



HEALTHY AT 80

www.communityhealthdayton.org

March 2016

KEEPING IT REGULAR

Fiber might not seem like a glamorous topic, but eating a high-fiber diet can help you stay at a healthy weight, which in turn, lowers your risk for many kinds of cancer. Fiber can also help lower cholesterol, prevent constipation, and improve digestion. And Americans don't eat enough of it. On average, we get less than half of what we need. Here are some delicious ways to improve your daily health with fiber!

1) Start Your Day with Whole Grains. Most whole grains are a great source of fiber. Start with breakfast: Look for whole-grain cereal or oatmeal with 3 or more grams of fiber per serving. Add fruit and you'll be on your way to the **daily goal of 38 grams for men and 25 grams for women.**

2) Fiber-full Fruit! Any fresh fruit is a healthy snack. But when it comes to fiber, all fruits are not created equal. One large pear has a whopping 9.9 grams of it. Other high-fiber fruits include berries, bananas, and apples (with the skin). Check the frozen section of your grocery for economical frozen berries!

3) Keep the Grains Coming. For lunch, eat a sandwich on whole-grain bread instead of white bread. Or dip whole-grain crackers into your favorite healthy spread. Whole grain means it includes all parts of the grain -- and that gives you all the nutrients! Studies show that

adding whole grains and other high-fiber foods to your diet may also reduce your risk of heart disease and type 2 diabetes.

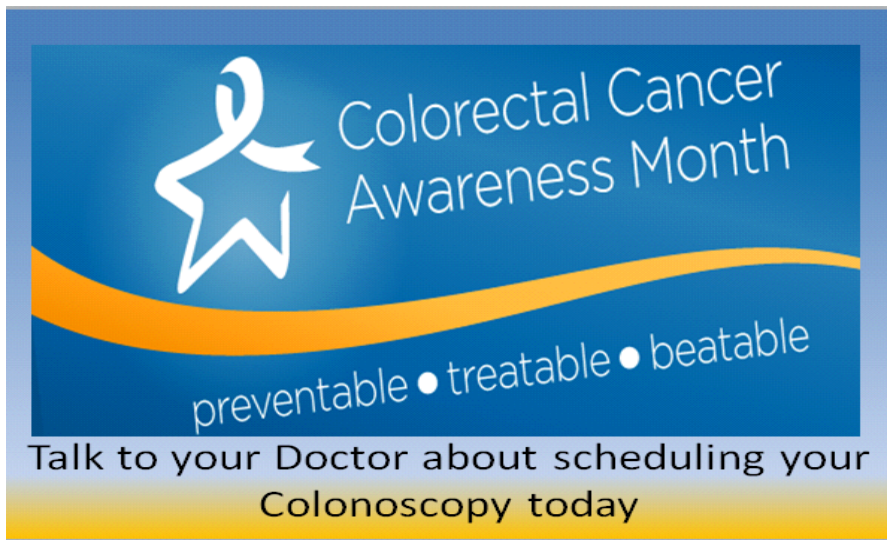


Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

IN THIS ISSUE

- Keeping it Regular
- Care for Your Colon
- Sweet Swaps!
- Nutrition Bites: Naturally Occurring or Added Sugars?
- Delicious & Nutritious: Strawberry Banana Protein Smoothie



CARE FOR YOUR COLON

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that’s why it’s so important to get screened. Colorectal cancer is one of the most treatable cancers if doctors detect it early. On top of that, you can take steps to lower your risk and keep your colon healthy, too. Start with these tips:

- 1) **Get Tested.** Starting at age 50, get regular colon cancer screenings. That’s the age at which your risk starts increasing. If colon cancer runs in your family, talk to your doctor about starting screenings earlier. There are several screening options. Talk with your doctor about which is right for you.
 - Colonoscopy (every 10 years).
 - High-sensitivity fecal occult blood test (FOBT) or fecal immunochemical test (FIT) stool test (every year).
- 2) **Diet Dos.** Add more fruits, vegetables, whole grain breads & cereals, nuts, & beans to your diet. They are linked to a lower risk of some cancers, & can help you have normal bowel functions.
- 6) **Diet Don’ts.** Limit your intake of red meat & high-fat or processed foods, which can increase your risk of colon cancer.
- 7) **Sweat More.** Include at least 30 minutes of moderate-intensity exercise five days a week. This will help you maintain a healthy weight and stay stress-free, which can decrease your risk.
- 8) **Quit Now.** On top of many other health risks, smoking increases your risk of colon cancer—take steps to quit right away.

SWEET SWAPS!

Most of us are trying to eat less sugar. But how do we spot less-obvious sources of added sugars? *Unless there is fruit and/or milk (which contain naturally occurring sugars) in the product, you can safely assume the amount of sugar listed on the label is added sugar.* Here are a two surprising foods that may have added sugars lurking in them, and healthier ways to enjoy them!

Tomato-Based Pasta Sauces

- One leading brand of sauce delivers 15 grams of sugar (almost 4 teaspoons) per small ½-cup serving!
- Look for a sauce where any type of sugar (corn syrup, cane juice, etc.) is not listed at all or is near the end of the ingredients list.

