



IC Well

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Edited by Jackie Wandell

Contact Us:
 607-274-1301
 wellness@ithaca.edu

Nutrition Tips for a Healthy Heart

By: Rachel Terwilliger, Graduate Student

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We know the deal- 6 servings of grains per day, striving for whole grains as often as possible; 3-5 servings of vegetables a day; 2-4 servings of fruits a day; 2-3 servings of low fat dairy a day; 2-3 servings of meat or meat alternatives a day; and consume fats and sweets in moderation. So now that we know the deal, how do we actually integrate all the food groups into our daily diets? What I tell my clients is to get the fruits, veggies, dairy, and protein in first and then fill the rest of your diet with grains (carbohydrates). Now not everyone is the same, but most people do not have trouble getting in carbohydrates, but struggle with the dairy,

fruit, and veggies in particular. So here is what I suggest, pull out a piece of paper and write down the meals you usually have throughout the day (breakfast, am snack, lunch, etc.); then think about the most realistic time for you to consume fruits, veggies, dairy, and protein. Write down your thoughts (*see example*) and try it for a few days. Now, having one serving of vegetables at lunch will not sustain you for long; this is where the grains come in. Grains (carbohydrates) will fill the rest of the diet. For example, to supplement your servings of

vegetables at lunch you could have rice, pasta, or a pita. To supplement your fruit and dairy in the afternoon you could have crackers or pretzels. Getting in the appropriate number of servings from each of the food groups, particularly the fruit and vegetable groups, is a great start to a healthy heart.

Example Daily Menu
Breakfast- fruit 1, dairy 1, protein 1
Lunch- vegetables 1
Afternoon Snack - fruit 1, dairy 1
Dinner - 2 vegetables, 1 protein
Bedtime Snack- 1 fruit

Recipe Corner-A Heart Healthy Meal

FRESH VEGETABLE SALAD BOWL

Serves 8

- 1 head romaine lettuce
- 1/2 pound fresh small whole mushrooms
- 1 pound cherry tomatoes
- 1 small head cauliflower
- 1 pound very young raw asparagus spears

Remove outer leaves of romaine and stems of other vegetables. Cut into desired size

Rinse all vegetables except mushrooms. Drain well. Wipe mushrooms with a damp paper towel.

Place inner leaves of romaine upright around the sides of a deep round salad bowl. Arrange remaining ingredients neatly in the center. Cover and refrigerate to chill thoroughly before serving.

Serve with your favorite dressing.



FRESH TOMATO PIZZA

Serves 4; 2 pieces per serving

- Vegetable oil spray
- 1 10-ounce package refrigerated pizza dough (choosing whole wheat pizza dough will make this meal even more nutritious and add more fiber).
- 3 or 4 medium Italian plum tomatoes, thinly sliced
- 1/4 cup snipped fresh basil or parsley
- Freshly ground black pepper
- 1 cup shredded part-skim mozzarella cheese

Preheat oven to 425° F.

Spray a 12-inch pizza pan with vegetable oil. Press dough evenly into prepared pan. Arrange tomato slices on top. Sprinkle with basil or parsley and season with pepper. Sprinkle with cheese.

Bake 15 to 20 minutes, or according to package directions. Cut into 8 wedges.

Member Spotlight: Drew & Vikki Hammond

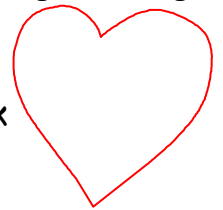
Drew and Vikki Hammond are one of the devoted couples exercising at the Wellness Clinic. If you peek into a group exercise class, you are quite likely to see Drew and Vikki working up a sweat. Drew is originally from Romulus and Vikki grew up in Elmira. They met in Rochester where they were both working at the time, but moved back to the Ithaca area in 1992 to raise a family. They have been married for fifteen years and have two children, a son who is ten and an eight-year old daughter. They share a passion for Rock 'n Roll music and spend some of their free time at concerts in Pennsylvania and Massachusetts where a friend performs in an

AC/DC tribute band. Drew and Vikki have been coming to the Wellness Clinic for about two years and they love that they get the opportunity to spend time together even while they're exercising. In particular, they enjoy the high cardio of the group exercise classes. They have set both short and long term goals for themselves. Vikki's goal is to tone up and keep her heart healthy. She also states that one of her main goals is to keep her husband motivated. Well, she must be doing an excellent job because Drew has lost two pants sizes in the past year! Congratulations Drew! They are conscious of their health for several reasons. They exer-



cise and try to eat a healthy diet in order to prevent diseases that are in their family histories and also to teach their children how to live a healthy lifestyle.

They have some advice for new clients. "We push the classes and having someone to go with is always a good thing. It helps motivate you." Keep up the good work Drew and Vikki!



February is American Heart Month

Women as well as men need to know how to protect themselves from cardiovascular disease (CVD). More women than men die of CVD in the US every year. Visit the American Heart Association website,

www.americanheart.org to learn more about women & heart disease and what you can do to keep your heart healthier.



Welcome Judy!!!

My name is Judy Mauk and I am the new Administrative Assistant here at the Wellness Clinic. I'll be working 10-2, Monday through Friday. I think by now that I have met most of you but if I haven't, please introduce yourself when you come into the Clinic.



I graduated from Ithaca College in 1969 with a Bachelor's Degree in Music Education. My husband has been an Ithaca College faculty member for the past 32 years. Our daughter graduated from here in 2004 and our son in 2006, so you can see we're a real Ithaca College family. I have worked at the College in several different capacities over the years, most recently at the Bookstore. I also work for the US Census Bureau.

I have been a member of the Wellness Clinic since September, 2005. I joined with the goal of trekking to Mount Everest Base Camp with my son. Thanks to the great training I received here at the Clinic, we accomplished our goal in October, 2006. I continue to enjoy working out at the Clinic and it's great to be working behind the desk as well.

Be sure to check out the new Group Exercise Classes at noon - new trainers and exciting new classes. We're also conducting a No Pressure Blood Pressure clinic all around campus on Thursday, March 8th. Look at the Intercom or our website for times and locations.

If you have any questions or concerns, please do not hesitate to give me a call (274-1301) or email me at jmauk@ithaca.edu. I look forward to working with all of you.

Contact Us:

302 Center for Health Sciences

Ithaca College

Ithaca, NY 14850

Phone: 607-274-1301

Fax: 607-274-7070

Email: wellness@ithaca.edu

Website: www.ithaca.edu/wellness

If you have a question about Wellness, email the Wellness Clinic today and one of our trainers will get back to you with an answer! This service is **free** and available to all members and non-members.



Contact us Today!
