



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



February 2010

Inside this Issue...

What's Local: Apples

Motivational Interviewing Corner:
Eliciting Self-Motivating
Statements

The Pinch of Salt

Meet Lifestyle Counselor:
Kelsey Carriere

6 Tools to Help You Manage
Stress

Soyfoods Benefit Breast Cancer
Survivors

Soyfood Recipe: Applesauce
Cake

What's Local: Apples

Apples are the largest fruit crop grown in Michigan and the only Michigan-grown fruit still on the grocery shelves. Find your favorite apple and give this recipe a try. *Vegetarians can nix the turkey and still have themselves a great sandwich.*

Grilled Cheddar & Turkey Panini

- 2 Michigan apples (thinly sliced)
- 8 slices hearty, whole wheat bread
- 2 Tablespoons honey mustard
- 8 slices (approx. 8 oz.) 2% sharp cheddar cheese
- 8 thin slices deli roasted turkey



Preparation:

Lightly coat your grilling surface with vegetable cooking spray. Layer apple slices, cheese and turkey over 4 slices of bread. Grill each sandwich for approx. 3 to 5 minutes or until bread is golden brown and cheese has melted. Remove from pan and cut in half.

Makes 4 servings

Nutrition Facts (with turkey): 524 calories, 18g fat, 58g carbohydrates, 31g protein, 1831mg sodium, 65mg cholesterol, 8g fiber

(Without turkey) 465 calories, 17g fat, 55g carbohydrates, 31g protein, 1831mg sodium, 65mg cholesterol, 8g fiber

Source: Michigan Apple Committee <http://www.michiganapples.com/>



Motivational Interviewing Corner: Eliciting Self-Motivating Statements

Many of the women that we work with in WISEWOMAN don't have a long history of successes. During your visits with the participants (phone, face-to-face or groups), take every opportunity to encourage them to phrase things in a positive way and to highlight successes. Asking "*what would be the best outcome*" from a particular course of action encourages the participant to see possibilities and imagine success.

Rather than accept the passive "*if only I could do . . .*", encourage participants to rephrase it as "*I'm excited to . . .*" Make sure you summarize or paraphrase her positive statement so that she hears it more than once. If the participant responds with resistance – "*Well, I wouldn't go as far as to say excited*" use this as an opportunity to further clarify where she is in regards to making a behavior change – "*So what word would you use instead of excited?*"

The Pinch of Salt

~ Barb Sheren

District Health Department #10

For years, health experts have been telling us to lower the salt in our diets. You may think the advice doesn't apply to you because you don't have high blood pressure. Or that all you need to do to eat less salt is to put away the saltshaker. Well read on.

Salt contains sodium, and high sodium intake causes the body to retain water. This puts an extra burden on the heart and blood vessels and can increase your risk of developing high blood pressure – a major factor for heart disease and stroke. Lawrence Appel, M.D., M.P.H., professor of medicine at Johns Hopkins University in Baltimore, MD estimates 9 of ten Americans will develop hypertension in their lifetime.¹



The American Heart Association suggests 2300 mg of sodium daily. The average American consumes a range between 2,900 – 4300 mg. If you already have high blood pressure, are middle aged or African American, the goal should be 1500 mg.

The saltshaker is not the main culprit for sodium in our diet. It is just the most available. Looking for other sources of sodium leads us

to the next largest source - processed foods. One third of the salt in our diet is in baked goods. A rule of thumb for breads is 200mg per serving. Four hundred mg of sodium is a red flag. Fluid milk and yogurt have about 125 mg per 8 oz serving. But when milk is made into cheese, the sodium usually triples.

Convenience foods are often high sodium content unless they are labeled as such. Fortunately the Nutrition Facts labels, required on all processed food, has very useful information that can guide you to making Heart Healthy food choices. For instance, there can be a difference of hundreds of milligrams of sodium in different varieties of canned spaghetti sauce.

