



# HEALTHY AT 80

## WHAT IS TRANS FAT?

The World Health Organization (WHO) says that the artificially produced trans fats found in junk and fried foods contribute to more than 500,000 preventable deaths annually. That’s why the WHO has set a goal for all countries to remove all artificially produced trans fats from the global food supply by 2023.

Trans fat is vegetable fat that has been chemically altered by a process called hydrogenation. This process turns healthy fat into a solid, unhealthy fat that is worse for you than saturated fat. Trans fats boost LDL (bad cholesterol) levels and can increase your risk of heart disease by 21 percent.

### What can you do now to avoid eating and drinking trans fats?

- ⇒ Read nutrition labels and look at the amount of saturated fat and trans fat per serving.
- ⇒ It’s also important to check the ingredient list, which is different from the nutritional label. Ingredient information is listed from greatest to smallest amounts, so if partially hydrogenated oils or high fructose corn syrup are listed as the first few ingredients, choose another product.

Read on to learn more about trans fats and healthier alternatives



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](http://www.communityhealthdayton.org/healthyat80)

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## OK. TRANS FATS ARE BAD—NOW WHAT?

The primary dietary source for trans fats in processed food is “partially hydrogenated oils.” Look for them on the ingredient list on food packages. In November 2013, the U.S. Food and Drug Administration (FDA) made a preliminary determination that partially hydrogenated oils are no longer Generally Recognized as Safe (GRAS) in human food.

The American Heart Association recommends that adults who would benefit from lowering LDL cholesterol reduce their intake of trans fat and limit their consumption of saturated fat to 5 to 6% of total calories. Here are some ways to achieve that:

- ⇒ Eat a dietary pattern that emphasizes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Also limit red meat and sugary foods and beverages.
- ⇒ If you are buying processed foods, look for ones made with unhydrogenated oil rather than partially hydrogenated or hydrogenated vegetable oils or saturated fat.
- ⇒ Doughnuts, cookies, crackers, muffins, pies and cakes are examples of foods that may contain trans fat. Limit how frequently you eat them.
- ⇒ Look for “0 g trans fat” on the Nutrition Facts label and no hydrogenated oils in the ingredients list.
- ⇒ Limit commercially fried foods and baked goods made with shortening or partially hydrogenated vegetable oils. Not only are these foods very high in fat, but that fat is also likely to be trans fat.
- ⇒ Read the Nutrition Facts panel on foods you buy at the store and, when eating out, ask what kind of oil foods are cooked in. Replace the trans fats in your diet with monounsaturated or polyunsaturated fats.

<https://healthyforgood.heart.org/eat-smart/articles/trans-fat>

**THE FACTS ON FAT**  
The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.

**LOVE IT**  
UNSATURATED (POLY & MONO)  
Lowers rates of cardiovascular and all-cause mortality  
Lowers bad cholesterol & triglyceride levels  
Provides essential fats your body needs but can't produce itself

**LIMIT IT**  
SATURATED  
Increases risk of cardiovascular disease  
Raises bad cholesterol levels

**LOSE IT**  
ARTIFICIAL TRANS FAT, HYDROGENATED OILS & TROPICAL OILS  
Increases risk of heart disease  
Raises bad cholesterol levels

EAT SMART ADD COLOR MOVE MORE BE WELL  
LEARN MORE AT HEART.ORG/EATSMART

## MYTH BUSTERS: SWEATING IT OUT

Sweating More Doesn't Necessarily Mean You Burned More Calories!

Many people wrongly believe that how much you sweat indicates how effective your workout was. How much you sweat during a workout is due to a variety of factors such as weight, gender, age, genetics, temperature and even fitness level.

- \* For example, men tend to sweat more than women, younger people tend to sweat more than older people and fit people tend to sweat more than those who are less fit.
- \* So remember, don't use sweat as an indicator for how intense your workout was. Instead, track your heart rate, level of muscle soreness and amount of progress seen to evaluate whether or not your workouts are effective.

### Estimated heart rates for exercising (beats per minute)

Age	Maximum heart rate	Target heart rate (50%–85% of maximum)
50	170	85–145
55	165	83–140
60	160	80–136
65	155	78–132
70	150	75–128
75	145	73–123
80	140	70–119

Source: American Heart Association.

