

# Celebrate! *A Healthy You*

*A newsletter devoted to helping individuals of every size live in a healthy body*

Volume 6, Number 3

March 2006

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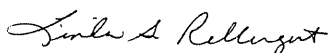
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### *Celebrate! A Healthy You*

is published monthly. Questions or comments may be directed to:



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## Pay Attention to the Principle of Pleasure

Healthful eating does not mean ignoring the principle of pleasure, although some people may be convinced otherwise. On the contrary, being more attentive to how food tastes may actually help prevent overeating.

Avoiding or restricting favorite foods out of fear of eating too much or gaining weight can backfire. The result may be binge eating of either the craved food or over eating other foods in an attempt to satisfy the desire for the forbidden food. As a woman said recently, "I diet constantly until the weekend. Then I eat everything in sight. On Monday, I start all over again. It's a constant battle."

This cycle of dieting and binging is all too common. Fear of eating too much leads to restriction which in turn leads to doing just what is feared! By eating a sensible amount of the foods we love, and eating them attentively, it is likely that we will avoid overeating and resulting weight gain.

Labeling foods as "good" versus "bad" or "healthy" as opposed to "unhealthy" heighten the feeling of excitement that eating certain foods can evoke. Neutralize food to disconnect it as much as possible from emotions. View food as nourishment for your body

and pleasure for your palate but not a substitute for excitement, romance or comfort.

Here are some tips to help you eat with pleasure not guilt.

- ▶ Develop a regular eating pattern of meals and snacks to ensure your hunger needs will be reliably met.
- ▶ Pay attention to true signs of physical hunger to avoid becoming so ravenous you "pig out" when you finally do eat.



- ▶ Eat attentively without distractions like watching television or reading. Honor the gift of food by giving it the attention it deserves.
- ▶ Eat slowly, savoring your food, pausing occasionally to check in with your stomach to gauge fullness. You'll be more likely to stop eating when comfortably full rather than stuffed.

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## And the Survey Says—

A survey was included in January's issue of *Celebrate! A Healthy You*. Readers were asked to give some feedback about the newsletter as a way of judging if it continues to be helpful. Here is a brief report of what you told us.

- 100% of the readers who returned the survey agreed or strongly agreed the newsletter encouraged them to eat more healthfully.
- 95% think the newsletter helps them think more positively about themselves, as well as to be more active.
- 90% strongly agreed or agreed the newsletter helps them think differently about weight and diets.
- 73% said they have changed an eating habit as a result of something they read in *Celebrate!* Some examples include the following comments:

“Attempting to plan meals ahead of time. Eliminating sodas from the meals and throughout the day.”

“To know real hunger from just wanting to eat something.”

“Less eating out, more balanced meals, more vegetables and fruits.”
- 61% made a change in exercise or physical activity. These comments illustrate the kinds of efforts being made to be more active:

“Instead of one activity I now do several.”

“Your monthly suggestions give me ideas of ways to stay active.”

- All the regular features (Activity Suggestions, Menu of the Month and Words to Consider) were noted to be helpful by at least 78%, while the recently added Timely Tips was helpful for 85%.

These comments show the value of *Celebrate!* to some of our readers:

“We’re eating more vegetables, especially beans. . . My husband’s cholesterol level has dropped compared to prior years.”

“I no longer feel that eating controls me. I control it.”

“I really enjoy the newsletter! It’s fun an ‘easy read.’ It helps me to think of healthy activities I can try to combat boredom with the same thing all the time!”

“Keep up the good work. This is such a positive newsletter in tone and word.”

Thanks to everyone who took the time to respond to the survey. Suggestions for future topics are greatly appreciated and will be included in upcoming issues.

If you did not have a chance to send in the survey, it is not too late. We would still greatly appreciate your responses. Your comments, suggestions and questions are welcome at any time and may be sent to Linda Rellergert at the address on page 1.

## Timely Tip #24

### Better to Sleep on It

Getting a good night’s sleep is essential for good health and safety. Unfortunately, too many of us are chronically sleep deprived. Try these tips to improve both the quantity and quality of your sleep. If you have trouble sleeping on a regular basis, be sure to talk with your doctor.

- Get regular exercise but finish at least 3 hours before bedtime.
- Spend time in bright light or sunshine during the day to help set your biological clock.
- Avoid drinking alcoholic and caffeinated beverages too close to bedtime. Alcohol can make you drowsy but disrupts sleep during the night.
- Refrain from eating late in the evening, especially if you suffer from heartburn or gastric reflux.
- Stick to a regular sleep schedule even on weekends.
- A regular bedtime routine will also help you fall asleep. This could include taking a warm bath, listening to soothing music and light reading.
- Clear your mind of the day’s happenings by journaling or writing a to-do list for tomorrow.
- Try progressive relaxation to rid the body of stress-induced tension. Starting at head or toes, first tighten then relax sections of your body one at a time.

