

# National Nutrition Month<sup>®</sup> 2011

Eat Right with Color



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## At a Glance...

### On-Campus NNM Activities

NNM Fair: March 28<sup>th</sup>, 4-6 pm at Ikenberry.

Dietitians are available for FREE diet analysis.

NNM Newsletter (Enjoy, you are to read it!)

# It is National Nutrition Month!

By Shannon Butler  
Dietetic Intern

It is too easy to get caught up in our busy lives and sometimes we forget to eat right along the way. However, we have the American Dietetic Association to remind us each March that what we choose to eat is crucial to our health and wellbeing. Beginning as only a week -long event in 1973, National Nutrition Month was extended in 1980 in reaction to the

escalating public interest in nutrition. This year's theme for National Nutrition Month is "Eat right with color." This is a simple and yet powerful message, challenging each of us to add more fruits and vegetables to our often monotonous diets. This message coincides well with the recently published Dietary Guidelines for Americans. The new guidelines emphasize eating more of our calories from whole grains, fruits, vegetables and low fat milk products and reducing amounts of added sugars, solid fats, refined grains and sodium, which when one considers the latter, is reducing those drab, colorless foods in exchange for colorful alternatives. As students of nutrition we like to encourage the public to get their nutrition from whole fruits and vegetables as opposed to vitamin or mineral supplements. The benefit of whole foods is complex, but it is known that the added fiber, nutrients and phytochemicals

within whole foods provides a more complete form of nutrition which can aid in weight maintenance, cancer prevention and cardiovascular protection.

To get the most out of ADA's message, set realistic goals for yourself, such as adding one fruit or vegetable to your diet in place of something else you normally eat, such as a candy bar or bag of chips. Another way to add color to your diet throughout the year is to check out the fresh produce at the Urbana Market at the Square or the Champaign Farmer's Markets, which start in May and run throughout the summer.

You can find recipes and other resources on National Nutrition Month at <http://www.eatright.org/nnm/>



The following are a few take home points from the 2010 Dietary Guidelines:

### *Foods and Food Components to Reduce*

- Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.
- Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
- Consume less than 300 mg per day of dietary cholesterol.
- Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils, and by limiting other solid fats.
- Reduce the intake of calories from solid fats and added sugars.
- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.

### *Foods and Nutrients to Increase*

recommendations as part of a healthy eating pattern while staying within their calorie needs.

- Increase vegetable and fruit intake.
- Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
- Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.<sup>6</sup>
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
- Use oils to replace solid fats where possible.
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

### *Balancing Calories to Manage Weight*

and obesity through improved eating and physical activity behaviors.

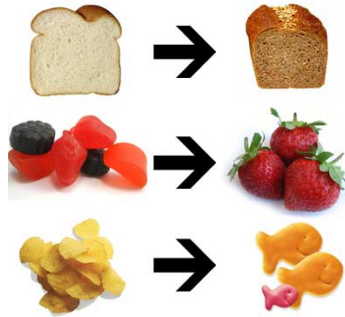
- Control total calorie intake to manage body weight. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages.

## Healthy Eating Pattern

Emphasize the intake of nutrient-dense foods and beverages—vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds.

- Increase physical activity and reduce time spent in sedentary behaviors.
- Maintain appropriate calorie balance during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health. An official copy of the 2010 Dietary Guidelines can be found at <http://www.cnpp.usda.gov/dietaryguidelines.html> or call McKinley at 333-2701 to schedule an appointment with a Registered Dietitian for individualized



## Eating on the Run

By Amy Yahiro  
Nutrition Peer Educator

With all of the classes, work, socializing, meetings, and errands, college students are usually extremely busy. What's the problem with that? A busy schedule can lead to the risk of pushing nutrition lower on the list of priorities. A healthy diet can actually help enhance your day-to-day activities.

It may seem difficult to find time to prepare elaborate nutritious meals with a full schedule. However, it is still possible to eat healthy food on the run. The most important thing is to plan ahead. The planning only takes a few minutes and a quick stop to a grocery store.

Think about your schedule. Are you constantly on the run? Try throwing some snacks in your backpack to eat in between classes. Raw vegetables

are filling. They are high in fiber and other nutrients as well as low in calories. Cereal, rice cakes, roasted soy nuts, dried fruit, and granola bars are other good ideas. Snacking is important to help manage your energy, health, and hunger throughout the day.

