



EAT WELL FOR LIFE: WEEK 6

RETHINK YOUR DRINK THE TRUTH ABOUT LIQUID CALORIES

Many of us think twice before consuming 1,000 calories worth of food, yet may not even consider the hidden calories in beverages. Beverages are a major contributor to overweight and obesity. In fact, recent research has shown that liquid calories play a major role in abdominal fat storage (e.g., the apple shape), which increases risk for diabetes and heart disease.

Sweetened soft drinks add more calories to our diet than any other beverage. Twenty ounces of most beverages—even juice—add up to 200 to 450 calories. To make matters worse, serving sizes for beverages continue to increase, and most restaurants offer unlimited refills. It's easy to see how the calories from beverages can add up to an entire day's worth of calories.

THE SATISFACTION FACTOR OF CHEWING

Studies show that calories consumed in liquid form do not appear to trip the satisfaction mechanism in the brain. When you drink a soda or other high-calorie drink before or with a meal, you probably won't compensate by eating less food. Think twice before you drink that 20-ounce soda or venti mocha. Make water and low-calorie drinks your beverages of choice. Choose to chew! You'll discover far more satisfaction from chewing your calories than from drinking them.



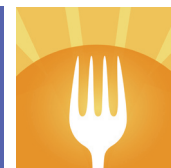
ALL BEVERAGES ARE NOT CREATED EQUAL

BEVERAGE	CALORIES
Water or seltzer	0
Diet soda	0-5
Coffee w/ cream	30
Orange juice – 6 oz.	84
Light beer – 12 oz.	100
Sweetened tea – 16 oz.	120
Regular beer –12 oz.	150
Martini – 2.5 oz.	160
Gin & tonic – 7.5 oz.	170
Cafe mocha –16 oz.	400

TIPS TO AVOID BEVERAGE BLOAT

- Get into the habit of ordering water with lemon or lime slices.
- If you must order a drink with calories, order a small or kid's size.
- If the waiter offers a free refill, ask for water.
- Don't have a caloric beverage as a snack to stave off hunger before a meal. It won't curb your appetite.
- Mix juices with club soda, seltzer water or sugar-free tonic water.
- Choose club soda or diet soda as a base for mixed drinks.
- Ask for diet soda or unsweetened iced tea if you're looking for a flavored beverage.
- Avoid "dessert cocktails." They're loaded with calories.

JUST SAY NO TO LIQUID CALORIES AND TRANS FATS



MAKING THE SWITCH TO LOWER CALORIE BEVERAGES

DURING	INSTEAD OF THIS...	CALORIES	OPT FOR THIS...	CALORIES
Breakfast	16 oz. orange juice	224	6 oz. orange juice	84
Morning commute	Grande mocha	400	Coffee w/ fat-free half and half	20
Lunch	24 oz. sweetened iced tea	270	24 oz. unsweetened iced tea	0
Afternoon	20 oz. cola	253	20 oz. water	0
Exercise	32 oz. energy drink	440	Water	0
Dinner	2 glasses wine	168	1 glass of red wine	84
After dinner	Irish Coffee	472	Black coffee or tea	0
TOTAL CALORIES		2,227		188

SHOPPING SMART

KNOW YOUR NUTRITIONAL BUDGET

Think of a food label as a price tag. Most of us food shop with a financial budget in mind. We should also learn to shop with a nutrition budget in mind.

For example, when comparing food labels for two beverages, we note there are 250 calories in one and zero calories in the other. Which beverage is the better nutritional bargain, and which beverage can we afford?

If we are trying to decide between an item that is free compared to an item that costs \$250, we might tend to choose the free item. Before we consider buying an item that costs \$250, we would certainly evaluate its quality and whether or not we really needed the item. Similarly, we might ask ourselves: "What makes this food different?" or "Is this food worth 250 calories when I would have to walk briskly for 30 minutes just to burn off those calories?"

There aren't any right or wrong answers to these questions. Most foods can fit into a healthy lifestyle as long as we consider our health concerns and learn to balance our calorie consumption (calories in) with our calorie expenditure (calories out). Many of us over-spend our food budgets and under-expend our physical activity budgets day in and day out. Can our health afford our current spending habits?

