

Doctor's Bag



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Don't Forget to Exercise!

Eating right is only one part of the equation. Regular physical activity is vital for you and your family's overall health and fitness. Exercise helps balance the calories you take in each day with the calories you burn.

Here's food for thought from the Department of Health and Human Services (HHS):

If you eat 100 more calories a day than you burn, you'll gain about 1 pound in a month, or roughly 10 pounds a year. Bottom line, to lose weight, it's important to reduce calories and increase physical activity.

HHS further recommends:

- Be physically active for at least 30 minutes most days of the week.
- If you are working on weight reduction, 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.

As always, ask your primary care physician or physician's assistance for advice if you have questions about nutrition or exercise.

HLInfo YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

A Healthier You:

Make Smart Choices from Every Food Group

An Excerpt from the Health and Human Services nutrition brochure, "Finding Your Way to a Healthier You"

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 apple, 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.

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, or oats are referred to as "whole" in the list of ingredients.

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.

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.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).



DidUKnow?

- Most produce grown in the United States travels an average of 1,500 miles before it gets sold.
- Buying fruits and vegetables that are in season helps eliminate some of the damage caused by long distance shipping. It helps the local farmers who grow the food and it's healthier for you and your family.

According to the National Resources Defense Council (NRDC), the following fruits and vegetables are currently in season for your area:

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Cucumbers
- Gooseberries
- Green Peas
- Greens
- Leeks
- Lettuce
- Onions
- Radishes
- Rhubarb
- Scallions
- Spinach

Information Sources:

U.S. Department of Health and Human Services, Nutrition Brochure "Finding Your Way to a Healthier You" publication # HHS-ODPHP-2005-01-DGA-B USDA, www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf