

Keeping your health and well-being in the know

# MyHealthTALK

July 2011

## Nutrition Simplified

Out with the old food pyramid, in with the new

The USDA Food Pyramid, which has been a source of confusion to many, was recently replaced by MyPlate. The visual for the plate is a colorful plate divided into 4 sections with a small dairy section as an add on.

This graphic emphasizes the new USDA dietary guidelines released in January 2011. The guidelines focus on a balanced diet including smaller portions, reduced sodium and saturated fats, and drinking more water and less sugary drinks.



- Fruits and veggies take up the left side of the plate illustrating that half of your meal should come from these areas.
- Grains and proteins make up the other half of the plate, with the grains taking up more room. At least half of your grains should be whole grains.
- The previous Meats and Beans category has been replaced with Protein. This wider category encompasses items such as meat, poultry, fish, tofu, and nuts.
- Consume low-fat or fat-free dairy products such as milk, cheese, and yogurt.

While MyPlate is a good visual to remind you to eat healthfully, you alone make the choice of what you and your family will consume. Always eat as much fresh, unprocessed food as you can. Read nutrition labels so that you can make wise choices on what you are feeding your family.

To find additional information on MyPlate and healthy eating habits, go to:

**ChooseMyPlate.gov**

Source: *ChooseMyPlate.gov*

*Detroit Free Press, June 26, 2011*

*The Oakland Press, June 2011*

<http://health.yahoo.net/experts/dayinhealth/usda-food-pyramid-is-out-food-plate-is-in>

## Kitchen Sink “Lite” Cobb Salad

The bacon, meats and eggs in a typical Cobb salad overwhelm the benefits of the greens underneath. This version adds nutrient-dense romaine to the usual iceberg lettuce, along with protein-rich turkey bacon, ditches the egg yolks and creamy dressing and, instead, uses heart healthy egg whites and olive oil.

2 ounces iceberg lettuce, chopped into ribbons

2 ounces romaine lettuce, chopped into ribbons

2 ounces grilled free-range chicken breast, diced

2 ounces cooked turkey bacon, chopped into ribbons

2 ounces egg whites, diced

5 baby tomatoes, halved

1 ounce garbanzo beans, cooked

2 ounces carrots, julienned

¼ avocado, chopped

1 teaspoon fresh basil, chopped

1 ½ tablespoons balsamic vinegar

1 ½ tablespoons olive oil

Combine all ingredients and toss with balsamic vinegar and olive oil. Serve immediately.

**Per Serving:** 456 calories, 27 g fat (5 g saturated fat), 62 mg cholesterol, 28 g protein, 26.5 g carbohydrates, 8.5 g fiber, 633 mg sodium

Source: *naturalhealthmag.com*

# GRAB SOME SUPER FRUIT!

The USDA recommends that you eat about 2 cups of fresh fruit per day. These summer berries are packed with vitamins, minerals and fiber and are delicious in smoothies, mixed with yogurt and sprinkled over cereal:



**Blueberries** – Half a cup of these berries will get you about 18 percent of your daily vitamin K, a vitamin that helps keep bones healthy and strong.

**Strawberries** – Just half a cup of strawberries contains 40 percent of your daily vitamin C needs. Not only does vitamin C boost your immune system, but it helps to maintain strong bones, teeth and cartilage.

**Raspberries** – These are a nice source of manganese, a mineral that helps guard against anemia and PMS symptoms. Even, if you only eat a half-cup of raspberries, you will receive roughly 20 percent of your daily manganese needs.

**Blackberries** – A half-cup of blackberries will supply nearly 20 percent of your daily fiber needs. Dietary fiber helps control weight by making you feel full longer, and may also reduce your risk for heart problems.

Source: HealthCommunities.com

## Surviving the Summer Heat

Summer is the time for fun but the summer heat can be dangerous to your health if you are not careful. Heat exhaustion occurs when a person cannot sweat enough to cool the body, usually the result of not drinking enough fluids during the hot weather.

Symptoms include dizziness, weakness, nausea headache, blurry vision a body temperature rising to 101°F, sweaty skin, difficulty speaking and feeling hot and thirsty. A person suffering from heat exhaustion should move to a cool place and drink plenty of water.

Heat Stroke occurs as a result of untreated heat exhaustion. Symptoms include sweating, unawareness of heat and thirst, body temperature rising rapidly to above 101°F, confusion or delirium and loss of consciousness or seizure. Heat stroke is a serious medical emergency that must be treated quickly by a trained professional. Here are some tips for staying cooler this summer.

1. Drink plenty of water
2. Dress for the weather – wear lightweight clothing made of natural fabrics and a well ventilated hat
3. Do activities outside in the early morning or late in the day when the temperatures are cooler
4. Eat lighter – cold meals instead of heavy, hot meals
5. Take a cool shower or place a cold compress on your pulse points to cool down

Source: WebMD.com – Surviving Summer Scorchers