(Continued on page 3.)

12 OZ. WATER

**0 CALORIES
0 CAFFEINE**



12 OZ. REGULAR COLA

**152 CALORIES
34 MG CAFFEINE**



JUST SAY NO TO LIQUID CALORIES AND TRANS FATS

**SHOPPING SMART** *(Continued from page 3.)***JUST A SPOONFUL OF SUGAR...OR 10!**

It's hard to envision how much is too much or how much is just right when you're reading labels for sugar and fat. It is helpful to think in terms of something you can relate to... like teaspoons of sugar. One teaspoon of sugar contains four grams of carbohydrate. You can convert grams of sugar to teaspoons of sugar by dividing the "Sugars" listed on the food label by four. For example:

BEVERAGE	GRAMS OF SUGAR	EQUIVALENT TEASPOONS
1 (21-ounce) extra thick shake	111 grams	28 teaspoons
Large (32-ounce) fast food cola	86 grams	22 teaspoons
12 ounces cranberry juice cocktail	64 grams	16 teaspoons
Medium (21-ounce) fast food cola	58 grams	15 teaspoons
12 ounces fruit punch	51 grams	13 teaspoons
12 ounces orange soda	45-52 grams	12-13 teaspoons
12 ounces lemonade	44 grams	11 teaspoons
Small (12-ounce) fast food cola	40 grams	10 teaspoons
12 ounces instant cappuccino	30-37 grams	7-9 teaspoons
12 ounces sweetened iced tea	33 grams	8 teaspoons
8 ounces sports drink	19 grams	5 teaspoons

JUST SAY NO TO LIQUID CALORIES AND TRANS FATS



THE SKINNY ON FATS

Let's face it...fat provides taste and a sensation that many of us enjoy. As a food ingredient, it also provides texture, consistency and stability and helps us feel full.

As you work to “just say no” to trans fats, your choices of other fats depend on your health concerns and goals, as well as what your lifestyle will support. Everyone can benefit from choosing heart-healthy options. But if you're trying to lose weight or have diagnosed heart disease or elevated cholesterol levels, your selections may need to be more restricted or limited to achieve your goals. Both saturated fat and trans fat raise LDL “bad” cholesterol levels, and dietary cholesterol also contributes to heart disease. To promote heart health, choose foods low in saturated fat, trans fat and cholesterol. There are no health benefits of consuming saturated and trans fats.

TRANS FAT: WHEN GOOD FAT GOES BAD

Trans fat is made when food manufacturers turn liquid oils into solid fats—a process called hydrogenation. (A small amount of trans fat is found naturally, primarily in some animal-based foods.) Hydrogenation increases the shelf life of foods, makes oils more stable (so they can be reused more times in deep-frying) and makes foods flakier and crispier.

Trans fat can be found in vegetable shortenings, hard margarines, commercial baked goods, snack foods and other foods made with or fried in partially hydrogenated oils.

Since the implementation of the law requiring the labeling of trans fat, food manufacturers have reformulated many of their products to be able to legally label them as “trans fat-free.” However, to maintain the same texture and stability, these foods now contain more saturated fat. This is NOT a good trade-off. Also, it's important to note that only the serving size listed is “trans fat-free.” If consuming more than one serving, it's likely that trans fats are consumed.

Although we hear a lot about trans fat in the media, Americans consume an average of four to five times as much saturated fat as trans fat in their diets. You could cut trans fat by avoiding foods with “partially hydrogenated oil” in their ingredient lists. But this is not practical. Read the labels carefully and select foods that contain no more than two grams of combined “bad fats” (saturated + trans fats). And, be sure to stick with the serving size listed on the label.

SOURCES OF SATURATED FATS

Milk fat (butter, cheese, cream, cream cheese, etc.)

Beef or pork fat (lard, fatback, pork rind, ham hocks, bacon, salt pork, gravy, etc.)

Chicken, turkey and other poultry fat (skin, turkey neck, gravy, giblets, etc.)

