



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.