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- ▶ Please your palate by including a variety of flavors, textures and temperatures in your food selections.
- ▶ Explore foods and flavors by trying new recipes from unfamiliar cuisines or different fruits, vegetables, grains and protein sources like soy and fish.
- ▶ Put snacks and leftovers away when you are finished eating so they are not distracting you from other activities. Eating is one of life's pleasures. Keeping it in perspective allows you to enjoy all that life has to offer.

## Step Up to Nutrition and Health

March is National Nutrition Month, an opportunity for nutrition professionals to celebrate the connection between eating and health. Here are the key messages of this year's celebration.

- ♥ The food and physical activity choices made today—and every day—affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.
- ♥ Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day.
- ♥ Get the most nutrition out of your calories. Choose the most

nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber and other nutrients.

- ♥ Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.



## Activity Suggestion for March

### Get ready for warm weather with spring training

Baseball players use spring training to prepare for the rigors of playing a 162-game season. With all the yard work and summer recreation opportunities coming up, the rest of us could use some spring training to prepare as well. Spending a little time each day now doing a few stretching and strengthening exercises will prepare muscles that have been resting since last fall. The payoff will be reduced risk of injury, fewer sore muscles, and greater enjoyment of those summer activities.

Before starting, be sure to warm up muscles by doing a little bit of easy walking and arm-pumping first. Pain, especially joint pain should not be part of the spring training experience. Reduce the stretch to a more comfortable level, or reduce the intensity of strengthening exercises. A mild pulling sensation during stretches is normal.



**Calf stretch** - Stand 2 to 3 feet from a wall, one foot forward and arms against the wall for 10 to 20 seconds. Keep your feet parallel and make sure the rear heel stays on floor. Switch legs and repeat.



**Hamstring stretch** - Sit in chair. Place leg on another chair. Keep your back straight. Place hands on leg. Slowly slide hands down leg until you feel a stretch. Hold 30 seconds. Relax. Repeat with other leg.



**Shoulder stretch** - Arms up over head, grasp elbows with hands. Keep knees bent slightly. Bend slightly to left as you pull elbows behind head. Hold for 30 seconds. Relax. Repeat, bending right.

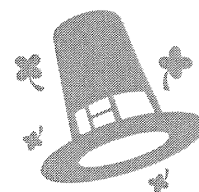
## Menu of the Month

Celebrate spring and St. Patrick's Day with **Minted Greens and Potatoes**. Leafy greens are an excellent source of many essential nutrients like vitamin A and folic acid, and a good source of other such as iron and calcium—all at a low calorie "cost." A new crop of spring greens and new potatoes will be available in grocery stores and markets this month, just in time to make this tasty combination. Use whatever greens you like—collard or mustard greens, escarole or spinach. This dish is a good companion to fish or poultry, and is easy to multiply for additional servings. End the meal on a sweet note with a scoop of lowfat frozen yogurt topped with fruit.



### Minted Greens and Potatoes

- 2 teaspoons olive oil
- 4 cloves garlic, slivered
- 4 cups coarsely chopped fresh greens like collard or mustard greens, escarole or spinach
- 4-6 small red skinned new potatoes, diced
- ½ teaspoon pepper
- ¼ cup slivered mint
- 1 cup low sodium chicken broth



Heat a Dutch oven or saucepan then add olive oil. Sauté garlic for 10 seconds, then add greens and potatoes. Sauté until greens are wilted, about 2 minutes. Add pepper, mint and chicken stock. Cover and simmer for 5 minutes or until potatoes are tender.

Makes 2 servings. Nutrition information per serving: 179 Calories, 9g protein, 26g carbohydrate, 5.7g fat, 167mg sodium, 3.79mg iron and 752IU vitamin A.



### *Words to Consider*

"The best portion of a good man's life: his little, nameless, unremembered acts of kindness and love." —William Wordsworth

"Noble deeds and hot baths are the best cures for depression."  
—Dodie Smith

"The New England Journal of Medicine reports that 9 out of 10 doctors agree that 1 out of 10 doctors is an idiot." —Jay Leno

"Do not let what you cannot do interfere with what you can do."  
—John Wooden

"If your dog is fat, you are not getting enough exercise!"  
—Great Lakes Fruit Grower News

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**To subscribe**, contact Linda Rellergert by phone, fax or email. Contact information appears on page 1.