## EXERCISE INTENSITY: HOW TO MEASURE IT

Get the most from your workouts by knowing how to gauge your exercise intensity. Your exercise intensity should generally be at a moderate or vigorous level for maximum benefit. For weight loss, the more intense or longer your activity, the more calories you burn.

**Moderate exercise feels somewhat hard. Here are clues that your exercise intensity is at a moderate level:** Your breathing quickens, but you're not out of breath.

You develop a light sweat after about 10 minutes of activity.

You can carry on a conversation, but you can't sing.

**Vigorous activity feels challenging. Here are clues that your exercise intensity is at a vigorous level:**

Your breathing is deep and rapid.

You develop a sweat after only a few minutes of activity.

You can't say more than a few words without pausing for breath.

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/arc-20046887>

# NUTRITION BITES!

## Snack to Save Time and Money

It's completely normal to snack throughout the workday. While it can be tempting to opt for the fast, easy (but unhealthy) option, taking a minute to snack smart can save you time, money and calories. Keep the following three tips in mind to help you snack smart at work or at home.

### 1.) Take a break.

⇒ When you reach for your snack at work, don't eat it while working. Instead, take a quick break to eat your snack uninterrupted to avoid overeating.

### 2.) Meal prepping is for snacks too!

⇒ One of the best ways to avoid impulsively purchasing unhealthy snacks from the vending machine is to pre-portion your healthy snacks at the beginning of the week and bring them with you to work.

### 3.) Think about nutrients.

⇒ Try to combine macronutrients (protein, fat and carbohydrates) at each snacking session. Doing so will help you feel satisfied and full until it's time for your next meal.

## 100 CALORIE HEALTHY SNACKS

YOUR GUIDE TO HEALTHY SNACKING!  
GET HEALTHY U

1/2 CANTALOUPE



1 SMALL BANANA



1 SWEET POTATO



1/2 CUP EDAMAME



1 TABLESPOON PEANUT BUTTER



1 CUP BLUEBERRIES



3 CLEMENTINES



3 CUPS POPCORN



30 CHERRY TOMATOES



14 ALMONDS



1/2 AVOCADO



1 APPLE



30 GRAPES



4 MEDIUM CARROTS



1 EGG



# Delicious & Nutritious

## BROCCOLI & BACON MUFFIN-TIN FRITTATAS

This easy make-ahead breakfast, lunch, or snack will have you set for the week. You get two mini frittatas per serving for only 168 calories; pair with a piece of fruit for a satisfying meal. Store cooked frittatas in the fridge for up to four days.

2 cups small broccoli florets, cooked until crisp-tender  
3 bacon slices, cooked and crumbled (omit for vegetarian version)

8 large eggs  
1/4 cup 2% reduced-fat milk  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
2 ounces sharp cheddar cheese, shredded  
(about 1/2 packed cup)



- ⇒ Preheat oven to 350°F.
- ⇒ Coat a 12-cup muffin pan with cooking spray. Divide broccoli and bacon evenly among muffin cups.
- ⇒ Crack eggs into a large bowl. Add milk, salt, and pepper; stir with a whisk until well combined.
- ⇒ Divide egg mixture evenly among muffin cups. Sprinkle cheese evenly on top. Bake at 350°F for 18 minutes or until just set. Cool on a wire rack for 2 to 3 minutes. Carefully run an offset spatula or butter knife around edges to loosen frittatas. Yield: Serves 12 (serving size: 2 mini frittatas).

<https://www.cookinglight.com/recipes/broccoli-and-bacon-muffin-tin-frittatas>

## Community Health Centers of Greater Dayton

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

### Our Health Centers

**Appointment Line:**

**937-461-6869**

Hours: Mon-Fri 7:30am-5:30pm

#### 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 45403 Phone: 937-528-6850

#### Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

## Dental Center

#### East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

[www.communityhealthdayton.org](http://www.communityhealthdayton.org)

#### Nutritional Information

• Calories 168 • Fat 12g • Saturated Fat 5g • Unsaturated Fat 6g • Protein 13g • Carbohydrate 3g • Fiber 1g • Sugars 1g • Added sugars g • Sodium 395mg • Calcium 13% DV • Potassium 6% DV

**Community Health Centers of Greater Dayton—Your Medical Home**