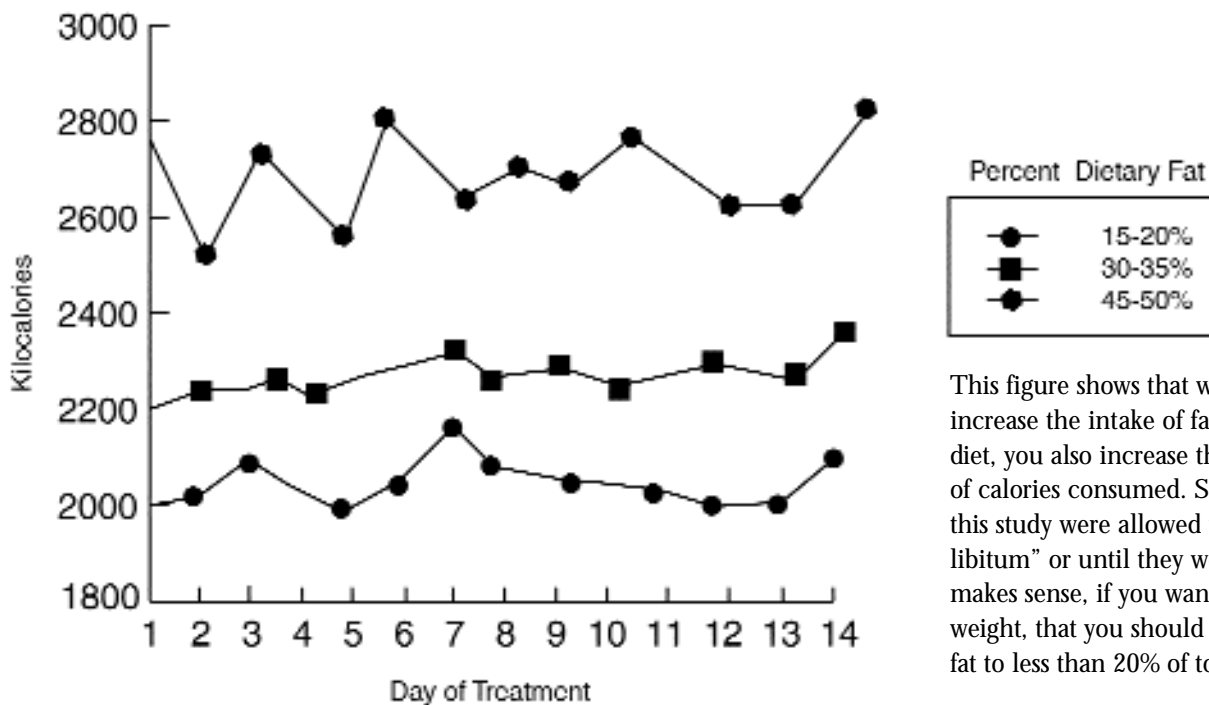
By James J. Kenney, PhD, RD, FACN.

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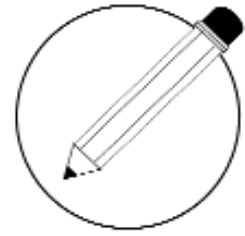
1. *Am J Clin Nutr* 1987;46:886-92
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3. *Am J Clin Nutr* 1992;55:818-22
4. *Intern J Obesity* 2002;26:200-7
5. *Am J Clin Nutr* 1986;44:212-9
6. *J Clin Nutr* 1999;85:144-51
7. *Arterioscler Thromb Vasc Biol* 1999;19:918-24
8. *JAMA* 1998;280:2001-7

Figure 1. Calories Go Up When Percent of Dietary Fat Goes Up

Lissner L., et al. *Am. J. Clin. Nutr.* 1987;46:886-92



This figure shows that when you increase the intake of fat in the diet, you also increase the number of calories consumed. Subjects in this study were allowed to eat “ad libitum” or until they were full. It makes sense, if you want to lose weight, that you should keep your fat to less than 20% of total calories.



