



WISEWOMAN UPDATE

September 2007

WISEWOMAN Program Meeting

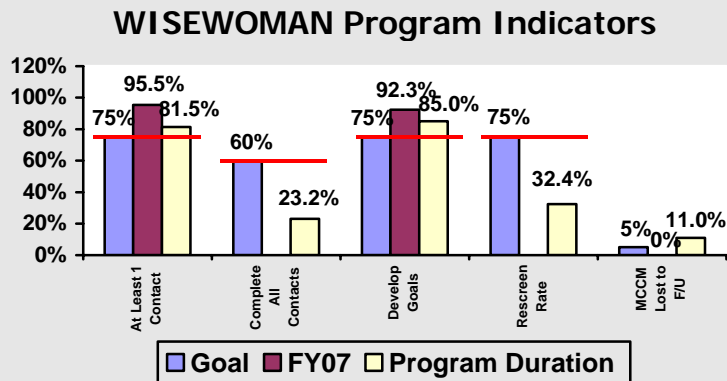
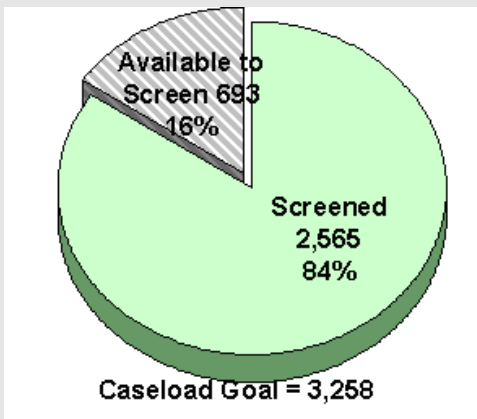
- WHAT:** WISEWOMAN Program Meeting
WHEN: Tuesday, October 30, 2007
WHERE: Washington Square Building - 109 Michigan Avenue, downtown Lansing
TIME: 8:30 am – 4:00 pm (Lunch generously provided by the American Heart Association)
WHO: All local WISEWOMAN Program staff members are invited to attend

Please join us on October 30, 2007 as it promises to be a great day with a lot of exciting discussion. The morning session will include an update from the Michigan Department of Community Health and a panel discussion of WISEWOMAN partners. The afternoon session will consist of a lively discussion around creative partnerships.

For more information and to register for the meeting, please visit <http://www.michigancancer.org/bcccp/wiseWomanProgram/index.cfm> and look under the "News and Events" section on the right hand side of the web page. There you will find a link to the meeting agenda as well as the online registration form.

If you have any questions, please contact Robin Roberts at 517-335-1178 or robertsrobi@michigan.gov.

Stats At-A-Glance





New Physical Activity Recommendations



Recently, the American Heart Association and the American College of Sports Medicine announced new recommendations for the amount of physical activity most adults should be getting every day.

Here's what you need to know about the new physical activity recommendations:

- **Five days or three days – take your pick.** You should be getting at least 30 minutes of moderately intense activity for five days a week, or 20 minutes of vigorously intense activity at least three days of the week.
- **You can still break up your activity into smaller amounts.** But remember it has to be at least for 10 minutes (No, 2 minutes of taking out the trash doesn't count!). So walk for 10 minutes, shovel for 12, and ride your bike for 10 and you've reached your goal!
- **You don't have to stop at 30 minutes!** Doing more than the minimum is going to provide even more health benefits.
- **There is a difference between aerobic exercise and resistance training.** Even though mixing in some muscle strengthening exercises as part of your routine is part of this new recommendation, remember that this doesn't count as your daily physical activity.

Are You a Vigorous or a Moderate?

Sometimes it can be hard to know if what you are doing is considered vigorous or moderate activity. Here's the scoop:

- **Vigorous activity** is when you feel challenged by the activity, and when your breathing is hard enough so that conversation becomes difficult and broken. Just think of jogging, swimming continuous laps, or riding a bike uphill, which causes rapid breathing and a faster heart rate.
- **Moderate activity** is a little bit less than vigorous, where you can speak but you feel you are exerting yourself and making an effort. Just think of activities like walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain.





