

Do it Well

Easy ways to achieve health and wellness

QUARTER **01**
2012

IN THIS ISSUE

- Five Diet Resolutions for the New Year.
- Goodbye Pyramid. Hello, Plate.
- **Conscientious Cuisine:** Sloppy Garden Joes.
- **Get Going:** Quadruped Arm Opposite Leg Raise.



Did You Know?

- Sixty minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has significant health benefits.
- Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.
- Children and teens need 60 minutes of activity a day for their health.

[http://www.fitness.gov/
resources_factsheet.htm](http://www.fitness.gov/resources_factsheet.htm)

[http://www.
fruitsandveggiesmatter.gov/
month/index.html](http://www.fruitsandveggiesmatter.gov/month/index.html)

Five Diet Resolutions for the New Year

Why overhaul your diet in a day when you can take small steps over time – and still reach your diet goals!

*By Wendy C. Fries (WebMD Feature)
Reviewed by Brunilda Nazario, M.D.*

Are you making bold resolutions on January 1 to “eat right” – whatever that means? Stop trying to overhaul your entire diet in a day! Resolve to think small and you can reach any diet goal – one focused step at a time. Why not start with these simple tips?



New Year's Diet Resolution No. 1: Go Slow

Resolving to get more fiber in your diet this year? Maybe more fish or fresh fruit? Any diet change is easier if you take slow, small steps. For example:

1. Vow to add a piece of produce to your brown bag lunch daily.
2. Designate a day as fish day.
3. Package up a single serving of your favorite whole-grain cereal, then treat it as your midmorning snack.

continued on page 2

“Five Diet Resolutions ...” *continued*



New Year's Diet Resolution No. 2: Water, Water, Everywhere

Water: It's cheap, fat-free, and gives your body a quenching boost. Find the idea of eight cups a day daunting? Think small:

1. Drink one glass first thing in the morning, before you brush your teeth.
2. Tempted by more soda? Another glass of wine? Drink a cup of water with a splash of your favorite beverage in it first.
3. Resolve to drink one more cup of water today than you had yesterday.



New Year's Diet Resolution No. 3: Go for the Gold ... and Red ... and Purple

Colorful produce is packed with disease-fighting plant compounds, so when you shop, reach for a rainbow.

1. Designate a color-a-day. Maybe Mondays are yellow, with grapefruit, golden apples, or corn starring in meals, while Tuesdays are purple with plum and eggplant.
2. Get the kids involved and go for a theme: Build a green pizza with emerald bell peppers and artichokes, or a red produce-infused chili.
3. Vary the rainbow – pick up a new-to-you fruit or veggie the next time you shop.



New Year's Diet Resolution No. 4: Tackle Mindless Munching

You're chatting with friends around the dinner table or watching a DVD – and you just keep nibbling. Try these tips to reign in the munchies:

1. Pop a stick of gum or a sugar-free mint in your mouth.
2. Brush or floss your teeth.
3. Pay attention – look at each piece of food you plan to eat.
4. Busy your hands with a glass of water, a cup of tea, or cleaning off the table.



New Year's Diet Resolution No. 5: Stack the Odds in Your Favor

Don't forget to help yourself succeed, and to reach out for help when you need it.

1. Buddy up with a friend or family member with diet and weight loss resolutions. Then share your ideas, plans, and successes regularly.
2. Leave the temptations – ice cream, chips, soda – at the grocery store. Promise yourself you'll cater to cravings only outside the home, in one-serving portions.
3. Socialize with non-food events. Get your friends together in the park, for a hike, or at the movies.



Bonus New Year's Diet Resolution: Baby Your Body

Prevention: It's a lot less daunting than treating a chronic condition, so do the little things that keep your body thriving.

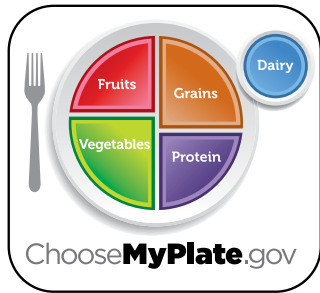
1. Get moving 30 minutes a day most days. Go for a walk, give the car a good scrub, take a hike. Whatever gets the blood pumping qualifies!
2. Get those tests you know you need. Cholesterol checks, prostate exams, pap smears – stay ahead of the game by staying healthy.
3. Get all the snooze-time you need. Sleep helps body and soul recharge, stay healthy, and cope with stress.

Take enough steps and you'll reach any goal. Resolve to make a few small diet resolutions this year and then just watch how far you'll go!

Sources: American Dietetic Association: "For Good Taste and Health, Follow the Rainbow." WebMD Feature: "Make 2006 New Year's Resolutions a Reality," "8 Secrets to Diet Success." WebMD Weight Loss Clinic - Expert Column: "Top 10 Diet and Nutrition Resolutions." Reviewed on October 28, 2010.
Source: WebMD. © 2007 WebMD, Inc. All rights reserved. Accessed Nov. 10, 2011.

Goodbye Pyramid. Hello, Plate.

Reviewed by: Mary L. Gavin, M.D.