If you have a break for an hour or two in between classes, consider investing in a lunchbox and freezer pack. You can pack a lunch the night before with quick and nutritious food choices. For example, try cottage cheese with fruit, fresh vegetables with low-fat dip, low-fat yogurt, or apples and caramel dip. In the middle of a hectic day, a cool healthy snack can be a refreshing break.

Even if the only possibility for a

midday snack is to stop at a vending machine, there are some choices that are healthier than others. Dried fruit, chocolate milk, zoo crackers, and pretzels can act as a quick snack until your next meal.

Sometimes, a busy schedule is inevitable. The good news is: it IS possible to work a healthy diet around your daily tasks.





By Stephanie Hall  
Nutrition Peer Educator

## Is Gluten-free Right for Me?

There have been a lot of claims in recent years about the benefits of a gluten-free diet. From weight loss to counteracting ADD/ADHD to overall restored health, a gluten-free diet supposedly can help with all of them. But how much evidence is there for these claims?

We know that a gluten-free diet is essential for people with celiac disease; there is no question about that. However, the benefits for people without celiac disease have no basis in research. A gluten-free diet contains major restrictions, wheat must be avoided and that eliminates many different foods from your diet. Foods like soup, salad dressing, pasta, croutons, crackers, cookies, cereal, pies, bread, and beer must all be avoided unless specifically labeled

gluten-free. Wheat also shows up in some unexpected places such as food additives like malt flavoring and modified food starch, makeup, and toothpaste. Because this is such a restrictive diet, there are concerns about nutritional deficiencies. B vitamins in particular can be difficult to get enough of when you're not consuming many grain products. There is also a risk of calcium and Vitamin D malabsorption as well as iron deficiency.

The reason gluten-free diets claim to increase energy and leave you feeling better overall? You're eliminating a lot of simple carbohydrates found in

cakes, crackers, etc. Simple carbohydrates cause your blood sugar to spike and then because your body processes them so quickly, your blood sugar drops again shortly afterwards which can cause you to feel tired. But along with the simple carbohydrates you're also eliminating things like whole-wheat bread and pasta.

Bottom Line: Leave the gluten-free diet to those who really need it, people with celiac disease. If you want more energy replace some simple carbohydrates with more complex ones. A healthier diet does not start with throwing away your whole-wheat bread.

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### Sources:

[www.mayoclinic.com](http://www.mayoclinic.com)

<http://www.diet.com/g/glutenfree-diet>

<http://www.latimes.com/features/health/la-he-gluten7-2008jul07,0,6367449.story>

# Stay Healthy While Eating Out

By Karina Díaz  
Nutrition Graduate Assistant



Eating out, or taking eating shortcuts -by skipping the time-consuming part of preparation and cooking- to just sit and

enjoy the feast, is a practice of choice for more and more people nowadays, not only during special occasions, but also on a daily basis. Unfortunately, the most affordable and convenient options could also be the less healthy ones, no wonder why *eating out less and cooking more at home* is one of the recommendations in the latest version of the Dietary Guidelines for Americans.

Whichever the reason that drives you to take the eating shortcut -being in the middle of a hectic day, or celebrating a special occasion- it is always possible to remain healthy by making smart choices and keep an eye in some details:

Be sure you have a nutrient-dense meal. Fruits, vegetables, and whole grains are full of vitamins, minerals, and fiber that help your body ticking at its very best. Thus, choose that colorful salad from the menu as appetizer, just order the dressing on the side and use it at minimum; order the vegetable side instead of the fries or mashed potatoes; and go for the whole-grain bread, pasta, and brown rice whenever possible.

Stay away from energy-dense dishes. Fried and other fat-covered food, such as those prepared with creamy sauces and abundant cheese are rather popular mainly because they usually are tasty and satisfying. Nonetheless, they are also packed with an enormous amount of calories, which are not joined by an equivalent amount of our fave nutrients -vitamins, minerals, and fiber. The best move then is to select food that have been boiled, steamed, poached, sautéed, grilled or broiled, or stir-fried. Also prefer lean meats and dairy, such as fish, seafood, chicken breast, pork loin, round beef, mozzarella or cottage cheese.

