

WARREN COUNTY HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JANUARY 6, 2020

HAVE AN APPLE A DAY!

TO ANYONE WHO SKIPPED CLASS TONIGHT, ALL WHO ATTENDED WERE GIFTED WITH AN APPLE SLICER *AND* APPLES! THEY REALLY, REALLY ARE GOOD FOR YOU – NO MATTER WHAT ALL THE LOW CARB AFICIONADOS TELL YOU! THEY'RE NOT JUST CRUNCHY, SWEET, AND SATISFYING...

GUESS WHAT! **EATING APPLES HAS BEEN LINKED TO A LOWER RISK OF TYPE 2 DIABETES.** IN ONE STUDY, EATING AN APPLE A DAY RESULTED IN A *28% DROP* IN THE DEVELOPMENT OF DIABETES, COMPARED TO NOT EATING APPLES AT ALL! EVEN JUST A FEW APPLES A WEEK PRODUCED A SIMILAR PREVENTIVE AFFECT.

ONE THEORY IS THAT THE POLYPHENOLS IN APPLES HELP PREVENT TISSUE DAMAGE TO THE BETA CELLS IN YOUR PANCREAS. REMEMBER, YOUR BETA CELLS PRODUCE INSULIN, WHICH REGULATES YOUR BLOOD SUGAR. POLYPHENOLS ARE ANTIOXIDANTS; THEY GUARD AGAINST CELLULAR DAMAGE.

APPLES MAY HELP YOU LOSE WEIGHT! OBVIOUSLY, THEY CONTAIN WATER AND FIBER – WE'VE TALKED ABOUT "VOLUME EATING"...BOTH SUBSTANCES TAKE UP ROOM IN YOUR BELLY, AND FOR A RELATIVELY SMALL AMOUNT OF ENERGY (CALORIES)! IN OTHER WORDS THEY FILL YOU UP, WHICH IS A GOOD THING!

IN ONE STUDY, THE PEOPLE WHO BEGAN THEIR MEAL WITH APPLE SLICES ATE AN AVERAGE OF 200 CALORIES FEWER THAN THOSE WHO DIDN'T! MIND YOU, IT'S GOT TO BE APPLES, NOT APPLESAUCE NOR APPLE JUICE. THE WHOLE SHEBANG.

YOU MOST LIKELY KNOW THAT APPLES CONTAIN PECTIN, WHICH IS A FIBER THAT ACTS AS A PREBIOTIC. THE SIMPLEST DEFINITION OF A PREBIOTIC: A NON-DIGESTIBLE FOOD COMPONENT THAT PROMOTES THE GROWTH OF BENEFICIAL MICROORGANISMS IN THE INTESTINES. YOUR SMALL INTESTINE DOESN'T ABSORB FIBER DURING DIGESTION. RATHER, IT GOES TO YOUR COLON – WHERE IT CAN HEIGHTEN THE PRODUCTION OF GOOD BACTERIA. (*BENEFICIAL MICROOGRANISMS = GOOD BACTERIA*). THIS COULD POTENTIALLY LOWER THE RISK OF SOME OBESITY-RELATED ISSUES. PRETTY FANCY STUFF, DON'T YOU THINK?

CAN'T SKIP THIS ONE...**APPLES MAY BOOST YOUR BRAIN POWER!** A GROUP OF FOUR STUDIES PRESENTED AT THE ALZHEIMER'S ASSOCIATION'S INTERNATIONAL CONFERENCE IN 2017 ADDED TO THE EVIDENCE THAT A PLANT-BASED DIET MAY HELP PREVENT DEMENTIA. IN ONE STUDY, SWEDISH RESEARCHERS FOLLOWED 2,000 PEOPLE FOR SIX YEARS. THEY FOUND THAT THOSE WHO STUCK TO A DIET CALLED THE NORDIC PRUDENT DIETARY PATTERN (A NEW ONE ON ME!) HAD BETTER COGNITIVE FUNCTION THAN THOSE WHO ATE A MORE FATTY, PROCESSED DIET. AMONG OTHER THINGS, THIS PLAN (NPDP) CALLS FOR EATING PLENTY OF NON-ROOT VEGETABLES, PLUS PEARS, PEACHES AND APPLES! I TRIED TO FIND AN OUTLINE OF THIS DIET TO GIVE TO YOU. HMMMM. I COULD ONLY FIND STUDIES. SUFFICE IT TO SAY, AMONG OTHER THINGS, IT'S A PRODUCE-HEAVY PLAN.

