



IC Well

Volume 6, Issue I March 2007

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March is deemed National Nutrition Month®!

As part of National Nutrition Month® (NNM), the American Dietetic Association (ADA) sponsors a nutrition education and information campaign. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. The key messages for NNM 2007 are the following:

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- Develop an eating plan for **lifelong** health. Too often people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the 2005 Dietary Guidelines, <http://www.health.gov/dietaryguidelines/dga2005/document/>, and Mypyramid, <http://www.mypyramid.gov/index.html> to guide healthy eating.
- Choose foods sensibly by looking at the big picture. A single food or meal does not make or break a healthy diet. All foods can fit into a healthy diet when consumed in moderation and in the appropriate portion size.
- Learning how to spot a food fad is important. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.
- Find your balance between food and physical activity. Regular physical activity can not only help control body weight, promote feelings of well-being and reduce the risk of chronic disease, but it is also important for your overall health and fitness.



Recipe Corner-*Barbara's Black & White Bean Salad*

Josephine Totten, RD

Ingredients

- 1 15 1/2 oz. can great northern beans, or any white bean, rinsed and drained
- 2 15 1/2 oz. cans black beans, rinsed & drained
- 2 tomatoes, chopped
- 1 large red pepper, diced
- 2 cups frozen yellow corn, thawed
- 1 bunch green onions, cleaned and sliced
- 1 cup commercial salsa
- 1/4 cup red wine vinegar
- 1/3 to 1/2 cup chopped fresh cilantro

Directions

1. In a large bowl, *gently* stir the beans and tomatoes together. (Be careful not to mash the beans.) Combine the red pepper, corn and green onions and stir into the bean mixture. Set aside.
2. In a small bowl, combine the salsa, vinegar, cilantro and black pepper. Stir with a wire whisk until well blended. Pour over the vegetable



No Pressure Blood Pressure

"The Results"

The Valentine's Day snow storm cancelled the February No Pressure Blood Pressure (NPBP) but the Exercise Science students were back in force on March 8th and took measurements on 150 IC community members.

The average BP was 118/75 mmHg, which is ideally where we would like everyone to be (optimal BP is < 120/80 mmHg) to minimize the risk of cardiovascular diseases. 41% of those measured had a Systolic (top number) blood pressure between 120-139 mmHg and 32% had a Diastolic (bottom number) blood pressure between 80-89 mmHg, which are both considered Pre-Hypertensive. So although not at highest risk, these people need to keep an eye on their blood pressure and should take a look at their lifestyle and consider taking action to try and bring down their numbers (i.e. - lose weight, eat healthier, exercise, etc.).

We can help! Drop in the Wellness Clinic (CHS 302) or check our website (www.ithaca.edu/wellness) to get more information about controlling your blood pressure and for the **next NPBP** coming to your doorstep - **THURSDAY, April 19th**

Member Spotlight: Jean Hardwick

Biology professor, advisor, parent, and spouse by day, and exercise machine by night, Jean Hardwick is rising quickly to exercise guru status. She embarked upon the New You program at the beginning of 2006, and a year later has demonstrated her tenacity and ability to progress. She began her program with such long-term goals as losing weight and toning up in general, and her short-term goal being to work out three to four times each week. At home, she has two kids, which keep her busy as it is with their sports escapades (one son is an avid skier, and she has the bug too).

Once her academic day has finished, on Monday, Wednesday, and Friday evenings there is a very good chance you might spot "Jean the Machine" working out here in the Wellness Clinic. Not one to become routine, Jean prefers her workouts to be variable. You may see her doing some combo cardio of walking and running on the treadmill (and you should see her run!), followed by some work on the weights. Not to mention, she also makes good use of the dyna disks and stability balls!

There can be no doubt that since beginning at the Wellness Clinic, Jean has seen some great improvements. She can now fly on the treadmill, where at first walking was her main form of cardiovascular work. Not one to gloat about her accomplishments, Jean does not settle at satisfaction; she is always willing herself to work harder and to become better.

Way to go Jean! Keep up the phenomenal work!



Member Spotlight: Margaret Norwicki

Margaret Nowicki has been a member of the Wellness Clinic for about two months. Her training at the Clinic has been focused on preparing her for the fire fighter's physical exam. Margaret's workouts have been primarily focused on strength training, oriented towards tactics and strategies for the actual tests. She has jumped into five to six workouts a week, including a trip one Saturday afternoon to Marathon's fire station for a tactics and strategy workout. Margaret has lugged a 40 pound weighted vest, 100

feet of fire hose, a sledge hammer, and a 30 pound air pack into the Clinic most nights, to use in her training. Her commitment and dedication to the program has shown her to be a great candidate for our monthly award. Congratulations, Margaret!



Trans Fats

By: Beth Colucci

We've all heard the hype about Trans fats. But do you really know the background behind all of it?

What is a Trans Fat?

A Trans Fat is a type of unsaturated fat. Any unsaturated fat, whether it is monounsaturated, polyunsaturated, or a Trans Fat, contains one or more double bonds along the fatty acid chain. Unsaturated fats have plant origins and come in liquid form, usually as oils. A process called hydrogenation adds hydrogen molecules to the carbon fatty acid chain of an unsaturated fat, therefore changing its molecular structure to become a Trans Fat.