Other Lifestyle Factors to Help Lower Risk of Colon Cancer

- **Exercise.** According to the American Cancer Society, regular exercise can reduce the risk of colon cancer by 50%. To reduce colon cancer risk, the recommendation is at least 30 minutes of moderate to vigorous activity per day for at least five days a week. Some experts are recommending 45 to 60 minutes!
- **Quit smoking.** The carcinogenic compounds in tobacco may increase the risk of colon cancer.
- **Consider aspirin therapy.** Dartmouth researchers found that men taking 81 mg of aspirin daily may have up to a 50% lower risk of colon cancer. Aspirin appears to inhibit the growth of colon polyps, which are precursors to colon cancer. Speak to your doctor before trying this therapy.



Diet for Colon Cancer Prevention

Do you need one more reason to lose those extra pounds and start eating less and exercising? To ward off colon cancer!!! A new survey commissioned by the American Institute for Cancer Research (AICR) indicates that Americans don't realize that obesity increases cancer risk. Research presented in July at the (AICR)/World Cancer Research Fund International Research Conference estimates that being overweight (Body Mass Index (BMI) >25) and sedentary accounts for one-third of worldwide cases of colon cancer, as well as cancers of the breast, endometrium, kidney and esophagus.

Here are several dietary changes to reduce colon cancer – now the second-leading cause of cancer deaths in the United States.

- **Maintain a Healthful Weight (BMI<25).** Avoiding weight gain is one of the most important things you can do to prevent cancer, including colon cancer. Most experts agree that combining exercise with a healthful diet is the best strategy in reducing colon cancer risk.
- **Eat at least five servings of fruits and vegetables daily.** When it comes to produce, there is strong evidence showing the benefits of vegetables – especially leafy green vegetables (spinach, broccoli, lettuce and greens) – in reducing colon cancer risk.
- **Eat more calcium-rich foods.** In the March 2002 issue of the *Journal of the National Cancer Institute*, researchers found that just 700 mg of calcium a day, from food or supplements, reduced the risk of colon cancer by 50%. Add two servings of calcium-rich or calcium-forti-

fied foods to your diet daily.

- **Limit meat** (beef, lamb, pork) to no more than three ounces a day. Cook meat, poultry and fish at lower temperatures or marinate before grilling. Try replacing meat with a fatty fish such as salmon, or with beans and soyfoods. When you do eat meats, choose leaner cuts and use the 2/3 rule: Fill your plate with 2/3 plant foods and no more than 1/3 animal food. Check out “The New American Plate” by the AICR (www.aicr.org).
- **Choose whole grains over refined carbohydrates** (e.g., sugar, white rice, white flour – e.g., cakes, piecrusts, bread). Dr. Edward Giovannucci of Harvard University spoke last year at the AICR 11th Annual Research Conference on Diet, Nutrition and Cancer in Washington, D.C. He suggested that chronic elevations of insulin/insulin growth factors (IGFs) increase colon cancer risk. Eating high-sugar/refined-carbohydrate foods triggers excessive insulin/IGF production which can increase the growth of cancer cells in the colon. Eating more whole grains, beans, fruits and vegetables will automatically lower your refined carbohydrate intake.
- **Limit alcohol consumption** (no more than one serving of alcohol per day for women and two servings for men). Studies suggest that alcohol is a “probable” risk for colon cancer. If you do drink, consider supplementing your diet with 400 mcg of folic acid per day (a multivitamin contains this amount).

Submitted by Sandy Sotnick, MS, RD.

