

NUTRITION NEWS & NOTES

Protein: Your Plate Is The Key To A Healthier You

Sixty percent of Americans say they'd like to lose 20 pounds, according to a new 2006 survey.

If you are one of the tens of millions of Americans looking to take a few inches off your waistline, protein may help your weight loss program.

Protein, an important nutrient and fuel for the body, also aids in weight loss, according to researchers who have found a link between protein and hunger. French scientists from Lyon University found a potential new target for the treatment of eating disorders. "It is well known that protein feeding decreases hunger sensation and subsequent food intake in animals and humans," said study author Gilles Mithieux. Protein not only provides satiety, but aids in maintaining lean muscle mass while losing unwanted fat.

Another recent study demonstrated the beneficial impact of protein. People following lower-carbohydrate/higher-protein diets lost more weight than those on a low-fat/low-cholesterol/low-calorie diet over a six-month period, although differences in weight loss after one year were similar for both diets. Improvements in some risk factors for coronary heart disease were seen in the low-carbohydrate/higher-protein diet group, including greater decreases in triglycerides and greater increases in HDL cholesterol (also referred to as good cholesterol) levels.

Including lean meat and poultry in your diet can be healthy as well as convenient. "Certain cuts or parts of beef, chicken, pork and turkey are all packed with protein, low in fat and saturated fat, and have an excellent nutrient profile," notes nutrition expert Michelle Tuttle, R.D. Look for lower-fat meat and poultry choices such as:

- Lean beef cuts such as round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- Lean pork such as pork loin, tenderloin, center loin, and ham.
- Extra-lean ground beef.
- The label should say at least "90% lean." You may be able to find ground beef that is 93% or 95% lean.
- Ground white meat turkey (99% fat free).
- Skinless poultry-chicken or turkey-or take off the skin before eating.

Boneless, skinless chicken breasts and turkey cutlets or turkey tenderloins are the leanest poultry choices.

- Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat, such as regular bologna or salami.

While there are both animal and plant sources for protein, meat products such as lean meat and poultry offer essential vitamins and minerals that are often lacking in the American diet. Mix in some physical activity and you have a great recipe for a healthier lifestyle in 2006. Bon Appetit!

To learn more, visit www.meatpoultrynutrition.org. A study shows that eating protein decreases the hunger sensation.

WITHOUT THE TRANS

Frying Without The Trans Fats

Trans fats are in the news a lot these days because a new regulation requiring that they be included on food nutrition labels is now in effect.

Trans fats are created when liquid oils are made into solids by a process called partial hydrogenation. This increases shelf life and flavor stability, but at the cost of increased health risks.

These fats have been found to raise blood levels of LDL (or "bad") cholesterol. That means a significantly increased risk of heart disease.

Partially hydrogenated vegetable fats are present in about 40 percent of the food on grocery store shelves. Cookies, crackers, and microwave popcorn are big sources of trans fats, as are other processed foods such as margarines, butter-type spreads and cooking or baking shortenings, salad dressings, cakes, donuts, snack chips, chocolate candy, some breakfast cereals, French fries and other fried snack foods. As of January 2006, manufacturers are required to list trans fats as part of the nutritional information box on all food labels.

That's why there's a movement to reduce and eliminate trans fats from foods.

The new regulation doesn't apply yet to foods people buy in restaurants and other away-from-home eateries. However, food-service operators-including the big fast-food chains-know that they share the responsibility for providing good food that can be part of a healthy diet.

Most of the 925,000 restaurants in the U.S. have fryers, and those fryers use almost 18,000 tons of fat each year, much of it partially hydrogenated fat and oils. These restaurants are looking at ways to reduce trans fats in their menu items without cutting out taste, and that includes finding alternatives to partial hydrogenates.

One alternative gaining interest is an oil called low-linolenic soybean oil, made from a specially bred soybean. It was developed specifically to

replace partially hydrogenated oils and can be used alone or in blends with other vegetable oils that have low or no trans fats to decrease or even eliminate trans fats in the foods fried in it.

To protect your health when you choose foods to enjoy at home, read the nutrition information panel and the ingredient label on packaged foods. And when you dine out, ask what sort of oil the restaurant is using. In both cases, you want to avoid partially hydrogenated oils and tropical oils (which contain high levels of unhealthy saturated fats). When you see "low-

linolenic soybean oil," you know you'll be eating healthy.

