






# WISEWOMAN UPDATE

April 2004

## SIM Lifestyle Counseling Contact Form

Please make sure to answer EVERY question on the Screening and Intervention Management Lifestyle Counseling Contact Form.

1. **Is client making progress toward nutrition goal?**  Yes  No  N/A   
Describe progress made (include barriers, if any, and solutions discussed)
2. **Is client making progress toward physical activity goal?**  Yes  No  N/A   
Describe progress made (include barriers, if any, and solutions discussed)
3. **Is client making progress toward smoking cessation goal(s)?**  Yes  No  N/A   
Describe progress made (include barriers, if any, and solutions discussed)

If any question is left unanswered, we will contact your agency to obtain the information. Thank you for your attention to this matter.

## WISEWOMAN Program Meeting

RSVP forms for the May 19 WISEWOMAN Program Meeting at the Grand Traverse Resort and Spa will be sent to your agency in the beginning of April.

We are hoping that many staff from your agency will be able attend as this meeting will provide an opportunity for all WISEWOMAN agencies to share with and learn from one another.

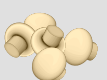
## May is American Stroke Month

With Stroke...Time Lost is Brain Lost. Learn to recognize a stroke and act quickly.

Your 2004 American Stroke Month Community Education Kit is available online with quick-and-easy tools and tips to help your co-workers, customers, or patients reduce the devastating impact of stroke on their families and community.

Just logon to <http://local.americanheart.org>, enter your ZIP code, and click on the link under "May is American Stroke Month".

A limited number of hard copy kits are available by mail on a first-come basis to people unable to download the online version. Call 1-800-968-1793 or email your name and address to [carolyn.swerdlow@heart.org](mailto:carolyn.swerdlow@heart.org).



# Portion Distortion

Portions have ballooned ten-fold in the past 30 years, both inside and outside the home, with the greatest increase in calorie-packed fast food. These bigger portions mean extra calories per serving. Portion distortion is everywhere. Serving sizes in restaurants are twice as large as typical servings 20 years ago. Restaurants use larger plates, cars have larger cup holders, and fast food restaurants package drinks and french fries in bigger containers. American portions are up to a third bigger than in other countries.

Bigger portions lead to bigger waistlines for several reasons:

1. We are dining out more than ever and restaurant meals are huge.
2. We are eating more fast food.
3. We duplicate those supersized restaurant meals at home.
4. We underestimate how much we are eating by up to 700 calories a day.
5. Food is everywhere, and we eat when food is in front of us.

You don't have to eat less to downsize those portions, just eat better. Help yourself to vegetables, broth-based soups, fruits, whole grains, soymilk, and other real foods high in water and fiber, and you will fill up before you fill out.

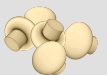
A few portion survival skills also come in handy:

- At restaurants, split an entrée, request half orders, bag half the food for tomorrow's lunch, or get used to leaving food on your plate.
- At fast food restaurants, order grilled chicken breast sandwiches with no mayonnaise or split a burger and bring baby carrots from home to accompany the meal.
- At home, measure and weigh your food for a week to hone your portion awareness skills and/or eat meals on salad plates to adjust to smaller platefuls of food.
- To stay honest about how much you are eating, keep a food journal then add at least a third more calories to the daily total.

## Tips for Healthy Lunches

To borrow an old real estate phrase, there are three keys to a healthful lunch: Planning, planning, and planning.

1. Plan lunches around an assortment of whole grains, fruits, and vegetables.
2. Plan the week's lunches in advance to make shopping easier. Make a list and stick to it! Don't shop on an empty stomach when the temptation will sometimes override good intentions.
3. Plan for the next day's lunch the night before. Time is tight in the morning and rushing through lunch preparation often means compromising on nutrition and skipping prep time altogether in favor of vending machines and drive-thru windows. Wash and cut vegetables as soon as you get home from the store so it is not a chore when you are ready to prepare your lunches.



# Healthy Snacking

Many snacks, including many types of cookies, crackers, and chips are high in saturated fat, trans fat, cholesterol, sodium, and calories. But that doesn't mean you have to cut out all between-meal treats. Keep the foods listed below on hand for snack attacks. But keep in mind that while these snacks may be low in fat, many are not low in calories. So watch what you eat, especially if you are trying to control your weight.

Here are some healthier, lowfat, between-meal snacks:

- 100 percent fruit juice.
- Nonfat or reduced fat milk.
- Nonfat frozen yogurt, sherbet, and sorbet.
- Lowfat cookies such as animal crackers, graham crackers, ginger snaps, and fig bars.
- Lowfat crackers such as melba toast, or rice, rye, and soda crackers. Look for unsalted or low-sodium types.
- Homemade cookies, cake, muffins, or pudding made with less saturated fat, trans fat, cholesterol, and salt.
- Hard candy, jelly beans, candy corn, and gumdrops.
- Fresh or dried fruit, or fruits canned in their own juice.
- Vegetable sticks. Try a dab of reduced-fat peanut butter on celery sticks.
- Air-popped popcorn with no salt or butter.
- Fat-free, low-sodium pretzels.

## Time to Spare

Healthy eating doesn't have to take a lot of time. Try to minimize your preparation time by following some of these tips:

- Plan your meals in advance and shop only once a week.
- When you cook, prepare double batches. Freeze the extras, pack some for lunch, or save them for another meal later in the week.
- Do dishes only once. So what if they pile up a little? Better yet, assign dish duty to someone else!
- Take your lunch so you won't need to take time out of the middle of the day to get one. Use the extra time to fit in a 10- or 15-minute walk.
- Exchange ideas with friends. Get some fast and simple recipes.
- Look for the heart-check mark throughout your grocery store to quickly and reliably identify foods certified by the American Heart Association as low in saturated fat and cholesterol.

