

2 0 0 7 S P R I N G E D I T I O N

# AQUABELLS

## Eat Smart, Stay Fit, for a Better Life!

### **Nutrition Tips:**

A healthy diet and lifestyle are the best weapons to fight cardiovascular disease. It is easy! Remember, it is the choices you make that counts, to the simple steps below for long-term benefits to your health and your heart.

### **Calorie Intake.**

Know how many calories you should be eating and drinking to maintain your weight. The calories than you intake should be limited to the amount that you can burn. Increase the intensity of your physical activity to match the number of calories you take in. Commit to 30 minutes of moderate physical activity at least 4-5 days a week. Regular physical activity can help maintain your weight and help you reach physical and cardiovascular fitness. To busy to commit to do at least 30 minutes at one time, you can do three 10-minute sessions throughout the day.

### **Eat the right food from all the food groups.**

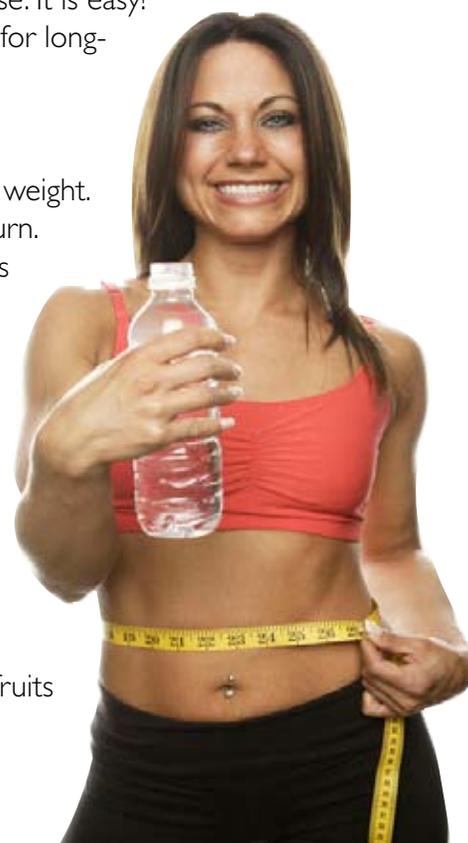
Nutrient-rich foods contains vitamins, minerals, fiber and other nutrients but are lower in calories. Choose vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often. Vegetables and fruits are high in vitamins, minerals and fiber — and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.

### **Vegetables and fruits are an important part of a healthy diet.**

#### **Here are a few recommendations:**

- Replace high-calorie foods with fruits and vegetables.
- Eat especially the deeply colored vegetables and fruits, such as spinach, carrots, peaches and berries. They are higher in vitamins and minerals than others, such as potatoes and corn.
- Eat whole vegetables (fresh, frozen or canned) and fruits instead of drinking juices.
- If fresh foods are not available then choose frozen and canned vegetables and fruits in water without added sugar, saturated and trans fat, or salt when fresh foods are not available to you.
- Prepare vegetables and fruits without added saturated and trans fat, sugar, and salt.

Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight. The fiber found in unrefined whole-grain foods can help lower your blood cholesterol.



### ***This is important in preventing heart disease and stroke.***

- Select foods such as whole wheat, oats and oatmeal, rye, barley and corn. Popcorn, brown rice, wild rice, buckwheat, bulgur (cracked wheat), millet, quinoa and sorghum are also good alternatives.
- Select breads and other foods that list whole grains as the first item in the ingredient list.
- Aim for 25 grams of fiber each day.

Eat fish at least twice a week. Research shows that eating oily fish containing omega-3 fatty acids (for example, salmon, trout, and herring) may help lower your risk of death from coronary artery disease. Fish, especially oily fish, is rich in omega-3 polyunsaturated fatty acids. Research has established a link between eating fish and a lowered risk of death from coronary heart disease.

The American Heart Association recommends that you eat at least two servings of fish each week. (One serving equals about 3 ounces cooked, or a serving about the size of a checkbook).



- Fish relatively high in omega-3 fatty acids include salmon, trout and herring.
- Grill, bake or poach fish. Limit commercially fried fish and don't add cream sauces.
- Prepare fish without added saturated and trans fat.

### ***Eat less of the nutrient-poor foods.***

Limit your intake of foods and beverages that are high in calories but low in nutrients, and limit how much saturated fat, trans fat, cholesterol, and sodium you eat. Read labels carefully. The Nutrition Facts panel will tell you how much of those nutrients each food or beverage contains.

### **As you make daily food choices, base your eating pattern on these recommendations:**

- Choose lean meats and poultry without skin. Prepare them without added saturated and trans fat.
- Select fat-free, 1 percent fat, and low-fat dairy products.
- Limit foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit foods high in dietary cholesterol. Eat less than 300 milligrams of cholesterol each day.
- Limit on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Eat less than 2,300 milligrams of sodium per day.
- If you drink alcohol, drink in moderation. That means one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes. If you are going out for dinner, eat only 1/2 of what is served and take the rest home.

***Also, don't smoke tobacco and stay away from tobacco smoke.***

### **What to Eat Before a Workout:**

It's vitally important to make sure your body has the right fuel to sustain you during a workout. Proper nutrition is the key to "consistency and longevity" when exercising and this is important to getting more from a workout. What should you eat before going for a walk or bike ride, or heading to the gym? Chose a meal that contains high carbohydrate, moderate protein before you exercise.