For more information on trans fat reduction, visit the Web site www.ZeroTransSoy.com.

About 40 percent of the food on grocery store shelves-and much of the fried foods on restaurant menus-is made with trans fat-containing partially hydrogenated vegetable fats.

NEWS OF NUTRITION

New Breads Offer Whole Grain Nutrition, White Bread Taste

Any way you slice it, a new study shows whole grain bread that tastes like white will be popular.

There's more than just a kernel of wisdom in the nutritional benefits of incorporating more whole grains into your diet, especially when it comes to kids. The problem is that most children don't like the flavor of wheat.

The good news for parents is a new line of whole grain breads that tastes like white bread. America's most popular brand of bread has introduced three new bread varieties created for people who love the taste and texture of white bread, but who want to add more nutrition to their diets. The loaves of Wonder Made With Whole Grain White, Wonder White Bread Fans 100% Whole Grain and Wonder Kids are now appearing in stores across the nation.

A SOURCE OF CALCIUM

The new breads provide an excellent source of calcium and folic acid, a good

of fiber and nine vitamins and minerals and no trans fat. Wonder White Bread Fans 100% Whole Grain is the first real 100 percent whole grain bread that has the taste and softness of regular white bread. In addition to being an excellent source of folic acid, it's also a good source of fiber and calcium. Wonder Kids is a fortified white bread with added fiber and calcium.

FOOD PYRAMID

Last year, the USDA released new food pyramid guidelines recommending that at least half of all grains consumed come from whole grains.

While white bread remains by far the largest segment of the bread category-accounting for almost half of total bread unit sales-a growing desire for more nutrition is causing some white bread consumers to look for alternatives. According to a recent study, eight out of 10 white bread consumers are interested in bread that has whole grain nutrition, but the taste of white bread.

To all those lovers of good, old-fashioned white bread the company said, "be not afraid, our traditional white breads will still be available."



NEWS OF NUTRITION

Easy Ways To Add Fiber To Your Diet

People may be able to lower their risk of some cancers, type 2 diabetes, heart problems and obesity simply by eating more fiber.

Yet it's estimated that nine out of ten Americans do not eat enough fiber in their diets.

In fact, the latest data from the Centers for Disease Control and Prevention shows that the average American adult only consumes about half of the daily fiber requirement of 25 to 30 grams per day. So why do so many of us skimp on the fiber? One reason may be that people don't realize how simple it can be to add fiber to their diet. Nutritionists offer these tips:

GOOD HEALTH GROWS ON TREES-

Choose fresh fruits and vegetables rather than vegetable or fruit juices. Leafy greens, apples, oranges, pears, peaches and grapes are all high in fiber. Be sure to wash your produce thoroughly and try to eat the skin of fruits.

GREAT GRAINS-

Choose fiber-rich whole grain foods whenever possible. Opt for sandwiches on whole wheat instead of on white bread or try a bran muffin in the morning instead of a blueberry one.

START EARLY-

Breakfast is one of the easiest occasions to help you boost your fiber intake. For instance, a serving of Kellogg's Frosted Mini-

Wheats, Raisin Bran or All-Bran can increase your fiber intake significantly. A bowl of Mini-Wheats alone has up to 25 percent of the recommended daily amount of fiber.

CHOOSE FOOD- Try to eat fiber-rich foods rather than taking fiber supplements, as the foods tend to contain more nutrients.

"Along with items like water, leafy greens and whole grains, fiber is an essential food, a cornerstone to good health," explains Andrea Pennington, M.D., author of "The Pennington Plan," noted lifestyle expert and past medical director of the Discovery Health Channel. Dr. Pennington encourages consumers to take the "fiber challenge."

