



# Caddo/Kiowa County

## Weight Loss Challenge Newsletter

VOLUME 2 ISSUE 3

AUGUST 26, 2013

### SPECIAL POINTS OF INTEREST:

- Recipe
- Dear Dr. Stephens
- 50 ways to cut 100 calories
- Weight loss Comic

## Dietary supplements and a balanced diet

Many people across the state are looking at ways to get healthy. Some people believe they can achieve optimum health by taking dietary supplements, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

“The best way to get all the nutrients you need is by eating a variety of foods following the USDA Daily Food Plan,” Hermann said. “However, eating a well-balanced diet isn’t always easy and some people may benefit from taking a dietary supplement.”

There are several situations in which a supplement may be helpful for some people, including having a nutrient deficiency, pregnancy or following a very low-calorie diet.

Other situations when a dietary supplement may have a role can include eating a poor diet, taking medication that decreases your appetite, taking medication that alters the way your body uses nutrients or having a disease that changes the way your body uses nutrients.

“When it comes to supplements, more is not better. Some people may think they can improve their health by taking supplement doses, but taking nutrients in large amounts is not recommended without medical advice,” she said. “Vitamins and minerals in large amounts can be dangerous. The body stores minerals and fat-soluble vitamins and large amounts can build up in the body and can be harmful.”

The body does not store water-soluble vitamins, but large amounts can still cause problems. A balanced intake is vital because nutrients affect each other. Too much or too little of one nutrient can affect how the body uses others.

“Something people must understand is supplements cannot make up for a diet that consists of unhealthy choices,” Hermann said. “Supplements do not have all the nutrients important for health. It’s important to try to meet your nutrient needs with a balanced diet rather than supplements.”

The more variety there is in a diet, the less likely a person is to get too much or too little of any vitamin or mineral.

Following the USDA’s Daily Food Plan is the best way to get all the nutrients needed in a healthy diet.

However, if you do take a dietary supplement, Hermann suggests choosing a supplement that contains a variety of vitamins and minerals.

“Don’t take more than 100 percent of the dietary reference intake, unless recommended by your health care provider. Some people may think since supplements aren’t prescription medications they don’t have to read the labels and follow directions, or they can take double doses in an effort to get more nutrients, but that isn’t simply isn’t true,” she said. It’s very important to take supplements according to label directions and advice from your health care provider.”



An Oklahoma Turnpike Partner

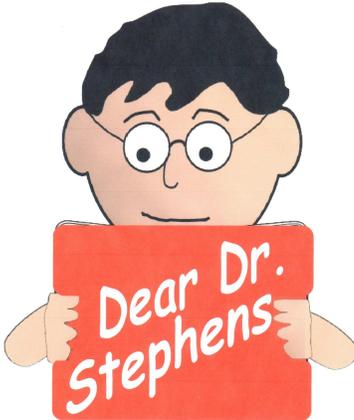
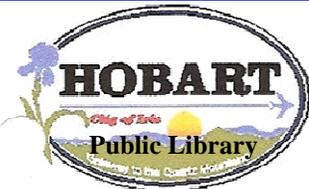


# Greek Turkey Burger



## Nutritional Info

Servings Per Recipe: 4  
Amount Per Serving  
Calories: 217.1  
Total Fat: 10.2 g  
Cholesterol: 85.0 mg  
Sodium: 323.2 mg  
Total Carbs: 5.2 g  
Dietary Fiber: 0.5 g  
Protein: 26.3 g



## Ingredients

16 ounces 93% lean ground turkey  
1/4 cup whole-wheat breadcrumbs  
1/4 cup feta cheese, crumbled  
1 egg white  
1 tablespoon chopped mint  
1 teaspoon dried oregano  
1/4 teaspoon black pepper  
Cooking spray

## Tips

Overworking the mixture can result in tough burgers.

## Directions

Mix all ingredients until just combined.

Coat a nonstick skillet with cooking spray and place over medium heat. Divide the meat mixture into 4 round balls. Flatten the burgers with your hand and press your thumb in the center of each burger (this keeps the meat from rising too high as it cooks).

Cook the burgers 5-6 minutes per side, flipping once, until internal temperature reaches 165 degrees.

### Dear Dr. Stephens,

I have a son playing football this year. I've been to a couple of practices and those kids run drills and work out no matter how hot and humid it gets. Are kids better at coping with the heat than adults? I sweat in the bleachers just watching them!