Other animal fats

Coconut and coconut oil

Cocoa butter

Palm oil and palm kernel oil

SOURCES OF TRANS FATS

Hard (stick) margarine

Shortenings

Partially hydrogenated oils

Fried foods

Commercial baked goods

Snack foods

THE GOOD NEWS ABOUT SOME FATS

Not all fats are bad. Unsaturated fats (monounsaturated and polyunsaturated) are beneficial when consumed in moderation. Unsaturated fats can reduce cholesterol levels. Various studies have reported the benefit of monounsaturated fat in managing insulin resistance. Studies show that Omega-3 fats are beneficial to heart health and reduce risk of sudden cardiac death, prevent certain types of arrhythmias, decrease platelet stickiness and blood clots and decrease triglyceride levels.

But remember, all fats—even heart-healthy fats—are calorie dense (nine calories per gram) and contribute to weight gain when consumed in excess.

JUST SAY NO TO LIQUID CALORIES AND TRANS FATS



SOURCES OF MONOUNSATURATED FATS

Olive oil	Peanut butter
Canola oil	Most nuts
Peanut oil	Avocado
Sesame oil	Olives
Grapeseed oil	Some salad dressings

SOURCES OF POLYUNSATURATED FATS

Soybean oil (Omega-3)
Corn and cottonseed oils
Safflower and sunflower oils
Nuts - walnuts (Omega-3)
Seeds - pumpkin and sunflower
Soft tub or liquid margarine
Mayonnaise
Some salad dressings
Fish oil (Omega-3)
Flaxseed oil (Omega-3)

CHOOSING FATS WITH CARE

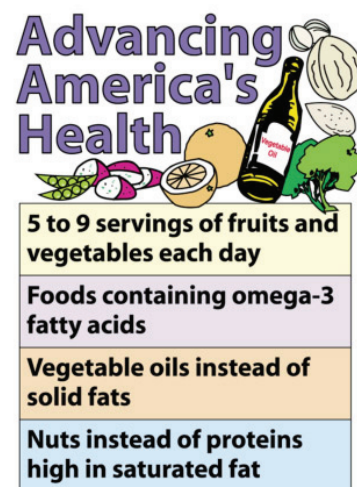
To choose fats with care, consider your health goals:

- Select unsaturated fats (monounsaturated and polyunsaturated) most often for heart health. Use saturated fats sparingly. (Refer to the lists on page 4.)
- Go easy on portion sizes due to calorie density. Read labels carefully. A reduced-fat product doesn't always save calories.
- Consider your health concerns and goals. Select low-fat, lite or reduced-fat products to save on fat and calories. But use caution on fat-free products that are high in added sugars.

READING FOR GOOD EATING

The *Consumer Health Information for Better Nutrition Initiative* strives to educate consumers regarding up-to-date scientific information about how dietary choices can affect health. Some of the focuses of "Advancing America's Health" include:

- The benefits of eating at least several servings a week of foods high in Omega-3 fatty acids, including certain oily fish like ocean salmon, tuna and mackerel, for reducing the risk of heart disease.
- The benefits of eating five to nine servings a day of fruits and vegetables for reducing the risk of some cancers and other chronic illnesses.
- The benefits of replacing solid fats that are high in saturated and trans fats with vegetable oils containing unsaturated fats for reducing the risk of heart disease.
- The benefits of substituting nuts for other sources of saturated fat-containing protein to help reduce the risk of heart disease.



Source: U.S. Food and Drug Administration at <http://www.fda.gov/oc/initiatives/americahealth.html>. Retrieved February 24, 2009.

CONSIDER PICK & PREP

There is a vast difference between various products on the market. Compare them carefully before picking your option.

PICK & PREP	PORTION	CALORIES	FAT
Italian dressing	2 Tbsp	140	14g
Ranch dressing	2 Tbsp	170	18g
Lite dressing	2 Tbsp	50-70	3-5g
Fat-Free dressing	2 Tbsp	30-50	0g
Mayonnaise	1 Tbsp	100	10g
Reduced-fat mayonnaise	1 Tbsp	50	5g
Fat-free mayonnaise	1 Tbsp	10	0g

JUST SAY NO TO LIQUID CALORIES AND TRANS FATS



BUILDING A BETTER DIET: STEP 6

Use this tool to help you keep track of weekly key points, develop weekly goals and create a specific action plan for building a better diet to eat well for life.

