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Welcome to Women's Circle

You have just taken the first step in a fun journey to better health for you and your family. As you know, journeys take a lot of work. You have to plan ahead and involve your family.

But when you arrive the time you spent was worth it. At the end of this journey, you will be a healthier woman armed with information to make a difference in your family's health. So relax and enjoy the trip!

Key: Each Chapter Has Three Sections



The Reading section provides you with information.



The Exercise section gives you a chance to practice.



The Homework section will involve your family.



Chapter 1: The Dietary Guidelines



Your diet should be based on the seven dietary guidelines. These guidelines are suggestions about eating to help people maintain or improve their health. The guidelines:

- Help you get the fiber and nutrients you need for good health.
- Help you get enough calories to maintain the weight you want.
- Help you to avoid too much fat, sugar and salt.

THE DIETARY GUIDELINES

1. Eat a variety of foods.
2. Balance the food you eat with physical activity.
Maintain or improve your weight.
3. Choose a diet with plenty of vegetables, fruits and grain products.
4. Choose a diet low in fat, saturated fat and cholesterol.
5. Choose a diet moderate in sugar.
6. Choose a diet moderate in salt and sodium.
7. If you drink alcoholic beverages, do so in moderation.



Eat A Variety of Foods

Your body needs 40 different nutrients for good health. Essential nutrients include:

vitamins

minerals

protein

water

carbohydrates

fats

These nutrients should come from many different kinds of food. Some foods are rich in several kinds of nutrients. For example:

FOOD:	RICH IN:
Vegetables & Fruits	Vitamins A & C Folic Acid Minerals, Fiber
Breads & Cereals	B Vitamins, Iron, Protein
Milk	Protein, B Vitamins Vitamins A & D Calcium, Phosphorous
Meat, Poultry & Fish	Protein, B Vitamins Iron, Zinc

No single food will give your body all the nutrients it needs. So you have to eat a variety of foods each day. The Food Guide Pyramid shows you how much of each food group you need to eat. We will talk about the Food Guide Pyramid in Chapter 2.





Balance the Food You Eat With Physical Activity— Maintain or Improve Your Weight

People who are too fat or too thin often are unhealthy. Fat is linked to high blood pressure, heart disease, stroke, and cancer. Being too thin is linked to osteoporosis in women and early death in men and women.

Your weight depends on a lot of things. Diet, heredity, and bone size are a few. It is important to find the right weight for you. If you are too fat or too thin, change your eating habits and exercise to reach a healthy weight.

Choose a Diet With Plenty of Vegetables, Fruits and Grain Products

A diet rich in vegetables, fruit and grain products is also rich in carbohydrates and fiber. These foods are low in fat, so plan your meals around them instead of meat.

Choose a Diet Low in Fat, Saturated Fat and Cholesterol

Many of us eat too much fat. A high fat diet is linked to cancer, heart disease and other illnesses. A diet low in fat makes it easier to eat the variety of foods we need to get all of our nutrients.

Choose a Diet Moderate in Sugar

Many foods high in sugar are low in nutrients. High sugar snacks provide a lot of calories and little else. You might be surprised by how much sugar is in your favorite foods.

Candy Corn	59 % sugar
Nestles Crunch	47 % sugar
Oreo	40 % sugar
Hamburger Helper	24 % sugar
Fruit Loops	48 % sugar

(From 4001 Food Facts and Chef's Secrets.)



Choose a Diet Moderate in Salt and Sodium

Most people eat too much salt. In fact, most eat 22 times the needed amount. That could be one reason that as many as one in three adults have high blood pressure. People with high blood pressure are more likely to have strokes, heart disease and kidney disease.



If You Drink Alcoholic Beverages, Do So in Moderation

Alcoholic beverages have no nutritional value. Too much alcohol may cause cirrhosis of the liver, damage to the brain and heart, and increased risk of cancer. If you drink alcohol, do so in moderation. That means women should drink no more than 1 drink a day. Men should drink no more than 2 drinks a day.

A drink is defined as:

- 12 oz. of regular beer
- 4 oz. of wine
- 1 oz. of distilled spirits (80 proof)

Remember...

It is important to know that food alone cannot make you healthy. Good health depends on many things. Your environment, your family history, and your health care are just a few.

Your habits affect your health too. Do you smoke? Do you drink? Do you exercise? These things have a great impact on your health. But a diet that follows the guidelines can help keep you healthy or improve your health.

For good health, visit your doctor or health department regularly.

Fun Facts....

In one year, the average American consumes the following:

100 pounds of refined sugar	5 pounds of potato chips
63 dozen doughnuts	50 pounds of cakes and cookies
20 gallons of ice cream	55 pounds of fats and oils
300 cans of soft drinks	200 sticks of gum
18 pounds of candy	7 pounds of corn chips, popcorn and pretzels

(From 4001 Food Facts and Chefs Secrets.)



Looking at You

Do you remember when nutrition was simple? Eat an apple a day to keep the doctor away? Things have changed, haven't they?

We need to know about fat grams, cancer, food labels and the new Food Guide Pyramid. All the changes are confusing, so we know you have questions.

The Women's Circle is for you. What nutrition topics are important to you and your family? Take a few minutes to write down your questions.



Homework

Record everything you eat on the Daily Food Diary Form. Do your best to fill it out completely. Be sure to bring the form back next week.

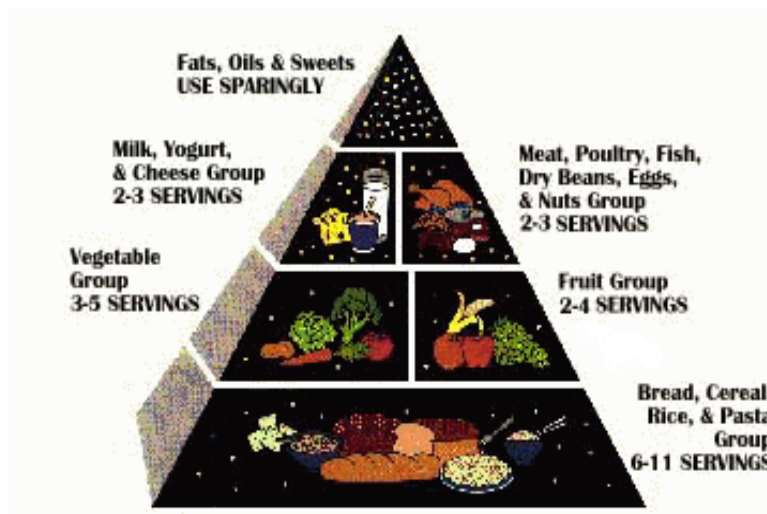


Chapter 2: The Food Guide Pyramid



The Food Guide Pyramid is based on three principles.

1. **Variety** means eating different kinds of food from each part of the pyramid.
2. **Moderation** means limiting foods high in fat and added sugars.
3. **Proportion** means eating different amounts of food from each part of the pyramid.

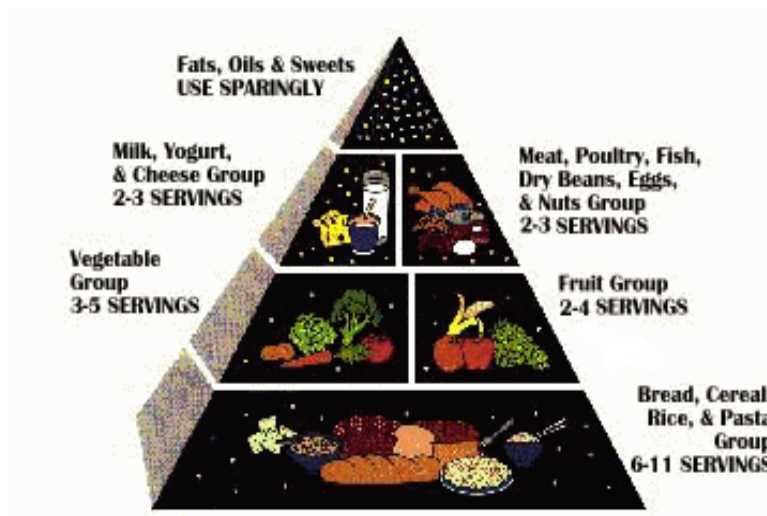




Serving Sizes

An important part of the Food Guide Pyramid is serving sizes. It is easy to eat too much or too little of a certain food group. For example, did you know that a hamburger bun counts as two servings of bread and not one?

Look at the pyramid below. This information will help you meet your daily diet needs and not exceed them.



What Counts as a Serving?