Managing Diabetes

11 tips for better control



- **Lose weight** if you are overweight. Type 2 diabetes linked to obesity often disappears if the obesity is corrected. Even limited weight loss can lead to better blood glucose control.
- Participate in **regular physical activity**. Regular physical activity improves fitness and quality of life and decreases the risk of cardiovascular disease. It also helps with weight loss or control. In Type 2 diabetes, regular physical activity helps to improve blood glucose control and possibly decrease the need for insulin or oral medications.
- Watch the amount of **saturated fat, trans-fat and cholesterol** you consume, as they tend to raise blood cholesterol levels. Foods to watch out for include fatty meats, fried foods, high-fat dairy products, bakery goods and margarines. Choose lean cuts of meat and limit yourself to 3-ounce portions twice a day. Eat less red meat and more skinless poultry and fish. Use beans as your main dish instead of meat.
- Increase your intake of **fiber**. Fiber comes from plants and may help to lower blood glucose and levels of fats in the blood. Foods high in fiber include bran cereals, cooked beans and peas, whole-grain bread, fruits and vegetables.
- Eat more **whole grains, fruits and vegetables** as opposed to refined foods. Not only do whole foods contain fiber, but they also contain numerous plant chemicals, or phytochemicals, which appear to be beneficial for health.

- Eat **regular, well-balanced meals with snacks as needed**. This will help to improve your blood glucose levels and reduce overeating. A well-balanced meal consists of about 1/4 protein foods and 3/4 carbohydrate foods.
- Understand that “**sugar-free**” doesn’t mean carbohydrate-free or calorie-free. “Sugar-free” foods are often sweetened with fructose or sugar alcohols (xylitol, mannitol, sorbitol). These sweeteners may have a smaller effect on your blood glucose levels than table sugar, and they are okay to use in moderate amounts. But foods containing fructose or the sugar alcohols will still contain calories.
- Even foods sweetened with **artificial sweeteners** (such as sugar-free pudding) still have calories and are not “free” foods.
- Know the **carbohydrate** content of the foods you eat. Carbohydrates occur naturally in milk and fruit, and are also

found in pasta, bread, rice, dried beans and peas, and starchy vegetables such as potatoes, corn or green peas.

- Use **alcohol** in moderation. If your blood glucose levels are in good control and alcohol is consumed with foods containing carbohydrate, one drink a day is acceptable. However, it is important to monitor your blood glucose to know how you react to alcohol since alcohol can lead to hypoglycemia.
- Know **where** to go for reliable information. The following organizations offer credible information for consumers with diabetes:
American Dietetic Association:
www.eatright.org
American Diabetes Association:
www.diabetes.org
National Institute of Diabetes & Digestive & Kidney Diseases:
www.niddk.nih.gov

By Beth Fontenot, MS, RD.

Advantages of Whole Foods

Whole plant foods – minimally processed foods from plants that are in their whole, near-natural state are generally lower in calories, higher in fiber and higher in nutrients than their refined counterparts and have a lower glycemic response. A four-ounce potato contains 82 calories while the same amount of potato chips contains 608 calories. Examples of whole foods are fruits, vegetables, beans or legumes and whole grains. Whole foods are more satiating – that is you feel fuller on fewer calories. This is important because most people with Type 2 diabetes need to lose excess body fat to improve their blood sugar control and blood lipid profile.

Refined foods – foods that have been processed from

whole ingredients often lose fiber and important nutrients. For example, white flour is a refined food made from whole-wheat kernels. Sugar is a refined food made from sugar cane. Besides losing fiber, vitamins and minerals, these foods are most often much higher in calories per serving than their original form. See the chart below.



Compare cup for cup:

| | Calories | Fiber |
|---------------------|----------|-------|
| Cracked whole wheat | 321 | 9 |
| White flour | 455 | 3 |

Are You Ready for the Holidays?

Take the quiz

A study suggests that Americans probably gain only about a pound during the winter holiday season – but this extra weight accumulates through the years and may be a major contributor to obesity later in life.

This finding runs contrary to the popular belief that most people gain from 5 to 10 pounds between Thanksgiving and New Year's Day.

This is the conclusion reached by researchers at the National Institute of Child Health and Human Development and the National Institute of Diabetes & Digestive & Kidney Diseases. The results of their study appeared in the March 23, 2000 issue of the *New England Journal of Medicine*.

Here is a fun quiz you can take to see how much you know about avoiding weight gain during the holidays.

