

Delta Health Watch



Delta Sigma Theta Sorority, Incorporated
Philadelphia Alumnae Chapter
Physical and Mental Health Committee

Focus on Nutrition

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As we move out of winter and into spring and are well on our way our March into fitness month, we the Physical and Mental Health committee would like to spend a little time focusing on Nutrition. Eating right and physical activity are not requirements for a "diet" or a program but are a necessity to maintain a healthy lifestyle. Our body is our temple. With healthy eating and physical activity, we can reduce the risk of many chronic diseases such as diabetes, heart disease, osteoporosis, and certain cancers and also increase our chances of a longer life.

The best way to provide our bodies with the balanced nutrition that is required is to eat a variety of nutrient packed foods every day within your daily caloric needs. Your caloric needs vary with age, weight, and amount of physical activity and Disease State. Please consult with your physician for your personal caloric needs and goals. A healthy eating plan is one that:

- *Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.

- Include lean meats, poultry, fish, beans, eggs, and nuts.

- *Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

- *It's important to make smart food choices and watch portion sizes wherever you are—at the grocery store, at work, in your favorite restaurant, or running errands. Try these tips:

- *At the store, plan ahead by buying a variety of nutrient-rich

foods for meals and snacks throughout the week.

- *When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat/fat-free milk, water, or other drinks without added sugars.

- *In a restaurant, opt for steamed, grilled, or broiled dishes instead of those that are fried or sautéed.

- *On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks, or a handful of unsalted nuts—to help you avoid impulsive, less healthful snack choices.

Mix up your choices within each food group.

- *Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and 1/4 cup of dried apricots or peaches).

- *Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.

- *Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1 1/2 ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and

beverages.

- *Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.

- *Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Becoming a healthier you isn't just about eating healthy—it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you expend each day. *Be physically active for at least 30 minutes most days of the week.

- *Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight.

- *About 60 minutes a day may be needed to prevent weight gain.

- *Children and teenagers should be physically active for 60 minutes every day, or most every day.

Food for Thought, If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity.

Turkey Cabbage Casserole

Ingredients:

1 cup shredded cabbage
1 pound ground turkey
1/2 cup chopped onions
1 cup white rice uncooked
2 cups of tomatoe sauce
1/2 teaspoon of garlic powder
1/2 teaspoon of gorund oregano

Directions:

- 1) Place 1 cup of shredded cabbage in a lightly greased 2 quart casserole dish.
- 2) Meanwhile, in a large skillet, cook turkey until brown and no longer pink in color.
- 3) Add into skillet, chopped onions; stir occaisionally and cook 3 minutes. Add uncooked rice to turkey.
- 4) Place turkey rice mixture over cabbage in casserole dish.
- 5) Combine tomatoe sauce, garlic and oregeno. Pour over cooked turkey.
- 6) Cover and Bake @ 350 degrees F for 1 hour.

Prepartation time: 10 minutes Cooking time: 1 hour

4 Servings, about 2 cups each. Calories/serving 380;Total Fat 11grams; Saturated Fat 3 grams; Cholesterol 77 milligrams; Sodium 829 milligrams.