Bread, Cereal, Rice and Pasta Group

- 1/2 of a bun, bagel or English muffin
- 1 oz. dry cereal (1/2 to 1 cup)
- 1 small muffin
- 1 slice bread
- 1/2 cup cooked cereal, rice, pasta

Vegetable Group

- 1 cup leafy vegetables
- 1/2 cup cooked or cut vegetables
- 3/4 cup vegetable juice

Fruit Group

- 1 medium piece fruit
- 1/2 cup cut or cooked fruit
- 3/4 cup 100% fruit juice

Milk, Yogurt and Cheese Group

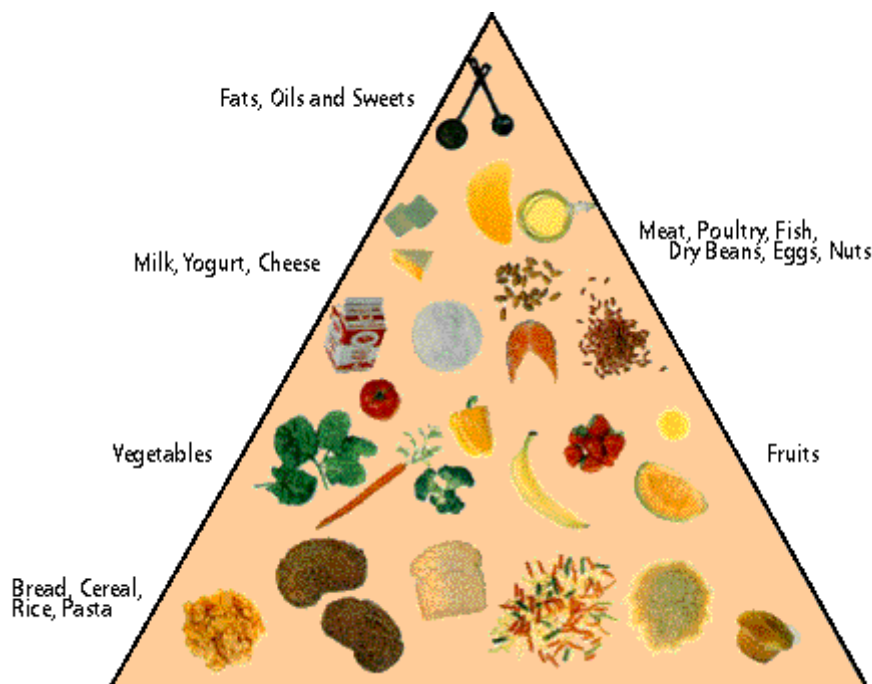
- 1.5-2 oz. cheese
- 1 cup milk or yogurt

Meat, Poultry, Fish, Dry beans, Eggs and Nuts Group

- 2-3 oz. meat
- 1 egg (counts as 1 oz. meat)
- 1/2 cup cooked beans (counts as 1 oz. meat)
- 2 Tbsp. Peanut butter (counts as 1 oz. meat)

Fats, Oils and Sweets

Use sparingly





Bread, Cereal, Rice and Pasta Group

The bread, cereal, rice and pasta group provides the foundation for the food guide pyramid. It is the biggest section of the pyramid because you are supposed to eat more of these foods than any other. They are considered healthy because they provide fiber, iron and carbohydrate, and yet they are low in fat.

There are many different food items in this group, so it is easy to eat six to eleven servings a day. Six to eleven servings may sound like a lot to you. But remember the serving sizes!

Best Choices to Make:

brown rice
rice
pasta
white bread

pita bread
grits
oatmeal
whole wheat bread



Fattier Choices to Avoid:

corn bread
fried rice

corn chips
doughnuts

Vegetable Group

Vegetables are often unpopular, especially with our children. But they are an important part of a healthy diet. Vegetables are a rich source of fiber and Vitamins A and C.

Vegetables help your body fight against some cancers. Green peppers and broccoli, rich in Vitamin C, help you fight off infections and heal your cuts. Dark green and dark yellow vegetables (carrots, spinach, sweet potatoes, etc.) are good sources of Vitamin A. They keep your skin and hair healthy and help you see at night.

Vegetables are a great source of fiber. Fiber helps your body fight against heart disease. Not only does it make you feel full, fiber also prevents constipation.

A healthy diet includes 3 to 5 servings of vegetables each day.

Best Choices to Make

most vegetables
vegetable juice
vegetable soup (with fat removed)



Fattier Choices to Avoid

coleslaw *potato chips*
hash browns *french fries*
fried vegetables *mashed potatoes*

Fruit Group

When in season, fruit can be a cheap snack that provides you with essential nutrients. Fruit, like vegetables, are great sources of fiber and Vitamins A and C.

A healthy diet includes 2 to 4 servings of fruit each day.

Best Choices to Make

most fruits & 100% fruit juices

Fattier Choices to Avoid

olives and avocado

Milk, Yogurt and Cheese Group

The Milk, Yogurt and Cheese Group is an important source of calcium and protein. Calcium builds strong bones. Your heart and nervous system need calcium to be healthy as well.

Adults should watch out for the fat found in many dairy products. Children under two benefit from whole milk, but skim milk or 1 percent milk are the best choices for everyone else.

A healthy diet includes 2 to 3 servings of milk, yogurt or cheese each day.

Best Choices to Make

low fat (1%) milks *skim milk*
low fat yogurt *ice milk*

Fattier Choices to Avoid

cottage cheese *milk shake*
cheddar cheese *whole milk*
mozzarella cheese *Swiss cheese*





Meat, Poultry, Fish and Dry Beans Group

Meat is often the staple of many people's diet. Although it is a good source of protein and iron, it is also a big source of fat. Beans are a healthy alternative to meat. If meat is a favorite of yours, try turkey or chicken. The total fat content of a roasted 3 oz. skinless piece of chicken is less than half that of beef.

A healthy diet includes 2 to 3 servings of the meat, poultry, fish, dry beans, eggs and nuts group.

Best Choices to Make

<i>navy beans</i>	<i>turkey</i>
<i>pinto beans</i>	<i>split peas</i>
<i>chicken</i>	<i>lean beef</i>

Fattier Choices to Avoid

<i>peanut butter</i>	<i>pork chop</i>
<i>sausage</i>	<i>nuts</i>
<i>ground beef</i>	<i>hot dog</i>

Fats, Oils and Sweets

You should eat very little of the foods listed in the top of the pyramid. They are high in sugar and/or fat. As luck would have it, many people like the taste of these foods more than the others. But as you can see in the pyramid, it is more important to eat grains, fruits and vegetables.

Eat little or none of the following foods:

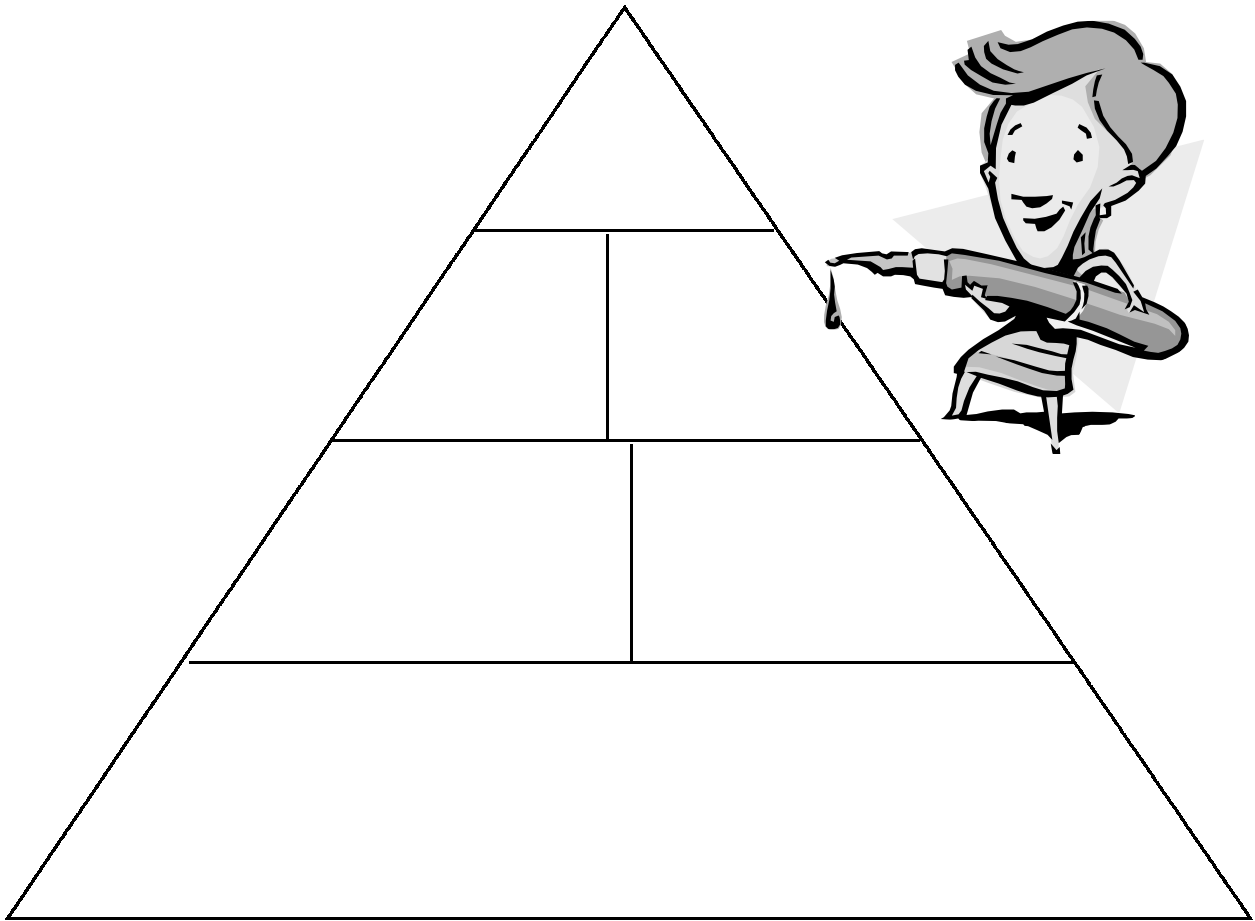
bacon	lard
butter	chocolate
candy	syrups
mayonnaise cream	pork rinds
fudge	soft drinks
jam	vegetable oil
jelly	sour cream