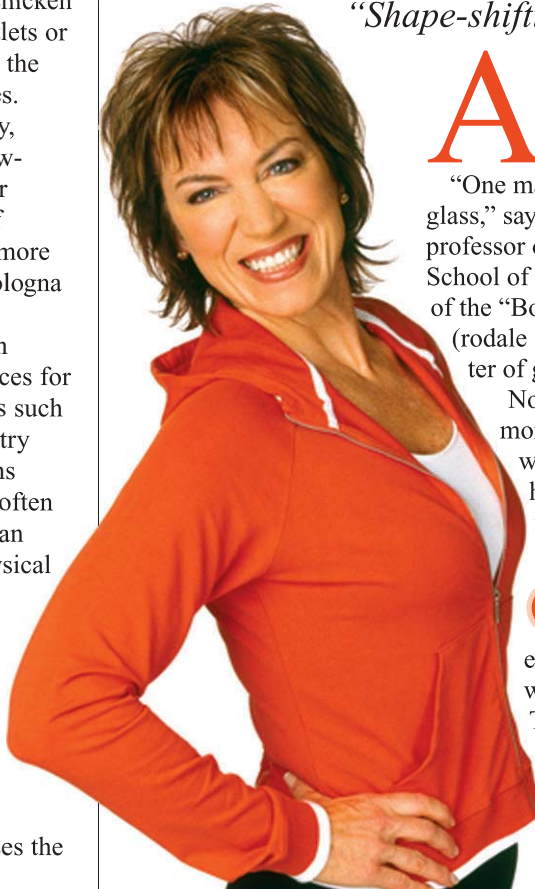
The challenge encourages Americans to increase their fiber consumption by eating one bowl a day of Frosted Mini-Wheats, Raisin Bran or All-Bran. Challenge organizers say that participants should feel a difference after eating more fiber for just that short period of time. For more information, visit www.kelloggs.com.

Doctors say eating one serving of high-fiber cereal a day for two weeks could provide health benefits that people can feel.

WOMEN'S HEALTH

'Shape-Shifting': The Bane of Women Everywhere

"Shape-shifting" is something most women know about all too well.



As the years pile on, so do unwanted pounds that-even among those who remain relatively slim-can literally change the body's contours.

"One may go from an hourglass to more of a shot glass," says Dr. Pamela Peeke, a clinical assistant professor of medicine at the University of Maryland School of Medicine, best-selling author and creator of the "Body For Life For Women Workout" DVD (rodalestore.com). "Aging gracefully is all a matter of girth control."

Not to mention understanding women's hormones. It's Peeke's assertion that recognizing what she calls "women's unique hormonal hard-wiring" is key to achieving and maintaining a peak body for life. There are four hormonal milestones involved:

- **TEENS AND TWENTIES.** This is when estrogen production rises. Women who were skinny teens may suddenly find weight going to their breasts, hips and thighs. This is the time to build a strong fitness foundation that can last the rest of your life. It's also a good time to build muscle tone and minimize body fat changes.

- **THE REPRODUCTIVE YEARS.** Science shows that if you enter pregnancy healthy and fit, you'll have a healthier nine months and a healthier baby. Whether you have children or not, this is the time when your metabolism begins to slow down. During this period, you should add resistance training-weights-to keep your metabolism as hot as you can.

- **THE FORTIES.** This is a time of shape-shifting. Fluctuating estrogen and progesterone levels lead to a three- to five-pound potbelly, or menopot, for many women-on top of which toxic stress levels boost your food cravings. You need to regroup, ramp up your physical activity, examine your lifestyle and put things into balance.

- **MENOPAUSE.** Once you've reached this milestone, it's important to exercise the mind and body so that you stay sharp and keep fit. Keep learning. Make the effort to add resistance training and cardio-revving walks every day. Your goal is to live a long and independent life by taking good care of yourself.

Whether you're 20 or 50, Dr. Peeke's new DVD, "Body For Life For Women Workout," can help you. Learn more at rodalestore.com.

Dr. Pamela Peeke says understanding women's hormones is the key to healthy weight loss.

WOMEN'S HEALTH

Powerful Cranberries

Science offers some great news for the 20 percent of women who, according to the National Center for Health Statistics, will develop a urinary tract infection in their lifetime.

Cranberries have long been used to combat bladder infections and to maintain urinary tract health. Now, one supplement manufacturer is making things easier for women by providing high potency cranberry extract in one little pill. Nature's Bounty Triple Strength Natural Cranberry is carefully manufactured under the highest quality standards. Instead of having to find lots of cranberries and oranges for vitamin C and other important nutrients, you can try a supplement that delivers over 1,040 mg of cranberry blend and three times the daily value (200 mg) of vitamin C for powerful antioxidant and immune support-all in only two softgels per day.

For more information visit www.naturesbounty.com or call (800) 433-2990.