

# WILLIAMSON WELLNESS NEWSLETTER



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*This newsletter focuses on grocery shopping do's and don'ts. By highlighting healthy food items, your kitchen will surely be stocked for the upcoming winter months.*

## Healthy Shopping: 101

Grocery Shopping. It's something every household dreads doing, but something that must be done, even if you don't cook often. The grocery store can be a junk food lovers dream and/or a weight cautious individual's worst nightmare. However, as long as you have a strategy for food shopping it can be easy, fun, and most important healthy!

◇ Take into consideration all of the meals and snacks you will be preparing for the upcoming week or two. Assess what items are then needed and prepare a list.

◇ Never shop on an empty stomach. You will be more likely to make unhealthy, impulsive purchases.

◇ The healthiest foods such as fresh produce, unprocessed meats, and dairy are generally placed around the perimeter of the store, while the unhealthy, processed foods are in the middle aisles. Sticking to the outside perimeter en-

sures the freshest, most natural foods available.

◇ Always incorporate fruits and vegetables into your meal plan. Choose fresh fruits and vegetables which are firm, ripe, and unblemished. Buy only enough produce for the next few days so it does not spoil in your refrigerator. If you need to keep fruits and vegetables longer than a few days, head to the freezer section, not the canned aisle. Frozen foods hold their nutrient content better, and contain less sodium than canned foods.

◇ Choose meats and seafood wisely. Check the color, odor, feel, and expiration date on meats. Avoid choosing meats which are "enhanced" with flavorings or preservatives. Organic or free-range meats are a great choice, but are slightly more expensive. Fish should smell fresh and have a firm flesh. Canned tuna, chicken, and salmon

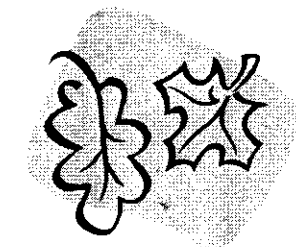
packed in water, are good to have on hand.

◇ When in the dairy section, chose low-fat or non-fat items such as cottage cheese, milk, yogurt, and hard cheeses.

◇ Whole grain breads or muffins are always the healthiest choice when compared to white breads and muffins. Avoid the freshly baked, frozen, or packaged pastries and desserts. These items are loaded with fat and calories.

◇ Be sure to unpack groceries as soon as possible to ensure freshness and quality. Always throw out any food from your refrigerator and cupboards that is too old to eat. Never mix any old food items with new items.

By following these simple steps, your house will surely be filled with plenty of healthy foods for everyone to consume.



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## 100% Fruit Juice Only

With all the fruit juices and fruit flavored drinks available for kids, it is hard to know which, if any, are acceptable for children. It is known that excess intake of fruit juice contributes to health problems. This issue has caused so much concern that The American Academy of Pediatrics (AAP) has developed a policy on "The Use and Misuse of Fruit Juice in Pediatrics."

The leading problems are:

**Tooth decay:** Juice, no matter what percentage, can settle on teeth and cause decay. Never allow toddlers to carry a bottle or "sippy" cup constantly throughout the day. A constant expose to sugar, never

allows the saliva a chance to wash away bacteria. This bacteria forms acids that cause tooth decay.

**Obesity:** Too much juice consumption adds sugar calories. The result unnecessary weight and the risk for later health problems, such as Type II Diabetes.

**Intestinal problems:** Drinking too much juice, especially apple or pear juices, can cause diarrhea. Sorbitol, a carbohydrate that is not easily absorbed by the human body, is found in large quantities in these juices.

**Low bone density:** Children often drink fruit flavored juices or soda instead of milk. Fruit juices, even

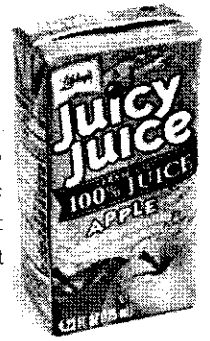
juices fortified with calcium, cannot compare to the nutritional value of milk. Milk contains Vitamin D, which is needed to help the body absorb calcium. Unlike milk, juice also lacks proteins and minerals that children need daily for growth.