Notes



Food Diaries vs. The Food Guide Pyramid

Now that you know what you are supposed to eat, let's look at what you really eat. Choose one day from your food diary. Place each food into the pyramid below. (Combination foods like casseroles can often be put in several places.)



How did you do? Did you eat the minimum number of servings for each group? Did you eat too much of one group? Did you ignore one group all together?

It takes planning to eat from the pyramid. Now that you know the strengths and weaknesses of your diet, you can start planning your meals to meet your needs.



Homework

Bring in three of the new food labels. They will say "Nutrition Facts" at the top.



Chapter 3: The New Food Label



Reading Food Labels

New food labels are showing up in the grocery stores. These labels help you see how each food you eat fits into a healthy diet. These labels take the guesswork out of shopping for healthy foods.

Serving Size

Is your serving the same size as the one on the label? If you eat double the serving size listed, you need to double the nutrient and calorie values. If you eat one-half the serving size shown here, cut the nutrient and calorie values in half.

Calories

Are you overweight? Cut back a little on calories! Look here to see how a serving of the food adds to your daily total. A 5'4", 138 lb. active woman needs about 2,200 calories each day. A 5'10", 174 lb. active man needs about 2,900 calories. How about you?

Total Carbohydrate

When you cut down on fat, you can eat more carbohydrates. Carbohydrates are in foods like bread, potatoes, fruits and vegetables. Choose these often! They give you nutrients and energy.

Dietary Fiber

Grandmother called it "roughage," but her advice to eat more is still up-to-date! That goes for both soluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans and peas are all good sources and can help reduce the risk of heart disease and cancer.

Protein

Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol. Eat small servings of lean meat, fish and poultry. Use skim or low-fat milk, yogurt and cheese. Try vegetable proteins like beans, grains and cereals.

Vitamins & Minerals

Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

Source: *How to Read the New Food Label*, American Heart Association and the FDA.

Nutrition Facts	
Serving Size 1/2 cup (114g) Servings per Container 4	
Amount per Serving	
Calories 90 Calories from Fat 30	
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat Less than	65g 80g
Sat Fat Less than	20g 25g
Chol. Less than	300mg 300mg
Sodium Less than	2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Total Fat

Aim Low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose foods with a big difference between the total number of calories and the number of calories from fat.

Saturated Fat

A new kind of fat? No—saturated fat is part of the total fat in food. It is listed separately because it's the key player in raising blood cholesterol and your risk of heart disease. Eat less!

Cholesterol

Too much cholesterol—a second cousin to fat—can lead to heart disease. Challenge yourself to eat less than 300 mg or less each day.

Sodium

You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low—2,400 to 3,000 mg or less each day.

Daily Value

Feel like you're drowning in numbers? Let the Daily Value be your guide. Daily Values are listed for people who eat 2,000 or 2,500 calories each day. If you eat more, your personal daily value may be higher than what's listed on the label. If you eat less, your personal daily value may be lower.

For fat, saturated fat, cholesterol and sodium, choose foods with low % Daily Value. For total carbohydrate, dietary fiber, vitamins and minerals, your daily value goal is to reach 100% of each.



What Do These Words Really Mean?

Some food packages make claims such as “Light” and “Low Fat.” What do these claims mean on the new food label?

Label Claim	Meaning
Calorie Free	Less than 5 calories
Low Calorie	40 calories or less
Light or Lite	1/3 fewer calories or 50% less fat
Light in Sodium	50% less sodium
Fat Free	Less than 1/2 gram of fat
Low Fat	3 grams or less fat
Cholesterol Free	Less than 2 milligrams cholesterol and 2 grams or less saturated fat
Sodium Free	Less than 5 milligrams of sodium
Very Low Sodium	35 milligrams or less sodium
High Fiber	5 grams or more fiber

Ingredients

The ingredients list tells you exactly what is in a food. The ingredients are listed by weight from most to least. For example, a food that has sugar first on the list means that sugar is the main ingredient. What is the main ingredient in this food?

Ingredient List: Peas, water, sugar, salt.



White Bread vs. Wheat Bread

Which is better for you, white bread or wheat bread? Compare the labels and find out.

WHEAT

Nutrition Facts			
Serving Size 1 slice (38g/1.4oz)			
Servings Per Container 18			
Amount Per Serving			
Calories 100 Calories from fat 10			
		%Daily Value	
Total Fat 1.5g			2%
Saturated Fat			0%
Polyunsaturated Fat	0g		
Monounsaturated Fat	0.5g		
Cholesterol 0mg			0%
Sodium 190mg			8%
Total Carbohydrates 18g			6%
Dietary Fiber 2g			7%
Sugars 3g			
Protein 4g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%
Thiamin	8%	Riboflavin	4%

WHITE

Nutrition Facts			
Serving Size 1 slice (27g)			
Servings Per Container 21			
Amount Per Serving			
Calories 70 Calories from fat 10			
		%Daily Value	
Total Fat 1g			2%
Saturated Fat			0%
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
Cholesterol 0mg			0%
Sodium 140mg			6%
Total Carbohydrates 12g			4%
Dietary Fiber less than 1g			2%
Sugars 1g			
Protein 2g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%
Thiamin	8%	Riboflavin	4%



Answer these questions.

1. Which bread has more fiber?
2. Which bread has more calcium?
3. Which bread is lower in iron?
4. Which bread has more calories?
5. Which bread is the healthier choice?



Label Reading

If you ate these four foods for breakfast, how did they fit into your daily diet?

Nutrition Facts	
Serving Size 1 slice (38g/1.4oz)	
Servings Per Container 18	
Amount Per Serving	
Calories 100 Calories from fat 10	
%Daily Value	
Total Fat 1.5g	2%
Saturated Fat	0%
Polyunsaturated Fat	0g
Monounsaturated Fat	0.5g
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrates 18g	6%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
Thiamin 8%	Riboflavin 4%

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings per Container 32	
Amount per Serving	
Calories 90 Calories from fat 90	
%Daily Value	
Total Fat 10g	16%
Sat Fat 2g	11%
Poly unsaturated fat	2g
Monounsaturated fat	2.5g
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrates 0g	0%
Protein 0g	

Nutrition Facts	
Serving Size	
1 Container	
Amount Per Serving	
Calories 140 from Fat 30	
%Daily Value	
Total Fat 4g	6%
Sat Fat 2g	11%
Cholesterol 20mg	6%
Sodium 150mg	6%
Potassium 540mg	16%
Total Carbohydrates 16g	5%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 12g	
Vitamin A 4%	Vitamin C 4%
Calcium 35%	Iron 0%

Nutrition Facts	
Serving Size 8oz. (248g)	
Servings per Container 4	
Amount Per Serving	
Calories 130 Calories from Fat 0	
% Daily Value	
Total Fat 0g	0%
Sodium 5g	0%
Total Carb. 27g	9%
Dietary Fiber 0g	
Sugars 23g	
Potassium 360mg	10%
Protein 1g	
Vitamin C	130%
Thiamin	10%
Riboflavin	2%

Answer these questions.

