



AHW Weeks 7 & 8

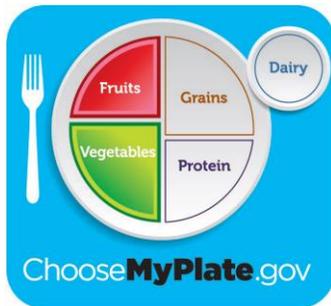
My Plate - Fiber & Hydration

Fiber: What's the Big Deal?

Fiber is a very important type of carbohydrate that is found in all plant foods. Whole grains, fruits, vegetables, legumes, nuts and seeds are all great sources of fiber. Whole grains are whole because they have not been processed to remove the germ and bran. Processed grains have had these two components removed and are therefore lacking nutrients like protein, fiber, vitamins, minerals, and omega-3 fatty acids.

There are many benefits to consuming a diet high in fiber. For example, fiber slows the rate of digestion and keeps us feeling full longer, which allows us to eat less. It also protects us from heart disease by reducing "bad" LDL cholesterol and keeps our digestive systems regular. The average American intake of fiber is 15 g/day, while the recommended amount is 38 g/day (for men) and 25 g/day (for women). For optimal health, include fiber with all of your meals.

Bean Dip: Make a high-fiber bean dip by combining 1 can low-fat refried beans and 1/4 cup of your favorite salsa in a blender. Blend until smooth and garnish as desired. Serve with baked tortilla chips.



Use MyPlate to Plan Balanced, Fiber-Rich Meals

A sure way to increase the fiber in your diet is to follow the guidelines that accompany the USDA's MyPlate icon. Along with depicting a serving of dairy on the side to remind us dairy foods are a great source of important vitamins and minerals such as calcium and vitamin D, MyPlate also serves as a visual reminder to fill half of our plates with fruits and vegetables. The other two quarters are filled with a lean protein and a grain. Overall, half of your grain choices should be whole grains. The grains, fruit, and vegetable portions can all contribute to your daily fiber needs.

Not every meal needs to look exactly like MyPlate. For example, you don't need to eat half a plate of vegetables for breakfast. You can add nutrients and fiber to any meal, though, if you include foods like whole grain bread or high-fiber cereal and fruit.

Tip: Choose 100% whole wheat breads that contain at least 2 grams of fiber per serving.

Baking with Fiber

Get creative with your favorite recipes! Next time you bake quick bread or muffins, try these easy modifications:

- Replace half the flour with whole wheat flour or whole wheat pastry flour.
- Sprinkle wheat germ or flax seed on top of the batter.
- Add 1/2 cup grated carrots or zucchini.
- Add extra blueberries, cranberries, or raisins.
- Replace 1/2 the oil with unsweetened applesauce or baby food prunes.



Think Your Drink

When it comes to nutrition, not all drinks are created equal. When trying to follow a healthy lifestyle, many of us think carefully about what we eat, but not what we drink. This can be a mistake. The average American consumes a fifth of their daily calories from beverages. Choosing the right drinks can help us achieve a healthier lifestyle. Some common beverages can help curb our appetites, provide essential vitamins and minerals, and lower our total calorie count. However, we should be aware of other common beverages that are loaded with extra calories and added sugar. The calories and sugar content are always listed right on the Nutrition Facts Label. It is important to look at the serving size too. Many bottled drinks are actually more than one serving.

Sugar Sweetened Beverages

What is a sugar-sweetened beverage? Examples of sugar-sweetened beverages are soda, sports drinks, energy drinks, fruit drinks or cocktails, and sweetened teas. These drinks contain sugar or other sweeteners that can add just as many calories as sugar. Sweeteners go by many different names and are not always obvious to someone looking at the ingredient list.

Sugar-Sweetened Beverages
If any of these ingredients are listed in your beverage, you are drinking a sugar-sweetened beverage:

- *High fructose corn syrup*
- *Fructose*
- *Fruit juice concentrate*
- *Honey*
- *Sugar*
- *Syrup*
- *Corn syrup*
- *Sucrose*
- *Dextrose*

Water

Replacing sugar-sweetened beverages with water can cut hundreds of calories per day! Also, drinking water before meals encourages your stomach to feel full more quickly, so you don't have to eat as much. Adults should drink at least 8 (8ounce) glasses of water per day to stay adequately hydrated. Keeping hydrated also helps the body flush out waste and toxins, especially with increased exercise.

Functions of Water:

1. Moistens tissues such as those in the mouth, eyes, and nose
2. Protects body organs and tissues
3. Helps prevent constipation
4. Helps dissolve minerals and other nutrients to make them accessible to the body
5. Regulates body temperature
6. Lubricates joints
7. Lessens the burden on the kidneys and liver by flushing out waste products
8. Carries nutrients and oxygen to cells

Milk

Milk is a rich source of the vitamins and minerals: calcium, protein, vitamin D, vitamin A, vitamin B12, phosphorus, riboflavin, potassium, and niacin. Milk's nutrients, especially calcium, are necessary for developing strong bones and teeth. Each 8-ounce serving of milk, white or flavored, provides 300 mg of calcium. To get the nutritious benefits of calcium without getting extra fat, choose fat-free milk. The dairy group also includes soy milks for those who are lactose intolerant or prefer not to drink milk.

Alcohol

Many drinks containing alcohol can be a major source of empty calories. A shot of hard liquor has fewer calories than wine or wine coolers, but once mixed with soda, fruit drinks, or cream, the calories in an alcoholic beverage can really add up. When drinking beer, going with a light beer can lower the calories you consume. A 12 ounce serving of light beer has around 100 calories, while a 12 ounce serving of regular beer has around 150.

To Learn More:
Hydration



http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Staying-Hydrated---Staying-Healthy_UCM_441180_Article.jsp#.WI-LeX8tHOU

<https://familydoctor.org/athletes-the-importance-of-good-hydration/>

<https://www.acefitness.org/acefit/fitness-fact-article/173/healthy-hydration/>

Fiber

<http://extension.colostate.edu/topic-areas/nutrition-food-safety-health/dietary-fiber-9-333/>

<http://www.webmd.com/diet/compare-dietary-fibers>

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>

https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rtp_practitioner_10_07.pdf

2017 A Healthier Weigh

Putting It into Action

Weeks 7 and 8

Choose one of the following activities to apply what you learned about your health and your healthy goal setting. Write a short paragraph (3 to 5 sentences) to describe what you did and learned from the activity selected. Report your Putting It Into Action results by email, fax or hard copy to your county Extension Office. Each team member who completes this by the deadline (March 6th) will earn 25 bonus points for the team.

Option 1: Hydration - Using one or more of the website links from “To Learn More” above, tell briefly about any new information, how it affects your health/weight, and how you plan to apply it in your lifestyle.

Option 2: Fiber - Using one or more of the website links from “To Learn More” above, tell briefly about any new information, how it affects your health/weight, and how you plan to apply it in your lifestyle.