KEY POINTS FOR WEEK 6:

1. Drinking calories is a major contributor to obesity – especially abdominal obesity (e.g., the apple shape).
2. Always check the calories of your beverage of choice and compare portion sizes.
3. Get out Grandma’s juice glasses and stick with small sizes if you must drink liquid calories.
4. Just because you don’t have to chew it, doesn’t mean it doesn’t have a lot of calories.
5. Water is still the best beverage.
6. Avoid trans fat.

GOALS FOR WEEK 6:

1. Refer back to the lifestyle changes that you want to improve (as identified on the “Are You Eating Well for Life?” introduction survey) to establish your weekly goals.
2. Pledge to choose only calorie-free beverages.
3. Work on substituting water for other beverages until 50% of your liquid consumption is water.
4. Continue writing entries in your Food Journal. Notice any changes from week to week. Track your beverage intake for three days. Notice how many extra calories come from consuming liquids.
5. _____
6. _____

MY ACTION PLAN TO ACHIEVE THESE GOALS:



ACCOMPLISHMENTS & CHALLENGES:

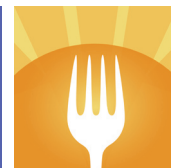
My accomplishments this week:

The challenges I faced this week:

How I overcame these challenges or plan to overcome them:

How I celebrated my success!

JUST SAY NO TO LIQUID CALORIES AND TRANS FATS

WEEK 6 RECIPES:
WASSAIL TEA

2 quarts low-calorie cranberry juice or other sugarfree fruit-flavored drink

8 fruit-flavored herbal tea bags (apple cinnamon, cran-raspberry, etc.)

2 quarts water

4 to 6 sticks cinnamon or mulling spice bags

1/2 cup sucralose sugar substitute, to taste

Mix all ingredients and simmer (very low heat) for 1 to 2 hours. Or mix ingredients in a crock pot and heat on low setting until hot. Serve warm. Leftover wassail may be stored in refrigerator and warmed in the microwave. Makes 16 cups.

**Nutritional Facts per 1-Cup:**

23 calories, 0g total fat, 0g protein, 6g carbohydrate

What's Wassail? Wassail is a hot, spiced punch often associated with the holiday season. The old English phrase "waes haeil" means "be healthy," and our Wassail Tea fits the bill.

CRANBERRY COOLER

1 quart low-calorie cranberry juice

1 quart club soda or carbonated water

1/2 cup fresh lemon juice

Mix all ingredients. Serve over ice and garnish with lemon or lime. Makes 8 servings.

Nutritional Facts per 1-Cup:

23 calories, 0g total fat, 0g protein, 6g carbohydrate

Good Source of:

magnesium, potassium, phosphorus, vitamin A, vitamin C, thiamine, riboflavin, and niacin and is rich in phytonutrients including flavonoids, which are beneficial antioxidants.

LOC WATER

1 lemon

1 orange

1 cucumber

2 quarts water

Scrub and wash produce well. Thinly slice the lemon, orange and cucumber. Place in a 2-quart pitcher and fill with water. Refrigerate for 30 to 45 minutes, until desired flavor is achieved. Strain out fruit and cucumber. Drink the LOC water for a refreshing, calorie-free beverage.

Nutritional Facts per 1-Cup:

0 calories

According to the American Dietetic Association (ADA), the average adult loses about two and a half quarts or about 10 cups of water daily. The ADA recommends consuming at least 8 cups of water and other fluids daily, more with regular exercise. The Institute of Medicine of the National Academies of Science (2004) recommends 13 cups of total water/fluids daily for adult males and 9 cups daily for adult females.

FOOD JOURNAL



Directions: Record keeping has been shown to be one of the most effective tools for lifestyle change and weight management. Keep a food journal to record your meal and snack intake. Check off the food group(s) that the food belongs to and see where you need to improve. How close do you come to achieving a balanced diet? Consider keeping a food journal throughout the entire eight-week *Eat Well for Life* campaign. Make copies of this food journal to record your daily food intake.

DATE:		GRAINS & STARCHES	MEAT, DAIRY & PROTEIN	FRUITS & VEGETABLES	ADDED FATS	EXTRAS
MY GOAL FOR TODAY:						
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
WATER						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						