Salad Dressings

- Fat-free salad dressings are often laden with sugar to add flavor while eliminating fat.
- Ditch the fat-free dressings altogether & go with a dressing that lists canola or olive oil as the top ingredient & has either zero or very little added sugar. These dressings have more calories, but canola & olive oils are heart-healthy fats that help lower “bad” cholesterol. Use dressings in moderation, though, because their calories add up quickly.

http://www.eatingwell.com/nutrition_health/

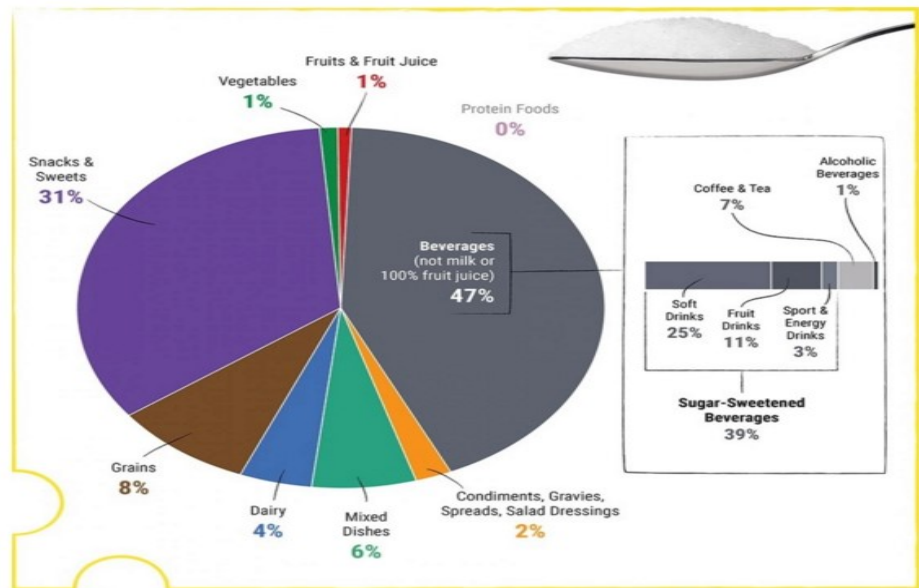
WHERE ARE THOSE ADDED SUGARS HIDING?

In order to better understand how we can keep added sugars to less than 10% of our daily calories, it's important to understand where added sugars are sneaking in to our everyday meals.

The major sources of added sugars (47%!) are beverages (including fruit drinks, soft drinks, sweetened coffee and tea, energy drinks, alcoholic beverages, and flavored waters), along with snacks and sweets.

There are an abundance of everyday items that include added sugar where you might least expect it:

- Bowl of Corn Flakes = 6 grams of added sugar
- Fruit-Flavored Yogurt = 11 grams of added sugar
- Italian Salad Dressing = 7 grams of added sugar
- Granola Bars = 20 grams of added sugar
- Barbecue Sauce = 12 grams of sugar (3 teaspoons) in only 2 tablespoons.
- Fruit Cocktail (canned in light syrup) = 6 grams of added sugar



Source: Dietary Guidelines for Americans 2015-2020.

NUTRITION BITES!

NATURALLY OCCURRING OR ADDED SUGARS?

The 2015-2020 Dietary Guidelines for Americans make a clear recommendation about the exact amount of added sugar we should consume each day. According to the 2015 guideline: **Less than 10% of daily calories should come from added sugars. Added sugars simply means the guideline does not include sugars naturally found in products like milk and fruits!** So what exactly does the recommended 10% of your daily calories really mean?

- ⇒ For an adult consuming 2,000 calories a day, you can measure sugar in either teaspoons or grams:
- ⇒ 10% of your daily calories = about 12 teaspoons of added sugar. To put that in perspective, a can of Coke contains nearly 10 teaspoons of added sugar!
- ⇒ 10% of your daily calories = about 48 grams of added sugar (1 teaspoon = about 4 grams). You can spot grams of sugar & added sugars on all nutritional labels:

Nutrition Facts	
Serving Size: 1 bottle (20 oz)	
Serving Per Container: 1	
Amount Per Serving	
Calories	275
	% Daily Value*
Total Fat	0 g 0%
Sodium	175 mg 7%
Total Carbohydrate	78 g 26%
Sugars	65 g
Protein	0 g
INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, ASCORBIC ACID.	



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Delicious & Nutritious

Smoothies might seem like a great way to add fruit and dairy to your diet. But most commercially prepared smoothies have added sugars lurking in them. One major brand boasts 38 grams of sugar (9½ teaspoons) and 230 calories in a single-serving! Make your own smoothies at home for a healthier, delicious, money-saving option! In this recipe for a handy breakfast or lunch, Greek yogurt and nut butter boost protein, and ground flaxseed adds omega-3s. Use ice cubes if you like a frosty smoothie, or opt for water if you don't want it so cold.

STRAWBERRY BANANA PROTEIN SMOOTHIE

- 1 cup strawberries, fresh or frozen
- 1/2 medium banana
- 1/2 cup diced mango (or any fruit), fresh or frozen
- 1/2 cup nonfat plain Greek yogurt
- 1 tablespoon natural nut butter, such as peanut butter or almond butter
- 1 tablespoon ground flaxseed (flaxmeal)
- 1/4 teaspoon vanilla extract
- 4 ice cubes or 1/2 cup water



- ⇒ Combine strawberries, banana, mango, yogurt, nut butter, flaxmeal, vanilla and ice cubes (or water) in a blender. Puree until smooth.
- ⇒ Don't have a blender? Leave out the water or ice cubes, mash all the other ingredients together with a fork, and enjoy as a yummy pudding treat!

http://www.eatingwell.com/recipes/strawberry_banana_protein_smoothie.html

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

Appointment Line:
937-461-6869

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342
Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402
Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404
Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45503
Phone: 937-528-6850

Southview Health Center

25 Thorpe Drive Dayton, OH 45420
Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402
Phone: 937-558-0180

Dental Center

East Dayton Dental Center

2123 East Third Street Dayton, OH 45403
Phone and Appointments: 937-528-6830

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