Complications

Trans fats, along with saturated fats, help raise low density lipoproteins found in the blood. LDLs, also known as the "bad" cholesterol, deliver cholesterol to the arteries. As a result, plaque builds up, damaging and narrowing the arteries, which increases the risk for developing Coronary Heart Disease. CHD affects more than 12.5 million Americans, and is responsible for about 500,000 deaths a year, making it one of the leading causes of death in the U.S. There are several studies investigating the link between Trans fats and other chronic health problems such as: cancer, diabetes, obesity, liver dysfunction, and infertility. However, there is less scientific evidence linking Trans fats to these health conditions.

Sources

Most Trans fats can be found in shortenings, stick (or hard) margarine, cookies, crackers, snack foods, fried foods (including fried fast food), doughnuts, pastries, baked goods, and other processed foods made with or fried in partially hydrogenated oils. Trans fats do occur naturally in small amounts from some meat and dairy products; however, processed Trans fats are worse for your health than those that occur naturally.

As of January 1, 2006, the FDA requires all food labels to list Trans fats on a separate line under the amount of saturated fat. Currently Trans fats account for about 2.6% of the average American daily calorie intake. It is recommended that you keep the intake of saturated fat, Trans fat, and cholesterol as low as possible, without eliminating them from the diet completely. While shopping, try to choose foods with monounsaturated and polyunsaturated fats. These fats do not raise LDL cholesterol levels and have health benefits when eaten in moderation. Sources of monounsaturated fats include olive and canola oils. Sources of polyunsaturated fats include soybean oil, corn oil, sunflower oil and nuts. (FDA) Lean meats, fish, vegetable oil, and soft margarines are also healthier options for your shopping lists.

"Revealing Trans Fats" U.S. Food and Drug Administration. October 2003 issue of FDA Consumer Magazine.

http://www.fda.gov/FDAC/features/2003/503_fats.html

"Trans Fat Overview" American Heart Association

<http://www.americanheart.org/presenter.jhtml?identifier=4776>

"Trans Fat" Wikipedia, the free

encyclopedia. http://en.wikipedia.org/wiki/Trans_fat

Major Food Sources of Trans Fat for American Adults
40% cakes, cookies, crackers, pies, bread, etc.
21% animal products
17% margarine
8% fried potatoes
5% potato chips, corn chips, popcorn
4% household shortening
3% salad dressing
1% breakfast cereal
1% candy



Be Fad Free this March!

Rachel Terwilliger, Graduate Student, Exercise Science

March is deemed National Nutrition Month® and the ADA (American Dietetic Association) is particularly interested in educating the public on Fad diets. Two of the current fad diets, The Sonoma Diet and The Longevity Diet are summarized below along with their pros and cons. Use the information below to make educated decisions regarding fad diets.

The Sonoma Diet

The Sonoma Diet is influenced by a Mediterranean plant-based diet. It places emphasis on a variety of flavorful, nutrient-dense "power foods" including almonds, bell peppers, blueberries, broccoli, grapes, olive oil, spinach, strawberries, tomatoes and whole grains. The first phase or "wave" of the diet is by far the most restrictive, as it entirely restricts fruits and limits dairy foods. There is no scientific support for the idea that people need to sacrifice, for any length of time, nutrient-dense foods such as fruit and potatoes. Fruit and potatoes provide fiber that fills you up, which can ultimately lead to weight loss. The Sonoma Diet emphasizes wholesome and flavorful foods, enjoyment of meals, and controlled portions. Following a similar eating pattern may help some successfully lose weight and body fat, especially if they balance their food intake with regular moderate enjoyable exercise.

The Longevity Diet

This diet is based on the conclusion drawn on laboratory mice that a reduced-calorie diet is the only proven way to slow the aging process and maintain peak vitality. There is basically no diet plan or meal plan to follow. The authors recommend healthy fats, olive and canola oil, 40 to 60 grams of fiber per day, and seven to nine servings of fruits and vegetables. Whole grains and calcium are recommended, yet no specific amounts are stated. The Longevity Diet emphasizes healthy nutrient-rich foods such as fruits and vegetables and the reduction of empty calories. However, there is no evidence the aging process slows down during calorie reductions. Although, watching calories can be good for healthy living, there is a fine line between restrictive diets and eating disorders.

What is the bottom line?

Although easier said than done, the one and only secret to attain and sustain ideal body weight is understanding how to maintain the balance of calories-in/calories out while consuming a variety of foods including plenty of fruits and vegetables, low-fat dairy products, lean protein sources, and whole grains. In addition, no foods should be completely restricted, as it is important to allow yourself to enjoy your favorite foods. However, those foods deemed less nutritious should be consumed on occasion or in moderation. Achieving 30-40 minutes of physical activity 3-5 days a week will not only help you feel better, but allows more flexibility in food choices.

Based on a fact sheet created by ADA. For more fad diets:

http://www.eatright.org/ada/files/Popular_Diets_Reviewed_2007.pdf

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