



IN GOOD HEALTH NEWSLETTER...



Volume 2 - Issue 12

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Did you know ?
Just because the news makes a statement, or a friend tells you health information, does not necessarily mean it is true. Be sure to take the time to find out if the information is reliable

Myth: Carbohydrates will make you fat!

Fact:

Carbohydrates do not make you fat. Calories make you fat. Often it's the sugar and fat contained in carbohydrates that make you fat. Also a lot of carbohydrates are processed, so you don't get the advantage of feeling full from fiber found in unprocessed carbs. For example, whole grain pasta is more filling — and makes you feel satisfied longer — than white pasta, though both have the same amount of calories. What will change the number of calories is the amount of sauce and butter you put on your pasta. What you want to do is eat carbs in moderation.

Tip:

To lose weight, reduce the number of calories you take in and increase the amount of physical activity you do each day. Create and follow a healthy eating plan that replaces less healthy options with a mix of fruits, veggies, whole grains, protein foods, and low-fat dairy: Eat a mix of fat-free or low-fat milk and milk products, fruits, veggies, and whole grains. Limit added sugars, cholesterol, salt (sodium), and saturated fat.

Fact:

Myth: Some people can eat whatever they want and still lose weight.

To lose weight, you need to burn more calories than you eat and drink. Some people may seem to get away with eating any kind of food they want and still lose weight. But those people, like everyone, must use more energy than they take in through food and drink to lose weight. A number of factors such as your age, genes, medicines, and lifestyle habits may affect your weight. If you would like to lose weight, speak with your health care provider about factors that may affect your weight. Together, you may be able to create a plan to help you reach your weight and health goals.

**VALERIE SMITH MS, WELLNESS DIRECTOR,
ACMJIFWELLNESS@GMAIL.COM 609-251-7811**





Myth:
Nighttime eating makes you fat!

Fact:



Put this diet myth to bed. There's no conclusive proof that late-night meals cause you to put on weight. What we do know is that too many calories cause weight gain, and many night eaters do tend to overeat and choose high-calorie foods. Still, eating right before bedtime can lead to heartburn and indigestion. So try to stick to regular -- and earlier -- mealtimes.

Myth: "It's important to fast periodically, to cleanse toxins from your body."

Fact:

The truth: Your body has its own elegantly designed system for removing toxins—namely, the liver, kidneys and spleen. There isn't any evidence that not eating—or consuming only juice—for any period of time makes them do this job any better. Source: Keith-Thomas Ayoob, Ed.D., R.D., of Albert Einstein College of Medicine

Fact:

High-fructose corn syrup was created to mimic sucrose (table sugar), so its composition is almost identical to sucrose's (55 percent fructose, 45 percent glucose; with sucrose the ratio is 50:50). Calorie-wise, it's a dead ringer for sucrose. And in studies that compare the effects of HFCS with other sweeteners, HFCS and sucrose have very similar effects on blood levels of insulin, glucose, triglycerides and satiety hormones. In short, it seems to be no worse—but also no better—than sucrose, or table sugar.

Myth: High Fructose Corn Syrup (HFCS) is worse for you than table sugar (Sucrose)

Fact:

Myth: Avoid Fats!

Fats increase your sense of fullness. Fat is twice as fattening as carbohydrates and protein, but you don't want to avoid them. Studies show that fat gives you a sense of fullness and adds flavor to many foods. Eliminating fat from your diet will increase your hunger. Fat keeps you fuller longer, because it prevents your stomach from emptying out too quickly.

Myth: If I skip meals, I can lose weight.

Fact:

Skipping meals may make you feel hungrier and lead you to eat more than you normally would at your next meal. In particular, studies show a link between skipping breakfast and obesity. People who skip breakfast tend to be heavier than people who eat a healthy breakfast.

Tip:

Choose meals and snacks that include a variety of healthy foods. For a quick breakfast, make oatmeal with low-fat milk, topped with fresh berries. Or eat a slice of whole-wheat toast with fruit spread.