High fat foods – or large quantities of any food – should be avoided just before working out. Waiting at least two to three hours after a small meal (or three to four hours after a large one) before exercising allow your body to process the nutrients. If you're squeezing a workout into a busy schedule, skip the protein bars. Most bars are glorified candy bars, that are loaded with sugar.

### Pre-workout mini-meals:

- Low-fat yogurt and a sliced banana.
- A smoothie made with skim milk blended with frozen fruit .
- Low-fat cottage cheese and pineapple chunks.
- Small chicken or turkey sandwich on whole-wheat bread.
- Low-fat string cheese and grapes.
- No-sugar-added applesauce or a diced apple mixed with low-fat cottage cheese or ricotta cheese.
- Hard-boiled eggs, yolks removed and replaced with hummus.
- Half a sweet potato topped with low-fat cottage cheese.



It is just as important to eat smart after a workout. A meal containing carbohydrates and a and a small of protein and fat. Limit the amount of e nuts and full-fat cheese, which are high in fat and calories."

### Post Workout Meal:

- One or two poached eggs on whole-wheat toast
- Bean burrito: a whole-wheat tortilla filled with black beans, salsa, and a a little reduced-fat cheese
- Stir-fried chicken and vegetables (try pepper, zucchini, and carrot) over brown rice
- Whole-wheat pasta tossed with chicken, broccoli and eggplant
- Whole grain cereal or oatmeal, with milk and fruit (such as a sliced banana)

Drink at least at least 16 ounces of water two hours before a workout, and about 6 to 12 ounces every 15 to 20 minutes during exercise. (An ounce is about a mouthful.)

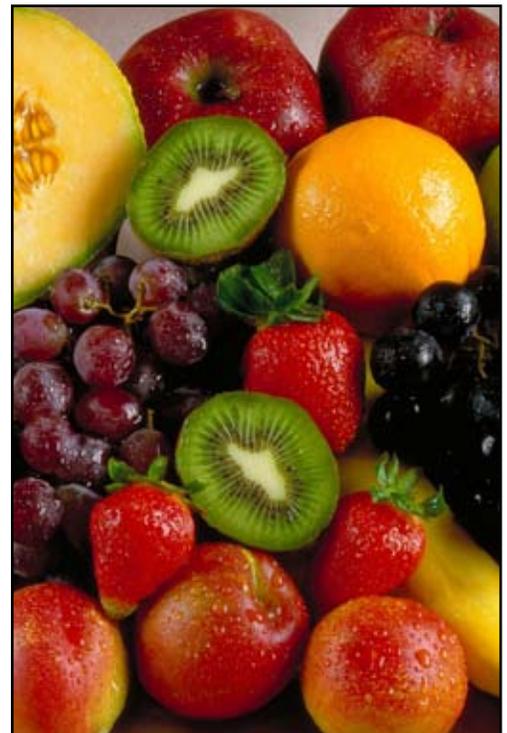
### Fill Up On Fiber

Q: What are some easy ways to get more fiber into my diet?

A: Healthy adults need 20 to 35 grams of fiber per day. However, many Americans only get half that amount. Fiber helps to lower blood cholesterol levels, aids in a healthy digestive system, and helps us to feel full. But there is good news, increasing your fiber intake can be a caloric bargain. One cup of cooked, chopped broccoli contains about 4 1/2 grams of fiber and just 44 calories. Ten medium strawberries provide nearly 3 grams of fiber and only 36 calories. A 1/2 cup of cooked black beans gives you 7 grams of fiber for 110 calories. Plus, there's the added bonus that fiber-rich foods like fruits, vegetables, beans and whole grains contain a wide variety of substances that can help prevent heart disease and cancer. Here are some high-fiber tips:

### Fruit

- Juice is a poor fiber source. Eat the fruit instead. A medium orange will give you about 3 grams of fiber, but an 8-ounce glass of orange juice has less than a 1/2 gram of fiber and almost twice the calories of the orange.
- An apple with its skin on contains about 1 1/2 grams more fiber than does a peeled one.



- Toss fruit into salads. Mandarin oranges, diced apples and dried cranberries go well with leafy greens.
- Whip up a smoothie: Blend together the fruit of your choice with yogurt and ice.
- Fruit is great. A bowl of sweet blueberries, plain or topped with whipped topping, can be a real treat.

### **Vegetables**

- Increase your vegetable intake by making a stir-fry or a big pot of veggie soup or by using veggies to fill out wrap sandwiches.
- Snack on raw vegetables and low-fat dip or salsa.
- Use color as a rough guide. Spinach is a much better source of fiber than iceberg lettuce, and broccoli delivers a larger fiber dose.
- Use any of the wonderful frozen vegetable mixes on the market that can be tossed into pasta dishes and casseroles or stir-fried or sauteed with your choice of protein.

### **Beans and peas**

- A cup of cooked, red kidney beans contains about 13 grams of fiber; a cup of low-fat refried black beans has nearly 15 fiber grams and a cup of cooked lentils delivers almost 16.
- Make a bean chili, bean and low-fat cheese nachos or a bean-based soup.
- White cannelloni beans are great tossed into pasta dishes.  
(One word of caution: If you do not eat beans on a regular basis, make sure to add them in gradually since they can be tough on your digestive system.)

### **Cereal, bread and grains**

- Choose bread made from whole wheat; not just wheat (the outer coating of the wheat, as with other grains, contains the majority of the fiber).
- Be sure to check your cereal box labels to compare its fiber content to other cereals. A multi-grain cereal may not give you much fiber if it's not made from whole grains.
- Go for brown rice, its nutrient-dense cousin, but don't draw the line there: Barley, couscous, millet and quinoa are also loaded with fiber.