



# Monthly News

Chronic care Active Management & Prevention

"Empowering people and communities to promote healthy lifestyles and improve the quality of life for people with chronic illnesses."

## Good and Bad Fats retrieved from [www.realage.com](http://www.realage.com)

Remember when any fat was bad fat? When the only difference between a croissant and a Krispy Kreme was snob appeal? Now that (happily) science has found that some fats are good fats, it's all about avoiding the bad guys. But if sorting out omega-3s from saturated fats makes you want to drown your frustration in a quarter-pounder and fries (a whopping 56 grams of the ickiest stuff), here's a simple list that rates fats, from the top dog to the don't-even-think-about-it.

### TOP FATS: THE OMEGA-3s

Among the best fats on the planet, omega-3s add years to your life by dramatically reducing the risk of heart attack and stroke. They may also stave off arthritis, depression, and some cancers, and might even tame menstrual cramps and postworkout soreness. Looking for clear, soft skin and great hair? Omega-3s do that, too.

**Eat these frequently:** Fatty fish, such as wild salmon, sardines, herring, and tuna, Flaxseeds and flaxseed oil, Walnuts

### GOOD FATS: THE MONOS

All monounsaturated fats are kind to your heart because they raise good HDL cholesterol and lower bad LDL cholesterol (the kind that clogs arteries). But virgin olive oil, the MVP of monounsaturates, does more. For starters, it contains micronutrients that are needed for hormone and enzyme production. But olive oil also boasts compounds that may fight breast and colon cancer as well as boost the cancer-fighting power of other foods.

**Delicious sources are:** Olives, Virgin olive oil (be sure it's virgin; processing destroys nutrients), Canola oil, Peanut and other nut oils, Nuts, Avocados

### PRETTY GOOD FATS: THE POLYS

Most polyunsaturated fats are heart-friendly, but, with the exception of omega-3s, they don't have the star power of other healthy fats. Also, poly fats contain omega-6s, which are healthy unless you get too many of them -- and most Americans get up to 25 times more omega-6s than they need. Omega-6s should be eaten more sparingly because they can overwhelm the superstar omega-3s. Overall, try to get most of your polyunsaturated fats from omega-3 sources.

**Find them in:** Corn, soybean, safflower, canola, sunflower, and cottonseed oils, Fatty fish (canned light tuna counts)

### LOUSY FATS: THE SATS

Saturated fats are mainly trouble because they raise blood cholesterol to artery-clogging levels. In one study, eating a single slice of carrot cake and drinking a milkshake that were high

in sat fat hindered the body's heart-protective functions. Loading up on saturated fats may also harm brain molecules that help form memories, raising the risk of dementia.

**Skimp or skip:** Meats, particularly with visible fat; Poultry skin, fat, and dark meat; Whole-milk dairy foods, including butter, full-fat cheeses, ice cream, sour cream; Most hard margarines (those in stick form)/ Coconut and palm oils; Lard and shortening

### DON'T EVEN THINK ABOUT 'EM: TRANS FATS

These fats are so scary that they're being banned in some cities, and food manufacturers and restaurants are working fast to find substitutes. Trans fats are formed when liquid oils are zapped with hydrogen, turning them solid (like stick margarine). Processed foods that contain trans fats have nearly eternal shelf life -- ironically, that's why trans fats were invented: to keep food from going bad. But trans fats turned out to boost bad cholesterol, decrease good cholesterol, gum up arteries, and set off inflammation throughout the body, which can trigger a host of problems, from stroke to diabetes.

### BYPASS COMPLETELY:

Though things are changing quickly, be suspicious of any fast or processed food that's not labeled trans-fat-free (packaged-food labels must now list trans fats), including: All deep-fried foods -- chips, French fries, onion rings, donuts, etc.; Many fast foods; Candy; Commercial baked goods -- cookies, pies, cakes, rolls, muffins, etc.

**Bottom line:** Stay away from trans fats the way you'd avoid highways on the day before Thanksgiving. Clog city.



Find this article at: <http://www.realage.com/blogs/good-and-bad-fats-the-ultimate-guide>

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### Check it out!