Other tips:

- Increase fruits and vegetables in your diet and season with various spices and herbs instead of salt. Nutmeg with carrots, oregano and thyme on potatoes, and dill on green beans. Be sure to check the sodium levels on herbal blends.
- Frozen fruit and vegetables are convenient to have on hand and contain very little sodium, as long as they are plain and not in a sauce.
- Preservatives in foods also adds sodium, so dry mixes like hot chocolate can still take a bite out of your sodium budget. If you're on a lower sodium diet, even the low-salt version of your favorite item can still add a lot of sodium to your daily diet.
- When checking the Nutrition Facts label, look for the potassium content of the food. This mineral helps to regulate your blood pressure.

¹ Heart Insight: May 2008 Volume 2-Issue 2 – Norra Mac Ready

Meet Lifestyle Counselor: Kelsey Carriere

Agency:

Catherine's Health Center

WISEWOMAN Affiliation:

I have been working with Catherine's as a lifestyle counselor for about 7 months.

Professional Experience:

Prior to moving to Grand Rapids, I was the site supervisor at a before and after school program in the Upper Peninsula.

Favorite WISEWOMAN Success Story:

There are numerous individual women with positive WISEWOMAN stories, but I most appreciate the composite WISEWOMAN story—anytime I see a woman follow through with MSU extension or the MI Quitline or lose 5 pounds—these are little victories that can add up to make a significant difference in someone's life.

Lifestyle Counseling Tip:

I have found that it helps to be honest and upfront about the objectives of the WISEWOMAN program right away. Then, the biggest tactic for me is listening and allowing women to speak freely. After listening to a woman and trying to discern where she's at with smoking, her diet, and her physical activity level, it's much easier to make sure that the goals she sets are realistic and attainable.

Special Skills:

As a pre-med student, I have an educational foundation and personal interests that emphasize the importance of smoking cessation, proper nutrition, and exercise. I was also an English Writing major in college which has aided in developing the interpersonal communication skills that help with life-style counseling.

More about Kelsey:

I grew up in western Minnesota as the oldest in a family of six kids. In 2008, I graduated from Northern Michigan University as a pre-med student and am currently on a year long deferment from medical school.



6 Tools to Help You Manage Stress

Stress doesn't have to sideline you from life or send you straight to the ice cream tub. Here are some tricks to avoid letting your worries burden - or bury - you.

1. Identify the source of your stress. Some sources of stress are easy to point the finger at, but are they really what's bothering you? Lashing out at your kids, for example, may be a reaction not to what your kids just did but to an extra assignment piled on at work. The first step to managing stress: pinpointing the true culprit.

2. Focus on the moment. Being mindful - really paying attention to the present, not the past or the future - can help you manage stress. Spend some time every day noticing the things most people tend to ignore - like breathing, bodily sensations, and emotions.

- Lie down.
- Close your eyes and notice your posture. Keep your mind on your body - nothing else.
- Focus on the natural flow of your breath as air fills your lungs and leaves your lungs, fills your lungs and leaves your lungs.
- Notice your toes - any tension, tingling, or temperature changes?
- Think about your feet, heels, and ankles, and then your knees, thighs, and pelvis. Don't rush. Take your time.
- Continue working your way up your body, finishing with your throat, jaw, tongue, face, and brow.

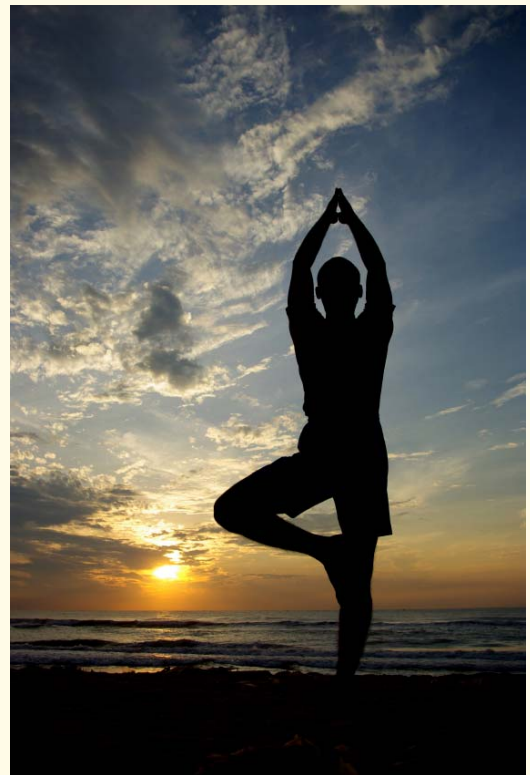
3. Look after your health. Stress is much more manageable when the other aspects of your life - from general health to sleep patterns to eating habits - are in good order. When you don't get enough sleep, for instance, your body produces more stress hormones, making you more vulnerable to the damaging effects of stress. Evaluate what areas in your life need attention, and work on fixes.