- How much fat did you eat?
- How much more fat can you eat today?
- How much sodium did you eat?
- How much more sodium can you eat today?
- How much fiber have you eaten today?
- How much more fiber can you eat today?
- How many calories have you eaten today?
- How much Vitamin C have you eaten today?



Chapter 4: The Fat Connection



Fat Facts

We often think of fat as the bad guy of nutrition. But fats provide energy, cushion vital organs, and provide fatty acids for healthy skin. Fat doesn't become bad until we eat too much it.

Too much fat in our diet can cause breast, colon and prostate cancer. It also causes heart disease which is the number one cause of death in America.

The worst kind of fat is saturated fat. It comes from animal foods like meat and milk. Too much saturated fat gathers in the arteries of the heart blocking the flow of blood. It is a lot like a drinking straw that gets clogged up with butter so nothing can pass.

To improve your health and reduce your chances of disease, you should limit fat in your diet. There are many ways to do that, here are a few:

- Plan your meals with the Food Guide Pyramid. A diet rich in grains, fruits and vegetables is naturally low in fat.
- Use low-fat cooking methods. We often add unneeded fat to our food when we cook it. Follow the tips in the homework section of this chapter to reduce fat.
- Read Food Labels to see how much fat is in the foods you eat. As a rule, women should not eat more than 55 grams of fat each day

FUN FACTS

The average American diet is about 44 percent fat. Dietary guidelines suggest no more than 30 percent of daily calories should come from fat.

(Source: 4001 Food Facts and Chef's Secrets.)





Fat in Foods

Eating too much fat will make you fat. Look below and see how much fat is in common foods. How much fat should you have each day? That varies, but the average woman should not eat more than 55 grams each day.

Fats and Oils

Mayonnaise (2 Tbsp.).....	22
Low Cal Mayonnaise (2 Tbsp.).....	2
Lard (1Tbsp.).....	12
Margarine (2 tsp.).....	7

Protein Foods

Big Mac.....	26
Bologna (2 one oz. slices).....	16
Hot Dog.....	14
Fried chicken (1 piece).....	12
Bacon (3 slices).....	9
Chicken broiled (no skin).....	4
Pinto Beans.....	almost none

Dairy Foods

Whole milk (1 cup).....	8
Skim milk (1 cup).....	1
American Cheese (1 oz.).....	9
Vanilla Ice Cream (1 cup).....	12
Cottage Cheese (1/2 cup).....	5

Breads and Cereals

Most foods in this group.....	0-1
Watch out for added fat	
Homemade cornbread.....	4
Homemade biscuit.....	5
Plain doughnut.....	5

Fruits and Vegetables

Most have NO fat; watch out for added fat to vegetables.	
Small french fry.....	12
Potato Salad (1/2 cup).....	10



Fat in Foods

Question: Which food groups are highest and lowest in fat? How big are the high and low fat food groups in the food pyramid?

Other Foods

BLT Sandwich.....	22
Peanut butter and jelly sandwich.....	17
Tortilla Chips (10).....	8
Pepperoni Pizza (one slice).....	8
Sausage and egg biscuit.....	39
Chocolate chip cookies (5).....	11
Meatloaf (3oz.).....	11
Graham Crackers (1).....	1
Saltine crackers (5).....	2



How much do you weigh?

Do you hate that question? If you do, you might need to lose weight. There aren't any quick and easy recipes for weight loss. As you know, it is much harder to take pounds off than it was to put them on. But you can do it!

These tips may help.

Choose a weight loss program that uses dietary guidelines you can follow for the rest of your life. If you change your eating habits, the weight will come off and stay off.

Beware of "crash diets". There are no foods, pills or special formulas that will "burn away" fat.

Choose a diet low in fat and high in carbohydrates. Research shows that the body prefers to burn carbohydrates and store fat.

High Carbohydrate/ Low Fat Foods

fruits and vegetables
pastas
bean burritos
cereal with skim milk
whole wheat bread



You should exercise 3 to 5 times each week. If you don't like jogging, try walking. Walking uses more muscles than any other form of exercise. Besides that, walking:

- firms the buttocks and abdomen
- is good for your heart
- makes your bones stronger
- burns calories
- lowers blood cholesterol levels
- makes you feel more relaxed and confident.

An hour of brisk walking burns an average of 348 calories. This equals 36 pounds of weight (fat) loss in one year.

Some More Tips on Weight Loss

1. Eat smaller portions.
2. Have regular meals.
3. Use a smaller plate.
4. Eat fewer sweets and fats.
5. Eat slowly



Suggested Weight for Adults

HEIGHT	WEIGHT IN POUNDS	
	19 to 34 Years	35 Years and Over
5'0"	97 - 128	108-138
5'1"	101 - 132	111 - 143
5'2"	104 - 137	115 - 148
5'3"	107 - 141	119 - 152
5'4"	111 - 146	122 - 157
5'5"	114 - 150	126 - 162
5'6"	118 - 155	130 - 167
5'7"	121 - 160	134 - 172
5'8"	125 - 164	138 - 178
5'9"	129 - 169	142 - 183
5'10"	132 - 174	146 - 188
5'11"	136 - 179	151 - 194
6'0"	140 - 184	155 - 199
6'1"	144 - 189	159 - 205

(Source: Food Guide Pyramid Curriculum. See source list for complete listing.)



Be A Fat Fighter

You don't have to give up your favorite foods to eat healthy. Simple changes in your favorite recipes can make them lower in fat. This week your homework is to be a fat fighter. Read the list below. Find an idea or two you like and try it out this week. Next week we'll share what we learned.

Change Your Recipe

Lard or butter **Change To** Small amount of Vegetable Oil

Whole Milk **Change To** Skim or Lowfat Milk

Mayonnaise or Salad Dressing on Sandwiches **Change To** Mustard

Regular Mayonnaise **Change To** Lowfat Mayonnaise or Yogurt

High Fat Meat (ground beef or pork) **Change To** Lean Meats or Lowfat Protein Foods

Chicken with Skin **Change To** Chicken with No Skin

Pork Bacon **Change To** Turkey Bacon, Lean Ham

Shop Carefully

- Read fat content on labels
- Shop carefully for prepared foods like crackers, salad dressing and cookies; many of these are high in fat
- Buy plenty of fruits, vegetables and grains



Be A Fat Fighter

*** Try Low Fat Cooking * Try Low Fat Cooking * Try Low Fat Cooking ***

- Fry less often: try baking, grilling, steaming, broiling, poaching, roasting, simmering.
- To add flavor, use herbs, spices, lemon juice or chili powder. Avoid fat, butter and meat as flavorings.
- Don't add meat or fats to vegetables.
- Try a meatless dinner: vegetarian chili, spaghetti with tomato sauce or bean burritos.
- Chill soups and stews and skim off fat before eating.
- Eat smaller servings of meat, bigger servings of fruits, vegetables and grains.
- When sauteing use non-stick spray or water in a seasoned cast iron skillet.

To Bake

Use This Much Fat

Pie Crust

1/2 cup margarine for 2 cups flour

Muffins , quick breads, biscuits

No more than 1 to 2 tablespoons of fat per cup of flour

Cakes and soft-drop, cookies

No more than 2 tablespoons of fat per cup of flour



Homework: Pick one or two fat fighter ideas and try them with your family. Next week, we will share our results.



Chapter 5: Diet and Disease



Good health is important. But most people take it for granted until it is gone. Many things affect our health. Some we can control, but some we can't. For instance, we can't control our family history. The things we can control are our diet and our habits.

Top Ten Causes of Death in America

1. Heart Disease *
2. Cancer*
3. Stroke *
4. Accidents
5. Lung Disease
6. Influenza and pneumonia
7. Diabetes *
8. Cirrhosis of the liver *
9. Circulatory Disease *
10. Suicide

*** Linked to diet**

(From *Food and Nutrition*. See source list.)

Six of the top ten causes of death are related to diet! Now are you convinced that eating a healthy diet is a matter of life and death?

Cardiovascular Disease

We've all had family or friends that have had a heart attack, stroke, or high blood pressure. But do we really know what they are?

High Blood Pressure

Blood pressure is the force of blood against the walls of the arteries. High blood pressure makes the heart and arteries work harder. It often leads to a heart attack or stroke.