- How many excess calories does it take to gain one pound?
 - 1500
 - 2500
 - 3500
 - 4500
- Skipping meals is a good idea to conserve calories.
 - true
 - false
- How many grams of fat will you avoid eating by removing the skin from a 3-ounce serving of turkey breast?
 - 1
 - 4
 - 6.6
- What does a 3-ounce portion of turkey look like in relation to size?
 - deck of cards
 - one set of dice
 - man's shoe



- These holiday treats are fun to bake, but can really add up in calories because it is hard to eat just one. (Fill in the blank.) _____.
- According to the American Institute for Cancer Research, you should fill up about 2/3 of your plate with:
 - plant foods such as whole grains, beans, vegetables and fruits
 - lean meat or fish
 - dessert

7. Eating plenty of (fill in the blanks) ___ and ___ will help you eat less fat and more fiber. You will feel fuller on fewer calories.

- According to the National Weight Control Registry, people who lost 30 pounds or more and kept it off for at least a year did one of the following on a regular basis:
 - Exercised on a regular basis
 - Watched TV
 - Followed fad diets

Answers:

- c, 2. b (skipping meals will lead to over-eating), 3. c, 4. a, 5. cookies, 6. a, 7. fruits and vegetables, 8. a.

Congratulations! You know the basics for keeping weight off during the holidays. Increase your activity and moderate the amount of high-calorie foods you eat. Offset the extra calories with more activity - see the suggestions below.

Holiday Activities

| Activity | Calories Burned/Hour |
|--|----------------------|
| Standing in line to see Santa | 85 |
| Wrapping gifts/writing Christmas cards | 150 |
| Building a snowman | 160 |
| Dressing for a party (from shower to shoes) | 160 |
| Trimming the Christmas tree | 160 |
| Preparing a Christmas meal | 170 |
| Christmas shopping | 175 |
| Christmas caroling | 180 |
| Cleaning house (dusting, vacuuming, mopping) | 180 |
| Putting up outdoor lights | 215 |
| Grocery shopping | 240 |
| Dancing at a party | 270 |
| Carrying groceries upstairs | 545 |

*Calorie estimates are based on one hour of total activity for a 150 lb woman
Submitted by Neva Cochran, MS, RD.

E d u c a t o r ' s I d e a F i l e

Elovia Peddle, RD, is using a **fun spin on the word SANTA**. She and her colleagues are doing S.A.N.T.A.s Workshop with a table for ideas on Stress management, Attitudes, Nutrition, Time management and Activity for holiday survival for their employees with games, food samples and lots of prizes.

- **Stress Management** – employees fill a holiday balloon with sand for their own stress ball.
- **Attitudes** – Elovia will use a large spinning wheel for games. Associates will spin the wheel and answer a trivia question about either “A Christmas Carol” or “It’s A Wonderful Life.” If they get the question right, they will win a prize.
- **Nutrition** – they will have some easy holiday recipes with samples.
- **Time management** – they will play a timed game where employees have to put pieces in a puzzle within 30 seconds, and calendars will be given out as prizes.
- **Activity** – They will invite a personal trainer from their fitness center to discuss quick workout ideas and encourage associates to walk 10K every day throughout the holidays.

For food, Elovia and her staff usually make some non-alcoholic punch or eggnog, some appetizers (a black bean dip is a favorite), and a light dessert (fat-free fruit trifle is a favorite).

Suzanne Sonneborn and her colleagues **e-mailed all the staff members a nutrition tidbit** each week during the holiday season. They picked various nutrition-related topics and gave information, Web sites to check out for additional information and also recipes to try. (Don’t forget www.foodandhealth.com for holiday recipes and links!!) They also coordinated each topic with bulletin boards

and had handouts and additional recipes in the staff lounges. There was a table display in the lobby. The topics that they chose were party survival, staying active, holiday recipe modification, holiday eating, eating on the run, fruits and vegetables, healthful side dishes, portion control, load your plate light and holiday mocktails. Suzanne and her staff had recipe handouts and they tried some of the recipes to share. Another idea she has is to raffle off a food basket and conduct a food drive and/or clothing drive.

