



October 2015

October: The Scoop on Supplements

There are a lot of different diet and health supplements on the market. They fall into 4 main categories:

1. Vitamin and Mineral Supplements (the focus for this article)
2. Specialty Supplements
3. Plant-based/herbal Supplements
4. Sports Nutrition and Weight Management Supplements

Vitamin and mineral supplements **do not** take the place of eating a well balanced diet. Instead, aim to meet nearly all of your body's nutritional needs through what you eat.

What you eat really does count!

- Whole foods like fruits, vegetables and whole grains give you the biggest nutritional bang for your buck. Foods in their whole form provide a complex mix of vitamins, minerals and other nutrients that work together to give you healthy benefits.
- Whole foods also have substances that may protect you against certain diseases like cancer, diabetes, heart disease and high blood pressure.



Use of Supplements

- **Taking a daily multivitamin doesn't hurt!** It is a good way to make sure you are getting all the vitamins and minerals you need and that might be missing from your diet.
- Taking extra vitamin D can also lower the risk of colon, and maybe other types of cancer, as well as help with bone health.
- **But do not go overboard!** Avoid *Mega Dose Vitamins*. Stick with a multivitamin that contains no more than 100 percent of the Recommended Daily Value (RDA) of all vitamins and minerals, unless your doctor tells you otherwise.



Good Eating Tip

Almost any chicken or turkey burger is leaner than one made of "regular" (30% fat) ground beef. Even "10% fat" beef burgers have more saturated fat than the same size poultry burgers.



Have you gotten your annual flu shot yet?

Now is the time!

In the U.S., flu season can begin as early as October and continue all the way to May.

- The flu, or influenza, is a **very serious disease** that can require hospitalization and cause death – even in an otherwise healthy person!
- There are several vaccination options both in:
 - the number of flu viruses they protect against, and
 - how they are given (injection and nasal spray)
- People that have severe allergic reactions to the vaccine or its ingredients **should not get a flu shot**.
- People who are allergic to eggs, or have ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS), should check with their doctors first.
- Everyone 6 months of age and older should get a flu shot every year.
- And remember, when more people get vaccinated, less flu can spread through their communities.

Being vaccinated helps protect everyone!

Tech Corner

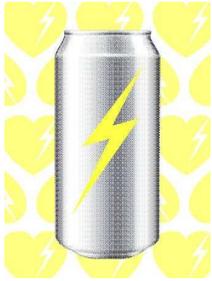
About Herbs App

by: Memorial Sloan Kettering

- ▶ Compatible with iPad, iPhone, and iPod Touch devices.
- ▶ For all other mobile devices a web app version is available.
- ▶ This app provides comprehensive, objective information about herbs, botanicals, supplements, complementary therapies, and more.



Energy Drinks



While they are all the rage, energy drinks can do a number on your body. Here are some facts to think about:

- Energy drinks can have up to five times the caffeine as a cup of coffee or normal soda. This massive amount of caffeine acts like a big jolt of adrenaline.
- What is the result? Visits to the Emergency Room for caffeine toxicity and symptoms like **rapid heart rates, trouble breathing, and dizziness**, are on the rise with the biggest jump being in the 40 and older age group.
- Large amounts of caffeine in a short period of time can also cause **kidney damage**.
- Over time, overconsumption of caffeine can affect how well you sleep and can even cause insomnia.
- Bad sleep patterns can also cause inflammation in the body which is linked to heart disease, diabetes and strokes.
- And no, mixing an energy drink with alcohol does not cancel out the alcohol's effects. Your reactions will still be slowed and your judgment impaired.

Raspberry Gelatin Mousse

70 calories / 45 mg sodium / 2 grams sugar / Serves 8

Ingredients:

- ¾ Cup boiling water
- 1 pkg. (0.3 oz.) raspberry flavor sugar free gelatin
- 1 Cup ice cubes
- 2 Cups thawed sugar-free whipped topping, divided
- 3 Cups fresh raspberries, divided

Instructions:

1. In a large bowl, add boiling water to gelatin mix and stir until gelatin is completely dissolved (about 2 minutes)
2. Add ice and stir until completely melted
3. Fold in 1 ½ cups whipped topping and 1 cup raspberries
4. Divide the mousse into 8 dessert dishes (1/2 cup per dish) and refrigerate 2 hours or until firm
5. Top each dish with a tablespoon of remaining whipped topping and ¼ cup of raspberries before serving



Chefs Tip: This recipe works great with other flavors and fruit such as strawberries and blueberries. Try mixing flavors like orange gelatin with strawberries.

Source: American Diabetes Association

Squats

Squats are a great exercise because they work many of your leg muscles at once, do not require a lot of extra equipment, and involve a movement most of us use every day. As always, this exercise should not hurt! If it does, do not do it and see your doctor.

► How to do the squats:

- Slowly lower into the squat, then slowly return to a standing position
- Always focus on correct form:
 - Think about “sitting back” into the squat. Your knees should always stay behind your toes as you squat. This keeps you from putting too much strain on the knee joint.
 - Your knees should always remain directly under your hips and over your ankles.
 - Do not do deep squats (greater than a 90 degree bend in the knee).

► Start out slowly and work up to 1-3 sets of 8-12 repetitions 2-3 days per week (try alternating days).

► At first, you may find it best to use a wall or ball-on-wall squat, which provides support; letting you focus on proper technique.

► As you feel stronger and more comfortable, move on to a regular squat. If you want to increase the challenge, hold hand weights as you squat, or hold at the bottom of the squat for 10-30 seconds.