The AAP has set these recommendations to parents to help prevent the above health problems:

Fruit juices should not be given to infants before 6 months.

After 6 months of age, infants should not get juice from bottles or cups that allow them to consume juice easily throughout the

day. Do not give fruit juice at bedtime.



Ages 1 to 6, limit juice to four to six ounces per day.

Ages 7 to 18, juice intake should be between eight and 12 ounces a day.

All children, ages 1-18, should be encouraged to eat whole fruits.

The AAP encourages 100% fruit juice as part of a child's a healthy diet as long as it is in appropriate proportions.

## Egg Beaters Vs. Whole Eggs

	Egg	Egg-beater
Calories	75	30
Total Fat	5g	0g
Cholesterol	210 mg	0mg
Carbohydrates	1g	1g
Protein	6g	6g

Walking down the dairy aisle, you are guaranteed to see a carton of Egg Beaters next to real eggs. Many people today, may wonder whether or not Egg Beaters are nutritionally comparable to real eggs. Egg Beaters are actually more nutritious than real eggs. Egg Beaters are made from real eggs, but all the yolks, the bad part, are removed. The nutrients and vitamins, which were removed with the yolk, are then added back into the product. By having the same consistency as whole eggs, Egg Beaters can be added

into recipes without altering the quality or taste of the final product. Egg Beaters, unlike whole eggs, do not pose the threat of illness or death by salmonella because they are pasteurized. So for anyone who enjoys homemade eggnog, Caesar salad dressing, or any other foods made with uncooked eggs there is no need to worry.

Egg Beaters are a healthy substitute for anyone who wants to incorporate healthy eating into their lifestyle. For a detailed nutritional comparison refer to the chart in left column or visit [www.eggbeaters.com](http://www.eggbeaters.com).

## Too Many Types Of Tuna!

With omega-three fatty acids becoming increasingly popular because of their health benefits, tuna is a quick, and convenient item to help increase your Omega-3's.

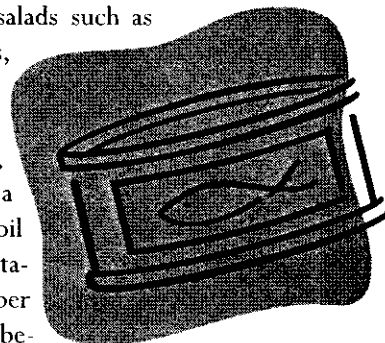
There are many different types of tuna available to the everyday consumer. Some are higher in calories, fat, and mercury than others. Read on to find out which type of tuna is best for you.

Albacore Tuna, also known as "white tuna" has a mild flavor similar to the white-meat of chicken. Some people think it can be too dry. Albacore tuna is best used in sandwiches and salads where a bland flavor is desired. It is somewhat more expensive than other canned tunas, but is overall more nutritious than other types of tuna. Albacore contains a higher amount of omega-3 fatty acids than light tuna.

Albacore is, however, higher in mercury than other types of tuna. Pregnant women, nursing mothers, young children and women of childbearing age should be cautious.

Chunk light tuna comes from primarily two types of tuna, skipjack and yellowfin. Chunk light tuna does contain omega-3 fatty acids but in smaller amounts. Yet, chunk light tuna is low in mercury. Therefore, this is a better choice for pregnant women, nursing mothers, young children and women of childbearing age. It is available packed in either water or oil. Water packed tuna is best used in casseroles and mayonnaise based salads, where a milder fish taste is desired. Most Americans choose tuna packed in water because it is lower in calories than oil-packed tuna, about 100 calories for a 3-

ounce serving vs. 170 calories. Oil packed tuna is best used in simple salads such as antipasto, tapas, and nicoise salad. For the best flavor, choose tuna packed in olive oil rather than vegetable oil. Remember to always drain before using.