IN ANOTHER STUDY, HEALTHY OLDER ADULTS WHO FOLLOWED THE MEDITERRANEAN DIET LOWERED THEIR RISK OF DEMENTIA BY 30 – 35%! IN FACT, THE LONGER THEY FOLLOWED THE DIET, THE BETTER THEIR COGNITIVE FUNCTION! MORE RESEARCH IS NEEDED, BUT SO FAR, SO GOOD. THIS ONE I CAN TELL YOU ABOUT; AND YOU WON'T BE SURPRISED THAT IT ALSO EMPHASIZES FRESH FRUITS AND VEGETABLES.

SOOO...ABOUT THE MEDITERRANEAN DIET:

WHOLE GRAINS, FRUITS, VEGETABLES, BEANS, HERBS, AND HEALTHY FATS ARE THE BASIS OF THE PLAN. OLIVE OIL IS THE MAIN CONTRIBUTOR OF DIETARY FAT. IT'S USED FOR COOKING, BAKING, AND DRESSINGS.

EXAMPLES OF WHOLE GRAINS THAT WOULD BE COMMONLY USED ARE WHOLE OATS, BARLEY, BROWN RICE, AND WHOLE GRAIN BREAD. OF COURSE, OTHER GRAINS WE'VE DISCUSSED IN THIS CLASS WOULD BE BENEFICIAL, AS WELL! THE ONE THAT COMES TO MIND FIRST IS QUINOA. IT'S INEXPENSIVE AND EASY TO PREPARE.

ONCE YOU START PLANNING YOUR MEALS AROUND THE PRODUCE, AS WITH ANYTHING, IT GETS EASIER. PRACTICE MAKES PERFECT. TONIGHT WE'RE HAVING A VEGETABLE STIR-FRY WITH TEMPEH AS THE PROTEIN SERVED ON A BASE OF BASMATI RICE. (SOUNDS Fancier THAN IT IS, BELIEVE ME!) THE VEGETABLES ARE PRE-PACKAGED FROM THE PRODUCE SECTION.

THE MEDITERRANEAN PLAN RECOMMENDS YOU ENJOY FISH / SEAFOOD TWICE A WEEK. FISH IS A GOOD SOURCE OF PROTEIN AND OMEGA-3 FATTY ACIDS, WHICH YOU ALREADY KNOW ARE HEART-HEALTHY. YOU CAN LEARN TO COOK SEAFOOD YOURSELF – OR USE THE FISH COUNTER AT KROGER, WHICH IS SUPER HELPFUL – OR JUST OPEN A POUCH OF TUNA! IT'S ALL GOOD!

YOGURT, CHEESE, POULTRY, AND EGGS ARE EATEN SEVERAL TIMES A WEEK. AS USUAL, JUST WATCH YOUR PORTIONS!

MEATS AND SWEETS ARE TO BE EATEN SPARINGLY.

WINE CAN BE ENJOYED REGULARLY BUT *IN MODERATION*. A SERVING IS CONSIDERED TO BE 5 OUNCES – NOT A LOT.

THE GUIDELINES I'M GETTING MY INFO FROM INCLUDE GETTING DAILY PHYSICAL ACTIVITY AND DRINKING WATER. NOTHING TOO CRAZY, AM I RIGHT?

HOW DID YOU DO WITH "AT LEAST 3 SERVINGS OF FRUITS AND/OR VEGETABLES A DAY?"

OUR "NO!" FOOD FOR THIS WEEK: NO CHOCOLATE!?!