[www.idita-walk.com](http://www.idita-walk.com)

### Healthy Quote

*Every patient carries her or his own doctor inside.*  
-- Albert Schweitzer

# HEALTHY RECIPE

## Mustard-Maple Pork Tenderloin retrieved from [www.eatingwell.com](http://www.eatingwell.com) recipes

Pork tenderloin is about as lean as it comes so it's a great healthy option, but it shouldn't be overcooked as it can dry out. Maple and mustard make a sweet-and-savory mahogany-colored sauce. A delicate note of sage gives it a wintery touch. Fresh thyme or rosemary also work if you prefer.

**4 servings, Active Time:** 30 minutes, **Total Time:** 45 minutes

### Ingredients

- 3 tbsps Dijon mustard
- 1/2 tspn kosher salt
- 1/2 tsp ground pepper
- 1 lb pork tenderloin, trimmed
- 2 teaspoons canola oil
- 1/4 cup cider vinegar
- 2 tbsps maple syrup
- 1 1/2 tspns chopped sage

### Preparation

1. Preheat oven to 425°F.
2. Combine 1 tablespoon mustard, salt and pepper in a small bowl; rub all over pork. Heat oil in a large ovenproof skillet over medium-high heat. Add pork and brown on all sides, 3

- to 5 minutes. Transfer the pan to the oven and roast until an instant-read thermometer inserted in the center registers 145°F, about 15 minutes. Transfer to a cutting board and let rest for 5 minutes.
3. Place the skillet over medium-high heat (take care, the handle will still be hot), add vinegar, and boil, scraping up any browned bits with a wooden spoon, about 30 seconds. Whisk in maple syrup and the remaining 2 tablespoons mustard; bring to a boil, reduce heat to a simmer and cook until the sauce is thickened, about 5 minutes.
4. Slice the pork. Add any accumulated juices to the sauce along with sage. Serve the pork topped with the sauce.

### Nutrition Information

**Per serving:** 225 calories; 7 g fat (2 g sat, 3 g mono); 78 mg cholesterol; 9 g carbohydrates; 28 g protein; 0 g fiber; 479 mg sodium; 489 mg potassium

**Nutrition Bonus:** Selenium (68% dv), Zinc (21% dv)

**Exchanges:** 1/2 other carbohydrate, 4 lean meat

# IDITA-WALK & IDITA-SPLASH

## LOOKING FOR A WAY TO SPICE UP YOUR WORKOUT?

[www.idita-walk.com](http://www.idita-walk.com) The Idita-Walk is an event to promote physical fitness in the spirit of the Iditarod Sled Dog Race. To complete the Idita-Walk, simply walk 30 minutes a day for 35 days between **February 1, 2010 to March 31, 2010** for a total of **1049 minutes** (any combination of minutes will work - just reach 1049 during the 59 day event!).

[www.idita-splash.com](http://www.idita-splash.com) An event to promote physical fitness (through aquatics) in the spirit of the famous Iditarod Sled Dog Race. Anyone, anywhere can complete the Idita-Splash (while keeping themselves fit) by totaling all of their water activity minutes (lap swims, water aerobics and classes, etc.) from January 2nd - March 31st, 2010.

## Real Age Tip of The Day Suprising Health Secret of Walking [www.realage.com](http://www.realage.com)

Any committed walker will tell you: Putting one foot in front of the other isn't about weight loss (or at least it's not *only* about that). It's about living the good life.

One of the best benefits of exercise turns out to be the huge leap in quality of life it produces. From carrying groceries up stairs with ease to feeling energized enough to keep up with social obligations, exercise makes life better. *Even* if you never shed a pound from it!

**Feel-Good Workout** A lot of people start a walking program with the aim of a svelte silhouette. And that's fine -- great, even! But there's a lot more to exercise than just changing your body. Research shows that the more people work out, the

more their quality of life improves. Physical health, mental health, vitality, productivity, social energy -- it all gets better in proportion to how much people move.

**What's Your Goal?** Try to get at least 30 minutes of moderately vigorous physical activity on most days of the week. Even this baseline amount will improve your quality of life -- although more exercise will do more for you. Have trouble squeezing exercise into your schedule? Any ol' amount helps. In a study of postmenopausal women, even those who exercised barely more than an hour a week saw improvements in some quality of life measures. So wake up your muscles with these moves:

- Walking has the highest compliance of any exercise program. Chart how much you walk in a calendar.
- There's no need to hit the gym.
- Tune up your trunk with abdominal exercise.

### Benefit

Exercising regularly can make your Real-Age as much as 9 years younger.

