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Dear Risk Reducer:

The number one cause of death in the United States is heart disease. Physical activity reduces the risk of heart disease by improving blood circulation throughout the body, helping to control weight, and improving blood cholesterol levels. Physical activity also prevents high blood pressure, boosts energy levels, releases tension and helps manage stress. Here are some tips to get you started:

- Select activities you enjoy. Choose three activities you will enjoy doing regularly and write them down.
- Select a time that is convenient for your lifestyle, a time that works for you. For some people, first thing in the morning works well.
- If possible, find someone who will participate with you. Knowing that someone is counting on you to go on that walk or to play tennis can be a great motivator. Can't think of anyone? Rescue a dog from the animal shelter - you'll both gain from the friendship.
- Keep an activity diary. This allows you to follow your progress and will remind you to keep moving.
- **Do check with your physician before starting an exercise program.** Establish a new mental outlook on being physically active. Go to it!!!

Healthily Yours,

Barbara Anderson
Family Nutrition and Health Specialist
Iowa State University Extension

Walk Off A Snack Attack

The next time you feel the urge to sit and snack, drink a glass of water and take a 15–20 minute walk. When you get back, drink another glass of water. You should feel refreshed and alert.

What's Your Favorite Food Worth?

Food	Calories	Miles of walking by	
		150 lb. person	175 lb. person
Large French Fries	520	5.2	4.4
Supreme Pizza 1 slice	300	3	2.6
Quarter lb. Hamburger	430	4.3	3.7
Medium Choc. Cookie, ice cream	700	7	6
Drink, 8 oz.			
Glazed cream-Filled doughnut	340	3.4	2.9

Spend Smart Eat Smart

Iowa State University to families is excited to announce a new resource available to help people save money and eat healthy. The new Spend Smart Eat Smart interactive Web site is found at:

www.extension.iastate.edu/foodsavings

The site features dollar-saving tips, interactive activities and blogs hosted by ISU Extension nutrition specialists. You will be able to figure your family's cost of food at home, test your family's cost of food at home, test your smart shopping skills, and compare meals prepared at home versus eating out. Be sure to check this site!!!

A Slim Chance of Working

Iowa State University and U.S. Department of Agriculture cooperating
Extension programs are available to all without regard to race, color, national origin, religion, sex, age, and disability.

Ruth Litchfield, Iowa State University State Nutrition Specialist shares some highlights from the “*Slim Chance Awards*” released by the Healthy Weight Network. These awards recognize the hidden dangers of diets, supplements and just ridiculous claims.

Worst Gimmick: Skineez jeans – jeans impregnated with a shellfish product claimed to cut fat absorption in the stomach as a result of friction between the skin and the jeans.

Worst Claim: AbGone – advertised as “proven to promote pot belly loss” - Pills are sold as food supplements not requiring Food and Drug Administration approval and claim to increase “fat metabolism” and calorie burn, promote appetite suppression and inhibit future abdominal fat deposits.

Worst Product: The Kimkins diet which is essentially a starvation diet, 500 calories per day and deficient in many nutrients. Fake pictures, stories and ID’s were used to promote the diet.

“In today’s economy, don’t waste your money on ineffective and sometimes dangerous weight loss efforts,” Litchfield said. “However investing wisely in your health does provide dividends. Research suggests that a \$1 investment in health promotion or wellness programs delivers a \$4 to \$8 savings in health care costs. Litchfield added, “The most important investment you can make is in healthy habits that last a lifetime, not the most recent popular diet.”

Fruits and Vegetables Can Reduce Your Heart Disease Risk

Besides adding color, flavor, and variety to your meals, fruits and vegetables may help reduce your heart disease risk. It is estimated that:

- For every one serving increase of fruits and vegetables, the risk of heart disease drops by 30 percent.
- For every 3 servings of fruits and vegetables eaten daily, the risk of stroke drops by 45 percent.

Fats Are Not the Same

Saturated fats – This type of fat raises total cholesterol and LDL, cholesterol levels and tends to be solid at room temperature. Sources include animal products, tropical oils (palm, coconut, and palm kernel), and hydrogenated oils. *Limit these fats.*

Trans fats - A type of fat that raises total cholesterol and LDL cholesterol levels; it was recently identified as more potent than saturated fats. These fats are created by a process called hydrogenation, where liquid oil is made more solid for a longer shelf life and flavor stability. Sources include crackers, candies, snack foods, fried foods, and baked goods. *Limit these fats.*

Polyunsaturated fats - A type fat that lowers total cholesterol including LDL and HDL cholesterol. They tend to be liquid at room temperature. Sources include cooking oils such as safflower, sunflower, corn and soybean oil. *This type of fat is preferred over saturated and trans fats.*

Monounsaturated fats - A type of fat that lowers total cholesterol, specifically LDL cholesterol. Sources include avocados, peanuts, olives, almonds, walnuts and their oils, and canola oil. *This is the preferred type of fat to use.*

Eat Smart When Eating Out

Menus can give us clues about foods that are either high or low in fat and sodium.

Examples of winning words:

Baked, roasted, broiled, grilled, poached, steamed, fresh, garden fresh, Au jus (in its own juice), herb seasoned, lean, low-fat and fat-free.

Examples of danger words:

Rich, creamy, crispy, fried, French fried, deep fried, pan fried, breaded, battered, buttered, buttery, creamed, in cream sauce, with sour cream, with gravy, pan gravy, au gratin, in cheese sauce, smothered, scalloped, barbeque sauce, soy sauce, monosodium glutamate (MSG), hollandaise, alfredo and marinated.