Be discrete with the amount of food you eat. A couple of portions of the groups of grains and protein, and a portion of each vegetables, fruits, and dairy groups, can help you to stay in line with healthy eating rules. Watch out for the serving size! It is easy to fall in the temptation of going for the big or jumbo size, especially when it is a matter of value per cost. With all, you can still take advantage of the so-called deals and stay healthy at the same time. How? Split your meal and share it with a friend or a loved one, that way the profits will be in both, your health and in your pocket!

Prove your cleverness. Before decide where to eat do a quick research. Today, most of the restaurant chains post their menus and nutrition information of the items in the web, so you can go and find out if they offer what you need. It takes few minutes to tell whether the place you are planning to go will really meet your expectations in terms of healthy options or not.

Do not make it the rule. Although dining out is convenient, usually a pleasant experience, and sometimes part of a healthy social life, you have to be careful and refrain your self from make it frequent in your daily routine. Because, at the end, most of the times it is difficult to tell whether the food you order really fulfill the parameters of healthy eating. Therefore, the quality

#### Sources:

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthier-Preparation-Methods-for-Cooking\\_UCM\\_301484\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthier-Preparation-Methods-for-Cooking_UCM_301484_Article.jsp)

control of your diet is better achieved when you participate in the whole process, from shopping to eat.

# The HCG Diet

## How Does It Measure Up?

By Amy Readle  
Nutrition Peer Educator



As with many fad diets, the name “hCG diet” does not say it all, so let’s dive a little deeper. For starters, hCG stands for human chorionic gonadotropin, a hormone typically produced in during pregnancy. According to the American Pregnancy Association, hCG is produced from the placenta and its job is to nourish the fertilized egg using nutrients from the mother’s body. Aside from being used to treat fertility issues, administration of this hormone had never before been common.

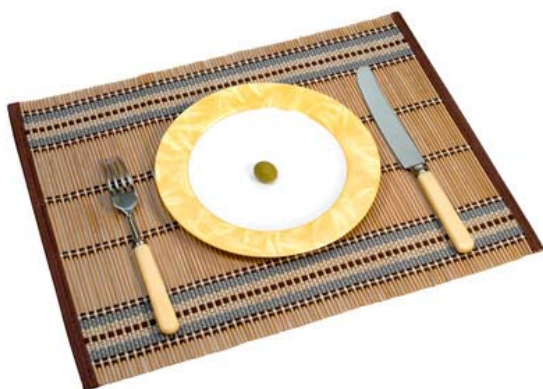
The HCG diet has been marketed as a new strategy for extreme weight loss. The diet requires two components: daily injections or supplements of the hCG hormone and a severely restricted caloric intake. Those following the HCG diet are instructed to eat no more than 500 to 800 calories a day, compared to the recommended 1600 to 2000

calories a day. Creating up to a 1500 calorie deficit each day, it’s no wonder that people are losing weight.

However, this extreme calorie reduction can also have serious health consequences, including malnourishment. The HCG diet itself has been linked to fatigue, headaches, irritability, and male breast enlargement.

According to Jennifer Nelson, an RD from the Mayo Clinic, there are currently no high-quality studies that have proven the success of the hCG hormone and its ability to aid in weight loss. Furthermore, Nelson shares that the safety of the HCG diet is uncertain and that the hormone has not been approved by the FDA as treatment for obesity or weight control. Nelson and many other professionals credit the success of the HCG diet to the calorie restriction only and warns that weight loss may be temporary.

Remember: the real key to successful weight loss and maintenance comes from healthy eating and exercise habits. The success may be slow, but it will be much more permanent.



