# **HEALTHY AT 80**

www.communityhealthdayton.org

**July 2018** 

## 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.

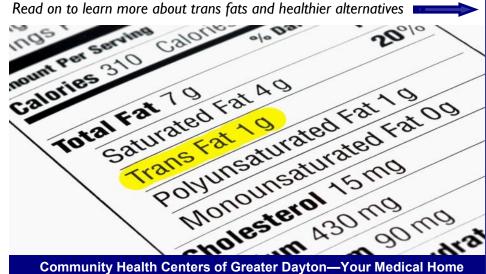
Trans fat is vegetable fat that has been chemically altered by a process called hydrogenation. This process turns healthy fat into a solid, unhealthy fat that is worse for you than saturated fat. Trans fats boost LDL (bad cholesterol) levels and can increase your risk of heart disease by 21 percent.

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

- $\Rightarrow$  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.

Healthy at 80 is
Community Health
Centers of Greater
Dayton's informational
newsletter on healthy
living, created with the
goal of helping you stay
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thriving through 80
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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



## 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				
50		170	=	85-145
55		165	<b>E</b>	83-140
60	t rate	160	e naxii	80-136
65	heart	155	e at	78-132
70	Ē	150	hear 85%	75-128
75	ğ	145	get %	73-123
80	<b>⊠</b>	140	Tar (50	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/art-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.

### I.) Take a break.

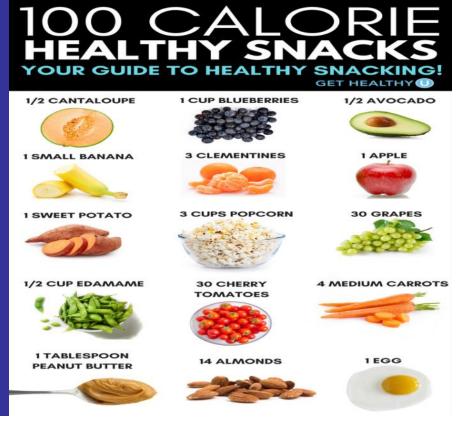
⇒ When you reach for your snack at work, don't eat it while working. Instead, take a quick break to eat your snack uninterrupted to avoid overeating.

### 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.





# 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!

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*Appointment Line:* 937-461-6869

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

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# • Calories 168 • Fat 12g • Satfat 5g • Unsatfat 6g • Protein 13g •

**Nutritional Information** 

- Carbohydrate 3g Fiber 1g Sugars 1g Added sugars g •
- Sodium 395mg Calcium 13% DV
- 30dium 395mg Catcium 13%
- Potassium 6% DV