Sheila Rodriguez, CHES, Del Sol LifeCare Center, Dallas, Texas, has a couple of things that have worked well. 1) At **Halloween** many end up with leftover goodies after the trick-or-treaters have gone. She encourages individuals to plan ahead by shopping wisely, and avoid the guilt from removing these temptations via their digestive systems! She provides a chart showing comparisons among various treats and that can help make wiser choices, to purchase things that won’t add to your waistline after the holiday is past. 2) **Portion control** is difficult for many people as they have problems visualizing the size of a serving. So, as a gentle, humorous reminder, she constructed an 8-1/2” pumpkin pie on cardstock. She cut it into 10 servings and handed out these “templates” when they make presentations in the community during the holidays. It never fails to elicit laughs ... and groans! Sheila stresses that all foods are okay, but moderation, variety and balance are key. Enjoy that piece of pumpkin pie ... roll it around in your mouth, close your eyes, and savor it. Just avoid eating a whole pie or eating it every day!

Janet Powell teaches cooking classes for a cardiac rehab. program. Many people enjoy giving the **gift of**

food and find a problem arises when they want to give food, but must consider the health of the gift receiver. When she is teaching her cooking classes, she always has a large basket filled with small “take home” gifts for each person. One gift is a blend of herbs and spices. She packages the blend in a salt shaker with a brightly colored ribbon tied to the shaker. Along with this shaker is the recipe and a label reading, “Healthy Shaking of Spices.” Here is a favorite seasoning blend for vegetables: 1-1/2 table-spoons onion powder, 1-1/2 table-spoons toasted sesame seeds, 1 tablespoon each of dried chives and tarragon, 1-1/2 teaspoons each dry mustard, dill weed and dried red pepper flakes. Mix together and place in an empty salt shaker container. This blend is a wonderful combination on cooked vegetables such as carrots, green beans or snow peas. It adds a tasty touch to stir-fries as well.

At Deschutes County WIC Janet Harris and colleagues have held a “**Holiday Tea**.” They have several stations set up with hands-on activities for children and parents. Examples include making bean soup mixes and a bouquet garni in jars that the kids can decorate with fabric and ribbons, tasting of healthful, low-cost holiday treats such as pumpkin and cranberry bread, zucchini brownies and hot spiced cider and making pomander balls with oranges and other fruits. Participants leave with lots of recipes, gifts that they have made and ideas for low-cost gift baskets. It’s always a success!

Helen Nichols, RD, has a great idea for 2002 cardiac patient holiday gifts. Her patients can choose from a **variety of herb seed packets**. They can be planted and used year-round. She got the seed packets at the end of the season for good prices.

R e s o u r c e s Y o u C a n U s e

Get CFFH Online

What: current and back issues of *CFFH*. The new issue is posted in the middle of the preceding month so you can get it earlier than the print version.

How: the password changes by the month, not the issue. If you have questions, please contact us at 800-462-2352 or judy@foodandhealth.com. We are now able to e-mail all subscribers to let them know when a new issue has been posted along with the link and password. It is important that we have your current e-mail address on file so you can receive this important benefit!!

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New CPE courses and subscriber discounts

We have posted five new CPE courses online:

- *NCEP Guidelines* (4 hours)
- *Bypassing the Evidence* (2 hours)
- *Diet and Kidney Disease* (2 hours)
- *Salt Toxicity* (5 hours)
- *Glycemic Index and Obesity* (2 hours)

CFFH subscribers receive a discount on all online courses. FMI see www.foodandhealth.com. Click on CPE Courses on the top orange bar. CFFH subscribers get 7% off online courses!

More materials for November and December

See www.foodandhealth.com for November and December and you will find the following items under Free Resources:

- *Health Calendar:* the Health Observances Calendar features links to Alzheimer's Disease Awareness Month, American Diabetes Month, Split Pea Week, holidays and more!
- *Handouts:* *Holiday Lights* (English and Spanish), *Best Light Pumpkin Pie*.
- *Clip art:* Christmas, Kwanzaa, Chanukah, holiday food and more!
- *Recipes and tips* for Holidays and more!