- Pack a healthy lunch each night, so you won't be tempted to rush out of the house in the morning without one.
- For healthy nibbles, pack a small low-fat yogurt, a couple of whole-wheat crackers with peanut butter, or veggies with hummus.



Myth:

Doing crunches or working on an ab machine will get rid of belly fat

Fact:

Unfortunately, even if you do 100 crunches a day, you won't lose the fat from your belly. Not a chance. You cannot spot reduce body fat. Abdominal exercises (such as crunches) will strengthen your muscles, but do not give you six pack abs. The only way you can lose fat from your belly is to lose fat from your entire body. In order to lose fat, your body temperature must increase enough to trigger the metabolic effects necessary to **burn fat**. Using one small muscle group, such as the abdominals or the biceps, is not significant enough to create the amount of heat necessary for fat burning to begin.

Tip:

high-intensity, full-body exercises are more effective for fat loss than situps or crunches. The bottom line is that spot reduction is a myth, so you can save your money on all those gadgets, gizmos and workout plans being advertised. They don't work. In order to have a flat belly, you have to reduce your total body fat percentage – and situps simply can't do this. Any exercise that gets multiple muscle groups involved is high intensity, and it will increase your body temperature and get your fat burning. Better yet, if you combine two resistance-training exercises, such as bicep curls and lunges, followed by squats and shoulder presses, you'll not only create a ton of heat in the body – you'll also be building muscle mass.

Fact:

Foods can only be labeled “organic” if they have followed USDA organic standards during growth and processing. These standards have more to do with the ethics of conservation and ecological balance than the healthiness of the item. The nutritional content in organic and conventional foods is comparable. When debating whether or not your food is healthy, consider the nutrient content. Are you able to get energy (carbohydrate, protein, and fat), vitamins and minerals from it?

Myth:

Organic Foods are Healthier than non - organic foods

Tip:

Regardless of whether you choose organic or conventional foods, here are a few tips for safer and healthier choices:

- Purchase fruits and vegetables in season whenever possible.
- Read food labels carefully, not just for the calorie count, but also for the ingredients. Avoid heavily processed items with unfamiliar chemicals in the ingredients list
- Thoroughly rinse fresh fruits and vegetables prior to consuming. Even organic, pesticide-free options may have bacteria ridden dirt on them





Fact:

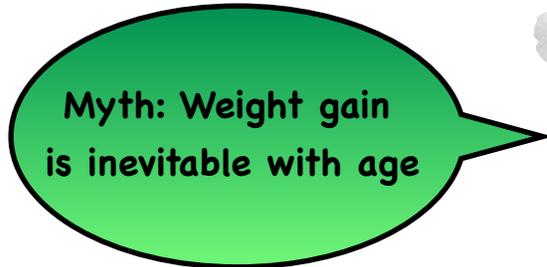
It may seem that weight gain as you get older is inevitable, but it's not. That's not to say you don't need to pay attention, though. You've still got plenty of things working against you that can make weight management more challenging with each passing decade. As you get older, you may tend to move a bit less or exercise less vigorously—all of which adds up to fewer calories burned over the course of the day. If you're exercising less than you used to but still eating the way you did in your 20's, you shouldn't be surprised if you're gaining weight. Then there are changes in body composition that are a natural part of the aging process. You tend to lose muscle as you age, partly because your muscle cells just don't repair themselves the way they used to. When you're younger, the everyday wear and tear of your muscles gets patched up relatively quickly. But over time the process slows down, which means you can lose some muscle mass.



Myth: If I quit smoking I will gain weight

Fact:

Many physiological and psychological changes occur when you quit smoking. You can often mistake a craving for nicotine as hunger. You may also choose to cope with the challenge of quitting tobacco by stress eating. However, these are choices you make, not direct physiologic responses.



Myth: Weight gain is inevitable with age

Tip:

Strength train a few times a week. Strength training is one of the best things you can do to retain and even build muscle.

Keep up with the cardio and you could keep weight gain in check. Any exercise that gets your heart pumping is going to burn calories, so aim for at least 30 minutes of cardiovascular exercise most days of the week.

Fill up on low-calorie, high-volume foods. Vegetables and whole fruits are “nutrient-dense,” which means they offer up a lot of nutrition for a relatively small calorie cost.