### References

[Exercise dose and quality of life: a randomized controlled trial.](#) Martin, C. K. et al., *Archives of Internal Medicine* 2009 Feb 9;169(3):269-278.

# Diabetes Corner

## Overcoming Exercise Barriers from [www.diabetes.org](http://www.diabetes.org)

### How do I get past the barriers to being physically active?

If you're not active, it's likely that you have at least one reason why. Perhaps you've never been very active. Maybe you're afraid you'll get low blood glucose. Think about what's keeping you from being active and then look into ways to overcome the barriers.



Barrier	Solution
I don't have time to exercise for 30 minutes a day.	Do as much as you can. Every step counts. If you're just starting out, start with 10 minutes a day and add more little by little. Work up to 10 mins at a time, three times a day.
I'm too tired after work.	Plan to do something active before work or during the day.
I don't have the right clothes.	Wear anything that's comfortable as long as you have shoes that fit well and socks that don't irritate your skin.
I'm too shy to exercise in a group.	Choose an activity you can do on your own, like following along with an aerobics class on TV or going for a walk.
I don't want to have sore muscles.	Exercise shouldn't hurt if you go slowly at first. Choose something you can do without getting sore. Learn how to warm up and stretch before you do something active and how to cool down afterward.
I'm afraid I'll get low blood glucose.	If you're taking a medication that could cause low blood glucose, talk to your health care provider about ways to exercise safely.
Walking hurts my knees.	Try chair exercises or swimming.
It's too hot or cold outside.	If it's too hot, too cold, or too humid, walk inside a school or a shopping center.
It's not safe to walk in my neighborhood.	Find an indoor activity, such as an exercise class at a community center.
I'm afraid I'll make my condition worse.	Get a checkup before planning your fitness routine.
I can't afford to join a fitness center or buy equipment.	Do something that doesn't require fancy equipment, such as walking or using cans of food for weights.
Exercise is boring.	Find something you enjoy doing. Try different activities on different days.





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## Outsmart Restaurant Menus By Jessica Girdwain, Women's Health

If you walk into a restaurant with the intention of ordering the grilled chicken salad, but find yourself wolfing down a bacon cheeseburger, it may not be because your willpower suddenly pulled a disappearing act. It's possible you were duped by menu-design experts who are paid to dream up sneaky ways of enticing you into ordering cheap, not-so-healthy foods that yield big profits. *Women's Health* reveals the tactics restaurants use so you never fall for them again.

**Trick No. 1: Pictures that look good enough to lick** A study in the *Journal of Consumer Research* found that large, vivid images increase the probability that you'll impulsively order that food. And where the photo is placed also matters: The most profitable items get prime real estate, which in the menu world is the upper corners and the center of the page—hot spots where your eyes naturally travel.

**Trick No. 2: Names like "German Black Forest Indulgence"** Sounds better

than plain ol' chocolate cake, doesn't it? Sexed-up monikers can boost food sales by up to 27 percent, according to industry research. "Enticing descriptions create a positive emotion about how something will taste," says Sybil Yang, a researcher and menu psychologist at Cornell University. That's why saying something is "hand-battered" or "crispy" can be a home run: It triggers a craving and draws your attention away from the harsh reality that the food is fried.

**Trick No. 3: Healthy options next to the fattening ones** You'd think this would help us eat better, but the opposite is true: A study at Duke University found that people are actually more likely to choose a higher-calorie dish when healthy fare is offered right beside it.

**Trick No. 4: Lots of produce in plain sight** The presence of veggies—even if they're carb-coated, deep-fried, and cheese-slathered—convinces you that you're making the right food choices. Don't fall for it! "A seemingly healthy

addition to a less-than-wholesome dish sounds like a smart compromise," Yang says. But in reality, these "veggie" delights can often be worse for you than more notorious diet killers like pizza and hamburgers.

**Trick No. 5: Sampler platters that seem so innocent** Instead of ordering a few apps, you get the sampler, thinking you'll try just a wee bit of everything offered. But research from the University of Pennsylvania reveals that when you're given a wide selection, you'll eat 10 percent more than you would have if there had been only one option. That's because having more variety makes you feel as if you're not eating as much. In other words, when you're given a couple of mozzarella sticks as opposed to the usual six, you feel entitled to gobble those up and then move on to the chicken wings, the potato skins, the poppers, and so on.

Provided by *Women's Health*