#### Sources:

<http://www.americanpregnancy.org/duringpregnancy/hcglevels.html>

<http://www.mayoclinic.com/health/hcg-diet/AN02091>



## Nutrition Facts

Serving size 28 g	
Servings per container 2	
Amount per serving	
<b>Calories 120</b>	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5 g	5%
Saturated fat 1 g	5%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 140 mg	6%
<b>Total Carbohydrate</b> 22 g	7%
Dietary fiber 1 mg	3%
Sugars 7 g	
Protein 2 g	
Vitamin A 0%	Calcium 10%
Vitamin C 0%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs

# How to Read a Nutrition Facts Label

By Maegan Walrath

Nutrition Peer Educator

As the weather gets warmer and Spring break gets closer, many students are trying to lose the extra weight they have put on during the cold winter months. Understanding how to read and interpret the information given on a nutrition facts label is a good skill to have when trying to watch what you are eating. First, start off by looking at the serving size. Serving sizes are listed in standard measurements such as cups or pieces and similar foods usually have similar serving sizes, which makes it easy to compare. Look for the amount for one serving and the number of servings in the package. It is important to compare the amount you actually consume with the serving size because if the serving size is a half cup and you eat one cup, you are actually consuming twice as many calories and other nutrients listed on the label. Next, you should look at how many calories are in a single serving and the amount of calories that are coming from fat. If you are trying to watch your weight it is a good idea to cut back on both calories and calories from fat. Using the Percent Daily Values as a guide can be very helpful when determining how a food item fits

into your daily meal plan. Daily Values (DV) are average levels of nutrients for a person consuming 2,000 calories a day. For example, a food item with 10 percent DV of carbohydrates provides 10 percent of the total carbohydrates that a person consuming 2,000 calories a day should eat. Keep in mind that you may need to consume more or less than 2,000 calories a day. 5 percent or less is considered low for daily values. You want to aim for low daily values of total fat, saturated fat, cholesterol, and sodium. 20 percent or more is considered high for daily values. You want to aim for high daily values of vitamins, minerals, and fiber. Finally, foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight, so the largest amounts are listed first. This can be helpful for people with food allergies, those who prefer to avoid or limit certain ingredients and those who prefer a vegetarian lifestyle. For more information, visit the American Dietetic Association website at [eatright.org](http://eatright.org).

# Make them Whole

Refined. Dietary fiber. Quinoa. There are a lot of buzzwords regarding carbohydrates floating around, and it can be extremely difficult to keep up with the constant stream of new information bombarding us daily from the media. With the release of the most recent Dietary Guidelines for Americans, one thing has been very clear: Americans need to consume more whole grains. Whole grains include the entire grain seed, or kernel, which is composed of the bran, germ, and endosperm. Refined grains have had the bran and germ removed, which also strips dietary fiber, iron, and many B vitamins from the food. The Dietary Guidelines recommend that half of a person's total grain intake come from whole grains, although currently less than 5% of Americans follow this

advice. So why does all this hype exist around whole grains? There is moderate evidence that shows that whole grain intake may reduce the risk of cardiovascular disease, which is a major, but preventable, cause of death in this country. Consuming whole grains is also associated with a lower body weight. The question is: how can we bulk up our consumption and reap the benefits of this magical stuff? While perusing the options in the grocery store, look for "made with whole grains" or "100% whole-grain" on the label. If you are not sure whether a food contains whole grains, check the ingredients label yourself! These ingredients indicate that the food is a source of whole grains: brown rice, buckwheat, bulgur, millet, oatmeal, popcorn, quinoa, rolled oats, wild rice, or any grain with "whole-grain" listed before its name. Unusual grains like bulgur, millet, and quinoa are great alternates to rice in most recipes, and whole-grain pasta is an easy substitution in many dishes. Now you've got the "whole" picture!

By Emilie Matthaei  
Dietetic Intern



## In-Campus Nutrition Services

### McKinley Health Center

#### Individual Nutrition Counseling

- Call **333-2714** to make an appointment.

#### Nutrition Walk-in Services:

- Thursdays 1-2 pm.

### SportWell Center

(at the basement of the Illini Union)

#### Individual Nutrition Counseling

- Call **244-0261** to make an appointment.

#### Wellness Zone Check-ups:

- Check your body composition and blood pressure, as well as get nutrition questions answered.
- 1st and 3rd Wednesdays at the ARC from 5-7 pm.  
Remaining dates: March 13, March 30, April 13, April 27, May 11.

#### Living Lean Group Classes:

- Thursdays 4-5 pm.

#### Ask the Nutrition Expert...

- Contact Robin Allen, R.D., for any questions regarding healthy eating, food allergies, special diets, or other nutrition topics. Go to: <http://www.housing.illinois.edu/Current/Dining/Nutrition%20Information/Ask%20the%20Nutrition%20Expert.aspx>