Eat protein at each meal or snack. Protein not only helps your body build and repair muscle mass, it also helps control hunger.

Keep a diary. A daily journal can help you to stay motivated. Keep tabs on your weight and write down what you eat, how much exercise you do and how much water you drink every day. That way, you'll be able to track the results and rewards of your efforts.

Tip:

- Before quitting smoking, develop a plan to deal with your cravings. Consider utilizing exercise as a method for coping or making a list of other effective strategies.
- Exercise and quitting tobacco go hand in hand. They both increase lung function and raise stamina, two things that promote weight maintenance

Tips For Spotting Diet Myths

- **First, If it sounds too good to be true, it almost definitely is.**
- **Second, ask yourself, "Who says so?" Is the person making the claim biased? Are they trying to sell a product? Is the information based on just one small study?**
- **There's no secret ingredient to weight loss or maintenance. We've known for a long time that eating right and exercising are what matters.**



With Thanksgiving already behind we have officially started the "holiday food fest" Eat and drink in moderation. Stay physically active. And use this time to think about your goals for 2017!

Tips:

- **Plan Ahead!** This is the number one tip in creating and sustaining any health goal you might have. If you have a week full of holiday parties coming up, plan two weeks in advance to make time for the gym and get in that Monday Mile. If you know you won't be able to pass up the delicious pies, cakes, and boozy cocktails that come with holiday parties, give yourself a limit. Eat a healthy meal before heading to the party and tell yourself you'll only indulge in one of the sweet treats. Hold yourself accountable!
- **Turn "family time" into "fitness time"**. Your grandmother may not be able to keep up with your 8-minute mile, but you can make fitness a family affair! Tell your family you want to take a walk together after the big meal.

Fresh Gingerbread Squares

Serves 12 (serving size: 1 square)

Few things are cozier than a piece of warm gingerbread on a brisk, cold night. Teff flour is a soft, almost-fluffy whole-grain flour with an intense nuttiness that makes it excellent for baking. But the beauty of fresh gingerbread is finding the perfect texture—delicate yet dense—so we add in a bit of hearty whole-wheat flour to give this treat a heftier, more winter-worthy base. The stout beer adds a pleasantly earthy bitterness that perfectly complements the molasses, fresh ginger, and cinnamon; any frothy leftovers will pair nicely with a still-warm baked square. If you don't have any stout on hand, simply use 1/4 cup additional buttermilk instead. We cut sugar by a third, allowing the warm spices and nutty flours to consume the palate. Freshly grated gingerroot makes this cake sing at opera-level status.

Ingredients

4 ounces whole-wheat flour (about 1 cup)
2.38 ounces teff flour (about 1/2 cup)
1 teaspoon ground cinnamon
3/4 teaspoon baking soda
1/8 teaspoon kosher salt
1/2 cup low-fat buttermilk
1/2 cup molasses
1/3 cup canola oil
1/4 cup oatmeal stout beer (such as Samuel Smith)
1/4 cup granulated sugar
2 tablespoons grated peeled fresh ginger
1 large egg
Cooking spray
1 tablespoon powdered sugar

Nutrition Information

calories 178
fat 7.2 g
sattfat 0.7 g
monofat 4.2 g
polyfat 2 g
protein 3 g
carbohydrate 27 g
fiber 2 g
cholesterol 16 mg
iron 1 mg
sodium 130 mg
calcium 56 mg
sugars 15 g
Est. Added Sugars 15 g



How to Make It

1. Preheat oven to 350°F.
2. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Whisk together flours, cinnamon, baking soda, and salt in a large bowl. Whisk together buttermilk, molasses, oil, beer, granulated sugar, ginger, and egg in a medium bowl; add to flour mixture, whisking just until blended.
3. Pour batter into an 8-inch square glass or ceramic baking dish coated with cooking spray. Bake 25 minutes or until a wooden pick inserted in center comes out clean. Cool 45 minutes in pan on a wire rack. Sprinkle gingerbread with powdered sugar; cut into 12 squares.



Cooking Light