



THE Wellness JOURNEY

on the road to good health

July 2009

A MONTHLY ELECTRONIC NEWSLETTER TO EDUCATE, INFORM AND MOTIVATE PARENTS, TEACHERS AND CAREGIVERS AND ENCOURAGE THEIR HEALTHY LIFESTYLES AS THEY REINFORCE THE INFORMATION YOUTH RECEIVE THROUGH WELLNESS JOURNEY PROGRAMMING AND ACTIVITIES.

Read up on good nutrition

A little light reading can make a big difference when it comes to eating well!

Nutrition labels provide valuable information for making healthy food choices. Learning to decipher labels can seem tricky, especially if you don't know what to look for. Here are some tips.

Foods in boxes, cans, bags and other containers include a box labeled **Nutrition Facts**. Immediately under this bold heading are two pieces of important information: the suggested serving size, and the number of servings per container. All the other information listed is based on a serving size, so knowing whether there are one, two or four servings in the package can help you make the most informed choice.

The next information listed is the number of calories in a serving, and how many of those calories are from fat. The number of calories consumed daily will vary from individual to individual but consuming too many calories promotes weight gain. Choose foods with less than 30% of calories coming from fat.

The label lists the nutrients in the food and the percentages of daily value that serving provides for an adult.

TOTAL FAT is the number of grams of fat in one serving. Choose foods with less fat.

Saturated Fat is fat from animal and dairy products and tropical oils. A diet high in saturated fat is a risk factor for coronary artery disease. Choose foods with 2 grams or less saturated fat.

Labels may also list monounsaturated and polyunsaturated fats. These are unsaturated fats that may help protect your heart, however all fats should be used in moderation.

Trans Fats are formed by chemically changing the oil called hydrogenation, which increases product shelf life and flavor. A diet high in trans fats has shown to increase cholesterol levels, which increases risk of heart disease. If a food has the words "partially hydrogenated oil" on the label it contains trans fats. For healthy eating, avoid trans fats.

TESSA'S HEALTH TIPS

To relieve stress:

Twice a day, breathe deeply for three to five minutes.

Do a squat every time you pick something up. Instead of bending over in the usual way, which stresses the lower back, bend your knees and squat. This forces you to use your leg muscles and will build strength.

Don't sit on it. While the kids play softball or soccer, walk the sidelines or stroll around the field instead of lounging in the stands.

Watch your watch. Get up and go to bed at the same time every day. A regular rhythm will help you get into a healthy sleep cycle.

CHOLESTEROL is another form of fat, measured in milligrams. Too much dietary cholesterol is another risk factor for heart disease. Cholesterol is found in organ meats, dairy products, shrimp, and egg yolks. Limit intake to 300 milligrams daily.

Use foods with 5% or less saturated fats and cholesterol and avoid those with over 20% of the daily value.

SODIUM is a nutrient that helps regulate blood pressure and fluid, which most people consider “salt”. Research has suggested that a high sodium intake can be related to high blood pressure. The RDA for sodium is 2300 milligrams per day.

TOTAL CARBOHYDRATE is the amount of total carbohydrate per serving, measured in grams. Carbohydrates are primarily found in starches, vegetables, fruits, sweets and milk.

DIETARY FIBER is the amount of indigestible bulk from plant foods such as fruits, vegetables, whole grains, oats, nuts and seeds and is measured in grams. Foods high in fiber are shown to be beneficial for weight control, diabetes, high cholesterol and some forms of cancer. They are also important for healthy digestion. Foods with five grams of fiber or more are considered “high fiber” foods.

SUGARS are part of the Total Carbohydrate content and are measured in grams. These contain sugars from natural and artificial sources. There are no daily reference values for sugars.

PROTEIN is the amount of total protein the food contains, measured in grams. Protein contains amino acids found in meat, poultry, fish, dairy, eggs, nuts, beans, grains and some vegetables. Protein needs are individualized based on height, weight, age and physical activity level.

VITAMINS AND MINERALS are micronutrients measured in percentages. The goal is to consume 100% of each of these nutrients daily to prevent nutrition-related diseases.

PERCENT DAILY VALUES

The Percent Daily Value shows the amount of each of the nutrients listed above needed daily in a 2000 calorie diet. This is the percentage of each nutrient recommended to meet the needs of the average person each day and is measured in grams and milligrams depending on the nutrient. Five percent or less of the % Daily Value is considered low, whereas 20% or more is considered high.

INGREDIENT LIST

The ingredient list includes items listed by weight in descending order of predominance. Healthy ingredients, such as whole grains, should be high on the list; unhealthy items, such as sugar, should be low on the list or absent. Spices, artificial coloring and flavors are also on the ingredient list.

It's important to remember that food labels are generally calculated on adults' nutritional needs, not children's. Depending on a child's age and size, the percentage of daily nutrient could be very different than what is listed on the package. A kid's diet might be more or less than 2,000 calories, based on your age, gender and activity level. In addition, kids may need more or less of certain food components and nutrients, such as calcium and iron.



PRODUCE PICKS

Color your world with fresh produce! Choose brilliant blueberries, bright orange cantaloupe, juicy red watermelon, or dark juicy plums to brighten your lunch box or dinner plate. Or combine them in a colorful fruit salad! Grab a couple of ears of Iowa sweet corn or slice up a ruby red tomato. Good-for-you produce is plentiful this month!



PEDAL POWER

Youth of all ages took part in the Pedal Power activities earlier this summer. From bike tune-ups, to helmet-fittings to obstacle courses, children learned how to ride responsibly!



Reading labels can also help you to compare two foods. Which one has more fiber? Which one has more fat? Which one has more calories per serving? Which is lower in sugar or sodium?

Taking the time to read and compare food nutrition labels can help you make healthier food choices for you and your family.

Log on to learn more!

- http://kidshealth.org/kid/stay_healthy/food/labels.html#
 - http://www.mckinley.illinois.edu/Handouts/nutrition_labels/nutrition_labels.html
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Super Snack

Berry Banana Split

Spoon one cup lowfat vanilla yogurt into a cereal bowl.
Slice a banana in half lengthwise and place on sides of the yogurt.
Sprinkle ¼ cup lowfat granola on top of yogurt
Top with ¼ cup fresh blueberries

SUMMER WAYS TO PLAY

Hot summer months offer lots of ways to be active outdoors. Head to the pool for a swim or take a hike on the Rec Trail. Save money on a car wash and suds it up in your driveway. Volleyball, croquet and badminton offer backyard fun for all ages. Take a family bike ride or shoot some baskets together. Be active together – it's healthy and fun!

MARK YOUR CALENDARS

THURSDAY, OCTOBER 8

4:00-6:30 p.m.

East Lake Park

It's The Great Pumpkin Patch Hike, Charlie Brown!

This event is FREE and Sponsored by Healthy Henry County Communities, Mount Pleasant Park and Rec. and the Wellmark Foundation.

For more information on the Wellness Journey programming, topics or events, contact Tessa Allworth, Wellness Coordinator, at 319-385-6595 or by e-mail at allwortht@hchc.org.