Innovations in Home Cooking

Here are some easy ways to add more vegetables, fruits, and whole grains to your day while watching your refined carbohydrates, sugar, and fat intake.

Fruits and Vegetables

- Add fresh or dried fruits like chopped apples, raisins, prunes, kiwi, or orange sections to green leafy salads.
- Add chopped carrots, broccoli, or a mix of your favorite vegetables to soups, salads, meat loaf, and casseroles.
- Make stir-fries with lots of vegetables mixed in.

Beans and Peas

- Add your favorite canned beans to soups, stews, and salads.
- Season beans with onion, garlic, and herbs for added flavor.
- Try different bean dishes: split pea soup, vegetarian chili with kidney beans or white bean chili, black beans over rice, bean tostados and tacos, black-eyed peas with garlic and red pepper, or three bean salad made with green beans, chickpeas, and kidney beans.

Grains

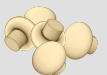
- Substitute whole-wheat flour for up to half (or more) of the white flour called for in a recipe.
- Add $\frac{1}{4}$ cup bran or quick-cooking oatmeal to your meat loaf or casserole.
- Make muffins using oatmeal, bran, or whole-wheat flour.
- Try whole wheat pasta for a healthy fiber boost.
- Use whole cornmeal when making cornbread.

Milk, Cheese, and Yogurt

- Use evaporated skim milk instead of whole milk or cream in baked goods, sauces, and soups.
- Use reduced-fat yogurt to replace all or part of the sour cream or mayonnaise in a recipe. Replace part of ricotta cheese with low-fat cottage cheese. Use a puree of cooked potatoes, onion, and celery as a creamy base for soups instead of dairy cream or half-and-half.
- Sharp cheese gives extra flavor so that less fat can be used.
- Select yogurt or milk products without added sugar or flavorings. Mix in fresh fruit for a flavor boost.

Meats, Poultry, and Fish

- Let vegetables, beans, rice, and pasta be the stars of your main dishes – use meats as the side dish.
- Choose lean meats – look for the words “loin” or “round” in the name.
- Choose canned fish packed in water instead of oil.





Fruits and Vegetables: Do You Get Enough?

The American Cancer Society recommends eating 5 or more servings of fruits and vegetables each day to help prevent cancer. These foods contain important vitamins, minerals, phytochemicals, and antioxidants and are usually low in calories. In general, those with the most color – green, red, yellow, and orange – have the most nutrients.

Eating at least 5 servings of vegetables and fruits each day may not be that hard to do when you look at how small one serving really is:

- ½ cup of fruit
- 1 medium piece of fruit
- ¼ cup of dried fruit
- ¾ cup (6 ounces) of 100% fruit or vegetable juice
- 1 cup of leafy vegetables
- ½ cup of cooked or raw vegetables

Trying to visualize the serving sizes? This may help:

- 1 medium apple or orange: the size of a tennis ball
- 1 cup vegetables or fruit: the size of a baseball
- 1 medium potato: the size of a computer mouse
- 1 cup of lettuce: 4 leaves

Snack Your Way to 5 A Day

Try the snack suggestions below to help reach your daily fruit and vegetable goal:

- Keep dried fruits and vegetable juice boxes in your desk drawer and glove compartment.
- Keep a bowl of fresh veggies and fruits on your kitchen counter.
- Short on time? Look for prewashed, precut vegetables such as baby carrots and broccoli florets at the grocery store. Dip them in nonfat ranch dressing for extra zip.

Walnuts are the Way to Go



Walnuts are considered a “super food” due to the number of health benefits they offer. Walnuts are the only nut that contains a significant amount of omega-3 fatty acids, which are essential in maintaining healthy arteries, reducing cholesterol, and improving brain function.

Walnuts are a delicious way to add extra nutrition, flavor, and crunch to any meal. Stir them in yogurt, add them to sautéed vegetables, or mix them into healthy baked goods. For a quick and healthy snack, cut an apple into thin slices and top each slice with a small piece of reduced-fat cheese and a walnut half.