4. Get active. Walk for 30 minutes, stretch, do yoga - just get up and move! Exercise is one of life's greatest stress relievers. Try it.

5. Do the opposite. Every emotion has an "urge to act" that goes with it. When we feel afraid or anxious, we avoid things; when we're depressed or sad, we withdraw; when we're angry, we're tempted to lash out or yell. Unfortunately, each of these behaviors actually makes things worse. But if you can do the opposite action, you may make things better. Worried about something? Tackle it instead of ignoring it. Angry at someone? Don't lash out, be empathetic. Depressed? Go out rather than shutting yourself in.

6. Focus on your muscles. By tensing and relaxing your muscles, you can help relieve some of the physical stress that's stored in your body.

<http://www.realage.com/the-you-docs/you-staying-young/stress-management>



Soyfoods Benefit Breast Cancer Survivors

New research shows better outcomes for breast cancer survivors that regularly eat soy. This study, recently published in the *Journal of the American Medical Association*, demonstrates that soyfoods are not only safe, but also beneficial to breast cancer survivors.¹ With this new information, health care providers, who in the past may have been hesitant to recommend soy due to mild estrogen-like effects seen in some lab studies, can feel comfortable recommending soyfoods to breast cancer patients.

“As a dietitian and soyfoods health educator, I get asked many questions about the appropriateness and safety of certain foods, specifically soyfoods,” says Gretchen Hofing with Michigan State University Extension. “Research has shown that childhood and adolescent soyfood consumption, can lead to reduced risk of developing breast cancer in the first place, and this latest news reinforces that throughout the lifespan soyfoods play a positive role in breast cancer prevention,” says Hofing.

Soyfoods are available in a wide range of products in mainstream grocery stores. If eating soy is new to you, consider trying just one type of soyfood a week: use soymilk in a smoothie or pancake batter; try a veggie burger or add the burger crumbles to chili; or substitute canned soybeans for other beans in a favorite recipe. Soyfoods are cholesterol free, low in saturated fat, and a source of high quality protein. Look for them with other similar products in the produce, dairy, freezer, and snack aisles.

For some great soyfoods recipes, check out www.soyconnection.com.

¹ Soy Food Intake and Breast Cancer Survival
JAMA. 2009;302(22):2437-2443.

Soyfood Recipe: Applesauce Cake

Ingredients

1 ½ cups all-purpose flour
1 cup soy flour
1 ¼ cups sugar
¼ teaspoon baking powder
1 ½ teaspoons baking soda
1 ½ teaspoons salt
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon cloves
½ teaspoon allspice
½ teaspoon nutmeg
¼ cup vegetable (soybean) oil
2 ¼ cups applesauce
2 eggs
2 egg whites
1 cup raisins
½ cup walnuts, finely chopped

Preheat the oven to 350°F.

Grease a 9x13-inch baking pan. Mix the dry ingredients together thoroughly. Add oil and applesauce. With an electric mixer, beat for 3 minutes on medium speed. Add the eggs and beat for an additional 2 minutes. Fold in the raisins and nuts. Pour into the baking pan. Bake for 45-50 minutes until cake surface springs back when touched lightly.



Yields 18 servings.

Per serving: 226 calories, 9 g fat, 1 g saturated fat, 24 mg cholesterol, 321 mg sodium, 40 g carbohydrate, 6 g total protein, 3.4 g soy protein, 2 g fiber

Source: *Favorites from the Heartland*, 2nd Edition