Heart attack

This happens when an artery becomes blocked so that oxygen and nutrients can no longer get to the heart.

Stroke

A stroke occurs when there is a lack of blood in the brain or when there is bleeding in the brain.



What Are Your Risks?

There are three major risk factors that you can control.

Smoking

- If you quit smoking the body begins to repair itself right away.
- Within 20 minutes of the last cigarette, your blood pressure drops to normal.
- In 8 to 24 hours, your chance of heart attack decreases.
- In 48 hours, your nerve endings start to regrow.

High Blood Pressure

High blood pressure can be controlled through weight loss, regular exercise and a diet low in salt and sodium. If these do not work, your doctor can give you some medicine.

High Blood Cholesterol

Cholesterol is found in all foods that come from animals (meat and dairy products). Choosing a diet rich in fruits, vegetables and grains will help lower your blood cholesterol.



How Can I Help my Heart?

We can improve our heart health. But we have to work at it. Changes in eating, drinking, smoking and exercise don't come easily. But our heart depends on it.

If you smoke, stop! The first year after you quit, your risk of heart disease drops sharply. Quitting also saves you a lot of money. In 10 years, smoking two packs a day will cost you \$7,500.

Get moving! Regular exercise reduces your risk of heart disease, takes off extra pounds and helps to control your blood pressure. Brisk exercise at least three times a week is the key. Try walking, jogging, swimming or jumping rope.

Eat healthy! We have said it before. We will say it again. Choose a diet rich in grains, vegetables and fruits. Avoid foods that are high in fat. (Fried foods, red meat, etc.)

Lose weight! If you are not at a healthy weight, try to lose. Losing weight will lower your risk for heart disease. It will also help lower high blood pressure and cholesterol. Never try to lose more than 1-2 pounds per week.

Cancer

Cancer is a scary word that we hear a lot. It is abnormal cell growth. These growths can happen anywhere in the body. There are a lot of causes for cancer that we cannot control. But there are some things we can do that might lessen our chances of getting cancer.

- Eat less salt-cured, smoked, and nitrite-cured food such as:

Hot dogs	bologna
Pastrami	pepperoni
bacon	ham

- Eat a variety of fruits and vegetables. Diets rich in Vitamin A and C help reduce your risk for cancer. So eat a lot of:



Vitamin A	Vitamin C
kale	oranges
collard greens	grapefruit
spinach	tomatoes
broccoli	berries
winter squash	melon
sweet potatoes	potatoes
carrots	cabbage
pumpkin	greens

- A diet rich in fiber helps reduce your risks of cancer. To get enough fiber:

Eat Beans ***Instead Of*** Meat
Eat an Apple ***Instead Of*** Apple Juice
Eat Wheat Bread ***Instead Of*** White Bread
Eat Peaches ***Instead Of*** Peach Pie
Eat Vegetables, Fruits ***Instead Of*** Cake and Chips

Fiber helps food move through your body. Cancer-causing substances have less time to do damage when you eat enough fiber.



Diabetes

Diabetes is a disease that affects the way your body uses food. A normal body changes food into glucose. Insulin helps the glucose into our cells. Diabetics have a problem with their insulin, so the glucose stays in their blood.

A lot of people in Kentucky have diabetes. People at greater risk are people who are:

- overweight
- have a family history of diabetes
- over 40
- African-American
- Hispanic
- Native American

Our bodies let us know if we have diabetes.

Warning signs are:

- frequent urination
- excessive thirst and/or hunger
- sudden weight loss
- weakness or fatigue
- nausea and vomiting
- blurred vision
- tingling or numbness in legs, feet, or fingers
- slow healing of cuts
- frequent skin infections

If you have any of these symptoms, you should call your doctor or health department right away.

If you have diabetes, here are some guidelines:

- Eat only the amount of calories you need to stay at a healthy weight.
- Eat lots of foods high in starch and fiber.
whole wheat breads/crackers
potatoes
brown rice
vegetables/fruits
popcorn
dried beans and peas



- Avoid foods with simple sugars.

pie/pastries
candy
gum with sugar
molasses

cake/cookies
soda pop ice cream sherbet
corn syrup
honey

- Avoid foods that are high in fat and cholesterol.

animal fats
butter
sour cream
lard
organ meats
whole milk
egg yolks



Sodium in Foods

Salty Surprises

You won't be surprised to learn that foods like bacon, pickles and potato chips are high in sodium. But how about pancake mix, canned vegetables and tomato juice? These foods are all high in sodium! In the grocery store we need to watch out for salty surprises. Many foods that are ready to eat, premade or in mixes are high in sodium.

How Much is Too Much?

What do the daily value sodium numbers mean?

The **LEAST** you should get is about 200 mg. (1/10 of a tsp. of salt.)

The **MOST** you should get is about 2,000 mg. (1 tsp. of salt)

The **AVERAGE** American eats about 4,500 mg. (2 tsp. of salt)

Sodium Surprise Foods

Turkey Dinner (frozen)	1,830 mg
Spaghetti and Meatsauce (canned, 1 cup)	1,220 mg
Macaroni and Cheese (frozen, 1 cup)	1,090 mg
Cinnamon Roll (1)	805 mg
Tuna (packed in oil, 3 oz.)	800 mg
Italian Dressing (2 Tbsp.)	624 mg
Pork and Beans (canned 1 cup)	590 mg
Hot Dog (1)	495 mg

Pick a Low-Sodium Lunch

Canned Beef Stew 1 cup	1,007
Saltine Crackers	<u>156</u>
	1,163 mg

Homemade Beef Stew with no salt added	91
Low-sodium crackers	<u>5</u>
	96 mg





You Can Use Less Salt

If all your sodium came from salt you would need one-quarter teaspoon each day. Most Americans eat about two teaspoons each day. Salt is hiding in a lot of foods that don't taste salty. In fact, your breakfast cereal may be higher in sodium than potato chips. Read and try the tips on this page.

In the Store

Read sodium on food label. Look at labels on all foods not just foods that taste salty. Look at labels on canned foods; cereals, crackers, mixes etc. Try not to eat over 100% of your daily value each day.

Buy less prepared foods. The more the food is processed the more salt it has in it.

In the Kitchen

- Cut the salt added to the recipe by half or leave out all the salt.
- Get the salt shaker off the table.
- Make homemade versions you usually buy as ready to eat or as mixes.
- Don't add salt to pasta, rice, cereals and vegetable cooking water.
- Make your own soup broth; avoid high salt boullion.

How to Tell if You Eat Too Much Salt

Try to eat bacon or canned chicken noodle soup. Do they taste too salty? If not, this is a warning that you are eating too much salt. Start cutting way back; in a month these foods will taste too salty.

MAKE IT TASTY WITHOUT SALT

Add flavor to your favorite foods without adding salt.

TRY: black pepper, lemon juice, garlic, onions, basil, oregano, dill, parsley, or other herbs



Sodium in Foods

A diet low in salt and sodium will reduce high blood pressure. Reading labels can help you make healthy choices. Remember you should not eat over 2,000 mg of sodium in a day.

Garlic Salt.....	1,850
Garlic.....	1
Turkey dinner frozen.....	1,830
Turkey (roasted no salt).....	75
Hardee's chicken sandwich.....	1,100
McDonald's McGrilled chicken.....	690
Turkey breast lunch meat (1.5 oz.).....	608
Turkey (1.5 oz.).....	22
Cream style canned corn.....	671
Frozen or fresh corn.....	2
Frozen waffle (2).....	550
Oatmeal, regular.....	1
Rice-A-Roni, (1/2 cup).....	520
Brown or White Rice (1/2 cup).....	3
Vegetable juice cocktail.....	500
Orange Juice.....	3
Processed American cheese.....	450
Natural Cheddar cheese.....	180
Tuna packed in oil.....	328
Tuna packed in water.....	46
Canned green beans.....	326
Frozen or fresh green beans.....	6

Sources: *Nutrition Action Healthletter*; March 1994 and the *Complete Nutrition Reference Handbook* by Matt Bricklin.



Breast Cancer

Some cancers can be detected very early in their growth. Detecting a cancer early could save your life. Women who are over 40 should have a mammogram every 1 or 2 years. Women over 50 need to get a mammogram every year.

A mammogram is an x-ray of the breast that can find lumps that are too small to feel with your hands.

How is a mammogram done?

You will stand in front of a machine. The person who takes the x-rays will place your breast between two plastic plates.

The plates will press your breast and make it flat. This may be uncomfortable for a minute, but it helps to get a clear picture.