The Food Guide Pyramid was the model for healthy eating in the United States. Maybe you had to memorize its rainbow stripes in school. But the USDA, the agency in charge of nutrition, has switched to a new symbol: a colorful plate — called MyPlate — with some of the same messages:

Eat a variety of foods. Eat less of some foods and more of others.

The pyramid had six vertical stripes to represent the five food groups plus oils. The plate features four sections (vegetables, fruits, grains, and protein) plus a side order of dairy in blue.

The big message is that fruits and vegetables take up half the plate, with the vegetable portion being a little bigger than the fruit section.

And just like the pyramid where stripes were different widths, the plate has been divided so that the grain section is bigger than the protein section. Why? Because nutrition experts recommend you eat more vegetables than fruit and more grains than protein foods. The divided plate also aims to discourage super-big portions, which can cause weight gain.

What's a Grain Again?

You know what fruits and vegetables are, but here's a reminder about what's included in the three other food groups: protein, grains, and dairy:

Protein: Beef; poultry; fish; eggs; nuts and seeds; and beans and peas like black beans, split peas, lentils, and even tofu and veggie burgers. Protein builds up, maintains, and replaces the tissues in your body.

Grains: Bread, cereal, rice, tortillas, and pasta. Whole-grain products such as whole-wheat bread, oatmeal, and brown rice are recommended because they have more fiber and help you feel full.

Dairy: Milk, yogurt, cheese, and fortified soy milk. With MyPlate, the dairy circle could be a cup of milk, but you also can get your dairy servings from yogurt or cheese. Choose low-fat or nonfat dairy most of the time.

“Eating more fruits and vegetables will help you eat fewer calories overall, which helps you keep at a healthy weight.”

First Lady Likes the Plate

First Lady Michelle Obama introduced the plate and said she will use it with her family, which includes the Obamas' two daughters, Sasha and Malia. Mrs. Obama, who started the Let's Move campaign to help kids get healthier, said the pyramid just wasn't easy enough for parents and kids to follow. The plate is simple and useful.

“I can't help but look at my own plate a little differently,” she said. “We're implementing this in our household.” The plate can be used for breakfast, lunch, and dinner. That may make you wonder: Do I really have to eat vegetables with breakfast? The answer is no, but aim to eat a variety of food groups at each meal. And if your breakfast doesn't include a veggie, consider a vegetable at snack time. (Yes, healthy, portion-controlled snacks are still OK.)

The plate also shows how to balance your food groups. There's a reason the protein section is smaller: You don't need as much from that group. Eating more fruits and vegetables will help you eat fewer calories overall, which helps you keep a healthy weight. Eating fruits and veggies also gives you lots of vitamins and minerals.

Expect to hear more about the MyPlate. The USDA promises new online tools to help people learn how to apply it to their everyday lives at ChooseMyPlate.gov.

Date reviewed: June 2011

© 1995 - 2011. The Nemours Foundation/KidsHealth®.

Reprinted with permission.

Source: U.S. Department of Agriculture. ChooseMyPlate.gov

Website: www.choosemyplate.gov/html.

Accessed Oct. 27, 2011.

Conscientious Cuisine

Sloppy Garden Joes

- | | |
|----------------------------------|--|
| 1 onion, chopped | 1 15 ounce can whole tomatoes, crushed |
| 1 carrot, chopped or shredded | 1 8 ounce can mushrooms or 1/2 pound fresh chopped |
| 1 green pepper, chopped | 1/4 cup barbecue sauce |
| 1 pound ground turkey or chicken | 6 whole wheat buns, split in half to make 12 |
| 1 8 ounce can tomato sauce | |

1. Sauté onions, carrots, green pepper and ground turkey or chicken in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and seasonings and bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

Nutritional information per serving (serving size 1 sandwich)

Calories	150
Carbohydrates	18g
Total fat	5g
Saturated fat	1.5g
Protein	10g
Fiber	3g
Sodium	330mg

12 servings, 1 sandwich each

Source: Oregon State University Extension Service.
www.healthyrecipes.oregonstate.edu. Accessed
Nov. 29, 2011.

Get Going

Quadruped Arm Opposite Leg Raise

**Start**

1. Position yourself on your hands and knees.
2. Slowly draw-in your navel up towards your spine and tuck in your chin.

Movement

3. Raise your arm with your thumb up and extend your opposite leg behind you remembering to keep your back flat.
4. Keep your arm and leg straight lifting both up until they are in-line with your back.
5. Hold the top position for a few seconds and slowly return to the starting position. Repeat with the opposite arm and leg, alternating sides.

Source: Health and Fitness Provider Network. www.hfpn.com. Accessed Nov. 15, 2011.

This material was created by National Financial Partners Corp., (NFP), its subsidiaries, or affiliates for distribution by their registered representatives, investment advisor representatives and/or agents.

This material was created to provide accurate and reliable information on the subjects covered. It is not intended to provide specific legal, tax or other professional advice. The services of an appropriate professional should be sought regarding your individual situation. Neither NFP nor its affiliates offer legal or tax services.