Free posters for your professional meetings

Food and Health Communi-

cations, Inc. is offering free posters for state dietetic meetings and other conferences for food and nutrition professionals. One poster can be given away or raffled off for every 100 attendees.

Posters are 14" by 20" – perfect for a bulletin board or office and offer fun, positive nutrition messages. Five posters, complete with handouts and leader guide, are available:

- *Go for the Whole Grain*
- *Phytoman*
- *Which One Has the Most Calories?*
- *Fruits & Vegetables Make Your Heart Feel Like Dancing*
- *Get AHEAD with Vegetables Every Day*

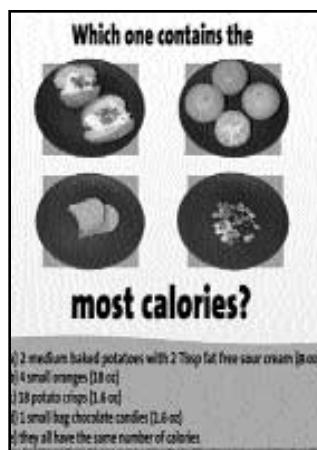
The free poster program has been developed in response to numerous requests for free materials for state dietetic meetings and other conferences for nutrition professionals. The following restrictions apply:

- Meetings must be targeted to an audience for food and nutrition professionals, such as dietitians, nurses, home economists, exten-

sion agents, WIC agents, teachers, etc.

- Meetings must have at least 30 attendees.
- The conference committee must agree to pass out one Food and Health Communications, Inc. catalog per attendee and read a short script about the poster.
- One poster is provided for every 100 people.
- While we do offer a choice of posters, we reserve the right to substitute a poster if necessary due to supply.
- Allow three weeks for delivery. We do offer rush delivery for a nominal charge to help cover shipping and handling.
- Offer is valid while supplies last. We reserve the right to refuse fulfillment for requests that do not match criteria.

To request a free poster, visit www.foodandhealth.com and click on Posters for Meetings under Free Resources. You can print this form for mail/fax orders or paste it into an e-mail message and fill in your information.



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Does Too Much Iron Clog Arteries?

The U.S. Food and Nutrition Board has set the new tolerable upper limit (UL) for dietary iron at 45 mg/day primarily on the basis of the adverse side effects (e.g., gastrointestinal pain and constipation) of iron supplements.¹ However, these adverse gastrointestinal (GI) effects are unlikely to occur if this amount of dietary iron is exceeded provided it comes from iron fortified foods or foods rich in iron (liver, beef, clams and beans). While this upper limit is fine to avoid GI distress, most older individuals should not consume more than 10 mg per day.

Data from the NHANES III indicated that about 9% of toddlers and adolescents are iron deficient. And about 11% of women of childbearing age were also found to be iron deficient. This makes iron deficiency the most common nutritional deficiency in the US.² Clearly, those individuals in these high-risk groups should be encouraged to consume iron-rich or fortified foods. By contrast, adult men and postmenopausal women are at low risk of iron deficiency.

In 1981, Sullivan was the first to propose that excessive iron stores may promote atherosclerosis and heart disease and could explain the much of the higher risk of cardiovascular disease in men relative to premenopausal women.³ More

recently, two large, prospective epidemiological studies that were carefully controlled for confounding variables found increased iron stores correlated with a greater risk of cardiovascular disease in both men and women.^{4,5} There is also growing evidence that excess iron stores can adversely affect glucose metabolism and may be particularly dangerous for those with insulin resistance and

diabetes.⁶ Excess iron stores can also damage the liver and promote liver cancer.

Bottom Line: The new UL for iron is clearly too high for people with diabetes, dyslipidemia, atherosclerosis and/or liver disease. Men and older women should be discouraged from taking supplemental iron or using iron-fortified foods unless

they can be shown to have low iron stores. This is particularly true for those with diabetes and those at high risk for CVD. If low iron stores are confirmed, iron supplements should be limited to 45 mg of iron because of adverse GI problems.

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Dr. Jay Kenney's Nutrition Myths & Realities

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