Now that you have decided on albacore or chunk light tuna, water or oil packed, there is one more important decision, vacuum pouches or cans. The advantage of buying vacuum pouches is they don't need draining. Many customers believe these pouches also have a less fishy taste than canned. Canned tuna or albacore is slightly cheaper than the vacuum pouch. The choice is up to you.

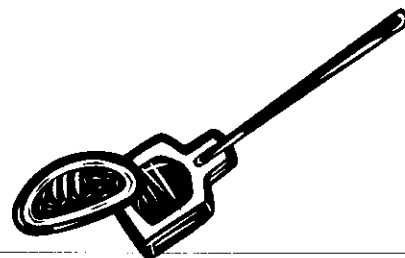
## Which Breads Are Best?

White or wheat? Twelve grain or whole grain? Rye or pumpernickel? The types of breads filling the bread aisle are never ending. So many types make it hard to know which type of bread is the healthiest and most beneficial. Here are simple steps to follow in the grocery store or bakery to help make the right choice.



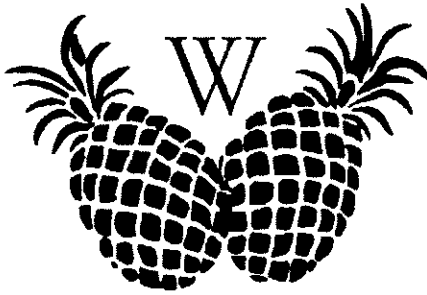
- \* Look for breads where the very first ingredient is "whole." These bread products contain the whole grain and all of its healthy benefits. Examples, whole grain, whole wheat, and stone-ground whole wheat.

- \* Check the Nutrition Facts Label for dietary fiber. A whole grain product contains at least 2 grams per serving.



- \* Be skeptical of misleading packages. For example "multi-grain" does not mean "whole" grain. Also, just because breads are brown does not mean they are healthy, they could just be dyed.
- \* Look for the "Whole Grain Stamp" created by the Whole Grain Council. This product is guaranteed to contain a full serving of whole grains in each labeled serving.

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## Simple Steps to Lower Your Salt Intake



Consuming large amounts of salt increases the amount of fluid you retain in your body. This can lead to a rise in blood pressure. Here are simple ways to help reduce your salt intake:

1. The easiest way to cut salt intake is to not add it to foods at any time.
2. Remember salt is salt. Different forms of salt such as rock salt, sea salt are no different.
3. Avoid flavor enhancers such as bases, gravy granules, stocks, salad dressings, soy sauce, etc. If you can't avoid these, buy the reduced sodium version.
4. Use as much fresh foods in your diet as possible. Foods such as fruits, vegetables, fish, chicken and lean meats are all low in salt.
5. Limit the amount of processed foods you eat. Processed foods have salt added into the original product to increase shelf life. Always read labels to compare sodium levels between brands. Again, choose low-sodium versions when available.

## How To: Raise Healthy Eaters

Every parent wants to raise a healthy eater, but sometimes are unsure on exactly how to achieve that. Good eating habits start with the decisions parents make. Below are tips to help your child grow into healthy eaters.

Let children make their own food choices. Start out by keeping healthy foods stocked in your kitchen. However, let your children pick when and what they want to eat. If the healthy eating process starts at home, their food choices in other places will follow their habits formed at home.

Keep healthy snacks stocked and accessible. Keeping healthy snacks hidden in cupboards, and/or in the refrigerator, is not going to guarantee your children will eat them. Buy already peeled and sliced apples, carrots, etc. and keep them in an area where kids can see them.

Never "forbid" foods. Eliminating junk food only prompts excessive eating when kids are able to eat them. Instead, limit quantities and explain that they are a treat and when they are gone, they are gone.

Teach children the concept of eating when they are hungry, not to eat just to eat.



Practice what you preach. If you are preaching to your children to eat healthy, you should be eating healthy yourself. Kids are very perceptive and follow in the footsteps of their role-models, their parents.

**WE'RE ON THE WEB!**  
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