You will have x-rays taken of one breast at a time. It only takes a few minutes to have a breast x-ray.

Where can you get a mammogram?

- Ask your doctor where to go for a mammogram.
- The local health department provides mammograms for those who qualify.
- Call the cancer Information Service at 1-800-4-CANCER.

(From *A Mammogram Could Save Your Life*. National Institutes of Health. National Cancer Institute. March, 1993.)



Homework

Your homework this week might save your life. Perform a self breast exam. If you detect a lump, call your doctor or health department.

If you are over 40 and have never had a mammogram, schedule an appointment for one this week.



Check Your Breasts

Breast Self-Examination

Every woman should check her breasts once a month. You can find a lump that could be cancer by feeling your own breasts. This is called *Breast Self-Examination*.

Breast cancer can be treated with the most success when it is found early.

When to check your breasts

Always check your breasts at the same time each month. The best time to do this is 2 or 3 days after your period ends. If you don't have periods any more, pick a date, such as the first day of the month. Here is how to check your breasts.

How to check your breasts

1. Take off your shirt and bra and stand in front of a mirror. If you see any wetness from the nipples or if the skin looks wrinkled or flaky, see a doctor right away.



2. Hold your hands behind your head and press your hands forward. Watch in the mirror for any change in the shape of your breasts. If you see any change, see a doctor right away.





3. Press your hands firmly on your hips. Bend a little toward the mirror as you pull your shoulders and elbows forward. Look again for any change in the shape of your breasts. **If you see any change, see a doctor right away.**



4. Raise your left arm. Use 3 or 4 fingers to feel your left breast firmly. Begin at the outer part of the breast. Press the flat part of your fingers in small circles, moving the circles slowly around the breast. Work from the outer part of the breast to the nipple. Be sure to feel the whole breast. Feel the area between your breast and underarm and then under your arm. **If you feel a lump under the skin, see a doctor right away.**

5. Lie down flat on your back with your left arm over your head. Put a pillow or folded towel under your left shoulder. Feel your breast the same way you did when you were standing up. **If you feel a lump under the skin, see a doctor right away.**

6. Gently squeeze the nipple. **If anything comes out, see a doctor right away.**



After you have checked your left breast, do the same thing on your right breast. **Remember to check your breasts once a month.**

To learn more about how to check your breasts call the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237).

Produced by the WV Cancer Information Service, Mary Babb Randolph Cancer Center



Do You Get Enough Exercise?

An active lifestyle is needed to stay healthy. Do you think you are active? Take the following quiz to find out.

Put a check in the boxes below that describe your activity.

Do you:

- put action into your everyday chores?
- use the stairs rather than the elevator?
- walk, swim, jog or ride your bike often?
- look for chances to use your body - bend, reach, and move?
- have an active recreational life?
- take stretch breaks and do neck rolls, ankle rolls, or arm stretches?
- choose a parking space farther away from the mall or grocery store?
- go dancing or belong to a square dance club?
- have a home exercise program?

Each box that you checked is a sign that you are an active person. Keep it up. If you did not check many boxes, you need to start moving. Remember, exercise is a key to good health.



Do You Eat Enough Fiber?

A diet rich in fiber has been known to lower blood cholesterol, reduce the risk of colon cancer, and prevent constipation. Find out how often you eat foods with fiber by completing the following?

HOW OFTEN DO YOU EAT?	Seldom or Never	1-2 times per week	3-4 times per week	almost daily
Whole Grain Breads	•	•	•	•
Brown Rice	•	•	•	•
Whole Wheat Pasta	•	•	•	•
Fruits	•	•	•	•
Dried Beans or Peas	•	•	•	•
Vegetables	•	•	•	•
Nuts or Seeds	•	•	•	•
Brans such as Oat, Corn, Wheat	•	•	•	•

If most of your checks fall in the two right-hand columns, you probably eat enough fiber. If your checks fall in the last two columns, you need to eat more of these foods.

(*Self-Assessments.* Penn State Nutrition Center.)



Chapter 6: Budgeting



10 Ways To Save Money Shopping For Food

1. Plan Ahead

Plan your menu and make a list. Look in your kitchen and see what foods you need. The best way to shop on a budget is to make a list and stick to it.

2. Be Careful with Coupons

Look for coupons for items you really need. If the coupon gets you to buy an item you don't really need, it is not a good deal.

3. Avoid Name Brands

Often store brands are just as good and they can save you money.

4. Leave the Kids at Home

If you can, it is best not to bring the kids. Kids will get you to buy junk you don't need.

5. Eat Before You Shop

You will buy less junk food. Everything looks good when you're hungry. You will probably buy more than you need.

6. Look at Specials Carefully

Some specials and sales are a good deal, others are not. Only buy a special item if it is already on your list. Avoid items at the end of aisles and by the cash register. They are often more expensive.

7. Avoid Convenience Foods

Foods like mixes, frozen dinners and prepared foods save you time, but cost more money. Often these foods are also high in fat and salt.

8. Look at Unit Prices

Compare different brands and sizes by looking at unit prices.

9. Limit Shopping Trips

Shop once a week at the most. Plan ahead and try to avoid extra trips to the store.

10. Buy in Season

Fresh fruits and vegetables are a great buy in season. Check prices frequently and look for the best buy.



You Can Afford to Eat Healthy

Think it costs more to eat healthy? Not really. Many of the foods that are healthiest are also less expensive. Foods like mixes and pre-made foods are expensive. Often they are high in fat, salt and sugar. Compare the foods below. Think about how you can eat healthy and save money.

HIGH COST & UNHEALTHY

	Cost Per Serving
Rice A Roni	.20
Candy Bar	.50
Coke	.50
Captain Crunch	.20
Potato Chips	.60
Pudding Cup	.23
Frozen French Fries	.20
Turkey Lunch Meat	.21
TOTAL	\$2.64

LOW COST AND HEALTHY

	Cost Per Serving
Rice	.03
Orange	.20
Juice from Concentrate	.24
Oatmeal	.10
Popcorn	.10
Applesauce	.06
Potatoes	.05
Turkey	.07
TOTAL	\$.85

MAKE THE CHOICE

Ground Beef	\$2.99 per pound	15 grams fat
Ground Turkey	\$1.69 per pound	8 grams fat



Lower Your Utility Bills This Month!

We do have control over our living expenses. There are some easy steps we can take to lower utility bills. Read through these items to see which ones you can start doing today.

Heating

Do not block air registers with furniture or rugs.

Do not place lamps near your thermostat. This will confuse it.

Keep a pan of water near a heating outlet to help add moisture. High moisture helps the body hold heat.

Do not use the oven to heat your home.

Water Heating

Fix leaky faucets right away. A leaky hot water faucet can waste 170 gallons of water a month.

Don't leave the water running while brushing your teeth, shaving or rinsing dishes.

Cooking

Use the least amount of water you can for cooking. More water takes more energy to heat.

Use lids on pots and pans. Food will cook faster.

Don't keep looking in your oven as something bakes. The oven temperature drops each time you do.

Keep range-top elements clean. More heat will go straight to the pan.

Refrigeration

Keep the freezer section full.

Remove paper bags or wrappers from food. They prevent food from being evenly cooled.

Cover liquids before storing them. Moisture is drawn into the air which makes your refrigerator work harder.

From Renter's Guide to Energy Conservation. Kentucky Utilities Company.



Unit Pricing Shop Smart and Save Money

Learn Unit Pricing

Unit Pricing is a way for you to save money. Looking at the price on an item will not always tell you which food is the best buy. The unit price will help you compare different brands and sizes of the same item and pick the best buy.

Most stores post unit prices on the shelf. The sticker at your store may look different, but it will have the same information.

Look at the unit price sticker below and learn the parts. Take this information to your store and save money.

Keep in Mind

Do not compare apples to oranges. Checking the label will help you make sure the items you are comparing are the same. For example, when you are buying juice you want to make sure the items are 100% (percent) juice. The item with less than 100% juice may have a lower unit price but it is not a better buy.

If you can use it buy the bigger size. The bigger size of an item is usually cheaper. Make sure you can use the item before it spoils.

No unit prices at your store? If your store does not have unit prices, you can take a calculator and figure out the price yourself.

Item Name	Amount You Get
Hunts Ketchup	30 oz.
\$1.20 Retail Price	\$.04 Unit Price
Price You Pay	Price to Compare



Food Stamp Program

FACT SHEET FOR FAMILIES

- **What Are Food Stamps?**

Food Stamps help families buy food. Families get Food Stamps in the mail each month. They can spend the Food Stamps at the grocery store to buy food or seeds to grow food.

- **Can I Get Food Stamps?**

You must be low income and have less than \$2,000 in the bank to get Food Stamps. Many families that work qualify for Food Stamps. Your car must be worth under \$4,500. That means what it is worth now; not what you paid for it. Some of your expenses may be subtracted from your income: part of your wages, the cost of child care and some of your rent if you are paying more than half of your income in rent.

- **How Do I Apply For Food Stamps?**

Go to the Department for Social Insurance (the Food Stamp office). Take written information about your family's income and bills with you. If you cannot go to the Food Stamp office, a friend or relative can go for you if you give them a letter of permission. Take your paycheck stubs or other letters about your income with you. You will talk to a Food Stamp worker and start filling out some forms.

The Food Stamp Worker Will Ask You For:

- Your paycheck stubs for the last two months
- Your driver's license or other picture I.D.
- Recent utility bills
- Savings or checking account statements
- Family members' social security cards and birthdates
- Other information about your income and bills

You do not have to have all this information the first time you apply. Take what you have with you. You will have a chance to take the rest of the information later. You will talk with a Food Stamp worker about your family situation. This meeting, called a certification interview, will be after you have all the information you need together.

For More Information About Food Stamps

Contact: Your Department of Community Based Services

Or Contact:

Kentucky Department for Social Insurance

275 East Main Street

Frankfort, KY 40621

1 (800) 372-2973



Women, Infants, Children (WIC) Supplemental Food Program FACT SHEET FOR FAMILIES

- **What Is WIC?**

Women, infants, and young children get vouchers (like coupons) from the health department in their county. Families can use the vouchers instead of money to get healthy foods at their regular grocery store. You may get foods like dry beans, peanut butter, juice, milk, cheese, cereal and infant formula. You will also get information about health and nutrition each month.

- **Can I Get WIC?**

If you or your children are in one of these groups you may be able to get WIC.

- Pregnant women
- New mothers whose babies are less than six months old
- Breast feeding mothers whose babies are less than one year old
- Infants and children up to age five

You must have a problem like low iron level or an unhealthy diet. The health department will check to see if you have any health problems that you do not know about. You must also be income eligible. Families who get Food Stamps or AFDC checks can usually get WIC. Some working families can get WIC.

- **How Do I Apply For WIC?**

Call or go to your health department to apply for WIC. Make an appointment for a short exam and to talk about the WIC program. If you can get WIC the health department will give you vouchers (coupons) to buy food right away.

- **How Will WIC Help Me And My Family?**

The WIC vouchers will help you buy healthy foods. These foods will help improve your health and your children's health. You will also get information like how to plan and shop for healthy meals.

For More Information About WIC

Contact: Your Local Health Department

Or Contact:

WIC Director
KY Dept. for Health Services
275 East Main Street
Frankfort, KY 40621
1 (800) 372-2973



Free or Low Cost School Meals FACT SHEET FOR FAMILIES

- **What Are Free Or Low Cost Meals?**

Meals are served at most schools. Low income children eat for free or at a low cost. Other children buy the meals. Children all eat the same food and sit together. Other children will not know your child gets the meals for free or at low cost. Some, but not all, schools have breakfast at school.

- **Can My Child Get School Meals?**

Your family must be low income. All families who get Food Stamps can get free school meals. Many families who work can get meals free or at low cost.

- **How Do I Apply?**

At the start of the school year:

Fill out and return the form your child brings home. The school will send you a letter telling you if the meals will be free or what you will pay.

Later in the Year:

Call the school. Your child can start getting meals any time of the year.

- **How Will School Meals Help My Child?**

School meals will give your child healthy foods. Eating healthy foods will help your child learn more in school and be healthier.

For More Information About Free or Low Cost School Meals

Contact: Your Child's School

Or Contact:

KY Department of Education
School and Community Nutrition
Capital Plaza Tower
500 Mero Street
Frankfort, KY 40601
(502) 564-4390



Summer Food Service Program

FACT SHEET FOR FAMILIES

- **What Is The Summer Food Service Program?**
The program provides free meals to children in needy areas in the summer. This program is like the school lunch program, but no children pay for their meals in the summer food program.
- **Who Can Get Free Summer Meals?**
Children who are 18 years old or younger can get the free summer meals. Check the news paper or ask the school or Food Stamp office if summer feeding will be held in your area.
- **How Do We Apply For Summer Meals?**
Call the agency that provides the summer meals and sign up. Some programs require you to fill out a form with income and social security numbers.
- **How Will The Summer Feeding Program Help My Family?**
Your children will be able to get good healthy meals like the ones they eat at school. This will help you stretch your grocery money or Food Stamps during the summer months. Some programs also offer play time or activities for the children.

For More Information About Free Summer Meals

Contact: KY Department of Education

Or Contact:
School and Community Nutrition
Capital Plaza Tower
500 Mero Street
Frankfort, KY 40601
(502) 564-4390



Unit Pricing Find the Best Juice Buy

Which Brand Has the Lowest Unit Price?

Store Brand	20 oz.
\$2.58	\$.12
Retail Price	Unit Price

Name Brand	12 oz.
\$2.98	\$.24
Retail Price	Unit Price

Other Brand	12 oz.
\$1.98	\$.16
Retail Price	Unit Price

Which Brand Has the Best Ingredients?

Store Brand
Ingredients: Water, fructose, sugar, orange juice, red #2, yellow #1, preservatives.

Name Brand
Ingredients: Orange juice from concentrate, preservatives

Other Brand
Ingredients: Orange juice from concentrate, orange pulp, preservatives

The Best



Which is the best buy? Why?

The Worst

Which brand is the worst buy? Why?



Chapter 7: General Wellness



Wellness for Women

Taking care of ourselves is about more than nutrition. Health means having a strong body, strong mind and a good feeling about ourselves. Sometimes this is tough. There can be a lot of roadblocks to feeling good about ourselves. We may face problems with family, health and self esteem.

This week, we'll talk about some of the special concerns we have as women. This chapter will give you some basic information. You'll also get some ideas of other resources in your community.

AIDS

It is estimated 3 million women will die of AIDS by the end of this decade.

Know:

AIDS is caused by a virus called HIV. Heterosexual sex (man and woman) is the most common way AIDS is spread.

HIV is usually spread by:

- Unprotected sex with a person who has HIV. People can have HIV and not look sick.
- Sharing a needle with a person who has HIV.
- HIV infected mother to baby.

HIV is *NOT* spread by:

- Sitting by someone
- Shaking hands
- Bathrooms or drinking fountains
- Sharing food, dishes
- Donating blood

What You Can Do:

Practice safe sex: Always use a latex condom. Information is available from your health department or Mountain Maternal Planned Parenthood at 986-2326.

Don't Shoot IV Drugs: Also, be careful if drinking leads you to unsafe sex.

Get an AIDS test: Free confidential AIDS tests are available at your local health department.

Questions? Call 1-800-342-AIDS



African-American Health Issues

African-Americans are more likely to suffer from many common diseases. These diseases include heart disease, high blood pressure, diabetes and some types of cancer.

- Diabetes is 33% more common for African Americans
- Breast and lung cancer are the leading causes of cancer death among African American women
- African American women are 3 times more likely to get cervical cancer and 2 times as likely to die from it than White women.
- Half of the women in the U.S. with AIDS are African Americans.

You Can Make A Difference

Your Diet: Many of the diseases we've talked about are related to diet. Read the diet and disease chapter for ideas of healthy eating. Cut back on fat, eat more fruits and vegetables.

Get Healthy: If you smoke, quit. Find breast cancer early: learn about breast self-exams and how to get a mammogram. Find cervical cancer early: get a Pap smear.

Spread the Word to African American Men

African American men suffer the highest cancer rates of any other group. African American men have the highest rates of cancer of the lung, esophagus, prostate and stomach. Lung cancer rates are 45% higher than for White men. Prostate cancer is 2 times higher for African American men than White men. African American men can:

Stop Smoking

Do Testicular self exam

Eat a healthier diet

Get regular checkups including prostate exams



Alcoholism/Drug Abuse

Abuse of alcohol or other drugs is a common problem.

Know:

Alcoholism is a disease. Alcohol and drug abuse can affect the entire family. Help is available for abusers and their families.

Look for Signs of Abuse

- Lying about drinking or drugs
- Trouble with work or homelife
- Depression
- Mood swings
- Making excuses
- Feeling sick; poor eating, poor sleeping

To Get Help

Look under AA Alcoholics Anonymous in your phone book. Talk with your doctor. Call Narcotics Anonymous 253-4673. Call Comprehensive Care Detox 254-7396.

Call Toll Free
Alcohol Info: 1-800-ALCOHOL
Al-Anon (for families of alcoholics): 1-800-356-9996



Cervical Cancer And the Pap Test

Know:

You can have cancer of the cervix and not know it. The Pap test is a simple test that can find cancer early. This can save your life.

How is the Pap Test Done?

The nurse or doctor wipes a swab on the cervix in your vagina. It only takes a few seconds.

What You Can Do

- Get a Pap test every year.
- Call your doctor or the health department. You can get the Pap test at the health department for free or a very low cost.
- Call the National Cancer Information Service for more information 1-800-422-6237.

**DO IT TODAY!!!
Make An Appointment for
A Pap Test**



Child Abuse

Child abuse is:

- Hitting
- Yelling
- Telling someone they are no good
- Calling names
- Putting someone down; such as "You are no good. You are just like your father"

Know Positive Discipline

You can learn to use positive discipline. Try: time outs, setting limits, showing children logical results of actions. Let your kids know when they are doing a good job. Talk more and listen more.

What to Do

If you feel out of control, stop. Ask for help. Get time away from the kids. Know that help is out there for you.

Call Parents Anonymous 1-800-432-9251. They can help you on the phone. They will also help you find a group of parents to talk with. They will help you learn new ways of discipline.

Depression

Women are 3 times more likely to be depressed than men.

Know

Depression is an illness. There are many kinds of depression. Depression can be treated. There is help in your community.

Signs of Depression

- Loss of energy
- Loss of interest in activities
- Changes in eating or sleeping.
- Feelings of hopelessness.

You Can Get Help

There are many places in your community to get help. Some of this help is very low cost. You can talk with a doctor. Or, look in the phone book under comprehensive care.

Call Crisis Intervention: 1-800-928-8000

Suicide Crisis Counseling: 1-800-333-4444



Domestic Violence

Battering is the greatest cause of injury to women in the U.S.

1 in 4 women is abused by a boyfriend or husband during her lifetime.

Abuse is: Physical: such as hitting, shoving, slapping and forced sex or rape.

Emotional: threats, insults and harassment

Know:

- Abuse is not legal.
- No woman deserves to be abused.
- If abuse happens once it will likely happen again.
- An abused woman may feel she can stop abuse by being nicer to the abuser. She may try to be quieter, less demanding or a better cook. This will not stop the abuse.

YOU CAN GET HELP
Lexington Spouse Abuse Center
(offers phone support, shelter—1-800-544-2022)
National Domestic Violence Hotline
1-800-33-SAFE
Local Police — call in emergency

Eating Disorders

150,000 American women die of eating disorders (anorexia) each year.

75% of American women think they are too fat. Only 25% are too fat.

98% of women who diet regain the weight. Many gain back more.

Know:

Many women use food to express their feelings. We may binge when we are lonely. Or, starve to feel in control. Starving yourself (anorexia) or bingeing and then throwing up (bulimia) are dangerous.

Many diets are very hard on your body. Diets often fool your body into thinking it is starving and needs to store fat. The best way to lose weight is to eat good foods and exercise.

If You Need Help Talk with a doctor or call the health department.

Fact

“Most fat women believe they eat more than their thin friends. However, studies show that on average fat people do not eat more than thin people.” Source: Our Bodies Ourselves.



Educational Opportunities

Getting Your G.E.D.

Many women are now earning their G.E.D. (general equivalency degree). If you have not earned your high school degree, you can study and take the G.E.D. Call you local school board for more information. Classes are free.

The New Opportunity School for Women

Women who have a GED or high school degree can apply to the New Opportunity School for Women at Berea College. The free three week program offers career exploration and job skills training. For more information contact Jane Stephenson at Berea College 1-986-9341 Extension 6657 or write to: Jane Stephenson, Berea College, New Opportunity School for Women, CPO 2276, Berea College, Berea, KY 40404.

Foothills J.T.P.A.

People ages 16-21 who have not earned a high school degree can apply for Kentucky River Foothills J.T.P.A. J.T.P.A. provides job training, G.E.D. classes and job placement. Call 624-2046 or 1-800-221-3883 for more information.

Osteoporosis

Each year 200,000 women have fractures caused by osteoporosis. 40,000 women die of fracture complications.

Know

Osteoporosis is weakening of the bones. Older women with osteoporosis are likely to have fractures and a hump in the back. The time to prevent osteoporosis is before menopause.

Risk Factors

Some people are more at risk of osteoporosis. Risk factors include: a thin frame, not being very active and a family history of bone fractures.

You Can

- Eat a diet rich in calcium. Good calcium sources are dairy products and deep green vegetables.
- Exercise. Run, walk or dance.
- Ask the doctor for more information.



Rape and Sexual Abuse

1 in 3 women will be the victim of rape or sexual assault in her lifetime. More than half of rapes happen when the victim is under 17.

Know

Rape is a violent sexual act committed against a person's will. No woman ever deserves to be raped.

You Can Get Help

Emotional and physical support: Call a rape crisis center, talk with a friend, seek medical attention. Even if it is years since the rape emotional help is still available.

Legal Support: If you wish legal action call the police as soon as you can. Call the police before you shower or change your clothes.

Call:

Lexington Rape Crisis Center
(offers counseling) (606)253-2511

National Domestic Violence Hotline
(counseling) 1-800-33-SAFE

Local Police

Smoking

Women who smoke are 5 times more likely to get lung cancer than non smokers. Lung cancer kills more women than breast cancer. Quitting smoking is the most important thing you can do for your own health. As soon as you quit smoking your risk of heart disease will drop and your lungs will start to heal.

If you want to quit

- Talk to an ex-smoker who has quit and get advice.
- Set a day to quit and stick to it.
- Get the cigarettes and ashtrays out of your house. Try to avoid smokers.
- Call the health department. They often offer free classes.

Vote and Make Your Voice Heard

It is easy to register to vote: If you are older than 18 and a resident of the state, you can register to vote. Call your local county clerk's office. You need to register to vote 30 days before the election.



Health Departments

Your local health department offers health services and information. Your health department can give you information about: AIDS, birth control, nutrition, Pap Test, mammograms, breast self exam, Women, Infants and Children Program, diabetes, blood pressure, cholesterol tests, quitting smoking, cancer detection, prenatal care and much more.

You can afford to get health care through the health department. Many services are free, low cost or based on your income.

Clark County
744-4482
400 Professional Ave. in Winchester

Estill County
723-5181
River Drive in Irvine (between church and gas station)

Madison County
623-7312
214 Boggs Lane, Richmond

Powell County
663-4360
376 N. Main St., Stanton

Help Numbers

Alcohol Info: 1-800-Alcohol

Al-Anon (for families of alcoholics) 1-800-356-9996

AIDS 1-800-342-AIDS

Birth Control - Health department or Mountain Maternal 986-2336

Cancer - 1-800-4-CANCER

Child abuse - Parents Anonymous 1-800-432-9251

Mental Health Crisis - 1-800-928-8000

Domestic Violence - 1-800-33-SAFE

Poison Center- 1-800-722-5725

Rape Crisis- 1-253-2511

Spouse Abuse - 1-800-544-2022



Questions About Nutrition?

CALL 1-800-366-1655

The National Center for Nutritional Dietetics. You can speak with a registered dietitian or listen to recorded messages.

What About You?

This chapter talks about a lot of different health problems women have. Do you suffer from any of these problems? Take a few minutes to think about your life. Ask yourself some questions. Am I safe at home? Are my children safe at home? Do I drink too much? Smoke too much? Am I obsessed with my weight?

Now write down some worries you have about your own health.

List 3 actions you can take to improve your health.

Action	When Can I Do It?	Why Do I Need To Do It?
<i>Example: Call the Health Dept. for an AIDS test.</i>	<i>Today</i>	<i>I had unprotected sex with someone.</i>
1.		
2.		
3.		



Get Ready for the Wheel of Nutrition

Think you've learned a lot in Women's Circle? Next week we'll see. Get ready to have fun and win big prizes in our game show - the Wheel of Nutrition. For your homework, try a quick review. Look back through your book. Think about what you've learned.



- **The Dietary Guidelines**
- **The Food Guide Pyramid**
- **How to Pick Health Foods**
- **How to Cut Back on Fat**
- **How to Eat a Healthier Diet**
- **How to Read a Food Label**
- **How to Fix a Low Fat Snack**
- **How to Read a Unit Price**
- **Why Too Much Salt is Bad**

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