### Muggy Mama

### Dear Muggy Mama,

While it may seem that some kids are like the pink Energizer bunny and just keep going and going and going, the reality is that regardless of our age we all share the same strategy for battling heat. And that, as you mentioned in your question, is SWEAT. We all know that our bodies are made up of mostly water, in adults that figure is approximately 60%, for children, it is a little bit higher (a newborn baby is approximately 75% water and that figure drops down to about 65% by the age of one). Why so much water, because water helps with the majority of your body's normal functions. Water is in your tissues, organs, blood, helps carry nutrients and oxygen to your cells, lubricates your joints, protects body organs and tissue by acting as a cushion, aids in digestion and helps get rid of bodily waste through excretion and urination. Another extremely important function of water is in the regulation of body temperature.

As you (or a child) exercises, the muscles generate heat and raises the body temperature. As the body temperature rises, sweat is produced which then evaporates and cools the body. As you mentioned, even sitting in the hot sun can raise your body temperature so much so that you sweat. This brings to the point that it is extremely important to drink water, especially while exercising in Oklahoma's heat, because not only will athletes have internal heat (through muscle movement) but also external or environmental heat (through the sun/outside temperature).

If you or a child does not replace the water lost through sweat by drinking more fluids, the body's water balance can become out of balance and the body may overheat through dehydration. Dehydration is a condition that basically means you don't have enough water in your body to carry out the normal functions mentioned above (remember one of those functions is regulation of body temperature). Severe dehydration is a life-threatening event and requires emergency help. Its symptoms can include fainting, a drop in blood pressure, rapid uncontrolled breathing and seizures or convulsions. Even mild forms of dehydration can have a noticeable effect on people as they will feel sluggish and tired, may have headaches, dizziness, cramps and dark urine.

So how much water is enough? We've all heard the 8 by 8 rule: "Drink eight 8oz glasses of water a day."

While this isn't necessarily accurate for all ages and body types, it is popular because it's easy to remember. Another simple rule to remember is the rule of half. This is where you take half your body weight and drink that amount in ounces of water. For example, a 200 pound person would drink 100oz of water a day. Both of the above come up with different amounts (64oz and 100oz depending on the weight of the person) and so I like to simplify things, basically there are 3 rules that I or anyone can follow regardless of their weight and activity level. 1<sup>st</sup> rule, drink water throughout the day (if you only drink water when you're thirsty, then you're already slightly dehydrated). 2<sup>nd</sup> rule, drink water before, during and after exercising (extremely important for athletes), 3<sup>rd</sup> rule, if your urine isn't colorless or light yellow (in other words, if it's dark) then you know that you need more water in your system.

Needless to say, I'm a huge fan of water. It's calorie-free and readily available. Speaking of calories, if anyone is on a diet, drink a glass of water before every meal. It will not only help with digestion, but will also help give you a fuller feeling even though you're eating less.

Cutting calories may seem like a daunting task, especially when you're trying to cut hundreds of calories each day to lose the recommended 1-2 pounds per week. Will you go hungry? Will your meals taste like cardboard? Will you have to give up your favorite foods? Don't worry. When you make small changes, the only difference you'll notice is a drop in the scale! Keep in mind that cutting calories can involve smart substitutions or changes in portion sizes, too. Just remember, start small and work your way up to a new—and healthier—way of eating.

#### Beverages

- 1. Split a 20 oz. bottle of regular soda with a friend. **Save 120 calories!**
- 2. Drink 1 cup of diet soda instead of 1 cup of regular soda. **Save 97 calories!**
- 3. Swap a 12-oz. glass of whole milk for skim milk. **Save 96 calories!**
- 4. Drink two 12-oz. light beers this weekend instead of two regular beers. **Save 100 calories!**
- 5. Instead of 1 cup of prepared lemonade, try 1 cup of a sugar free variety. **Save 103 calories!**
- 6. Eat a medium orange instead of drinking 12 oz. of fresh orange juice. **Save 106 calories!**
- 7. Prepare your coffee with 4 oz. of fat-free half and half instead of regular half and half. **Save 88 calories!**
- 8. Enjoy 5 oz. of chocolate milk instead of 5 oz. of a chocolate milkshake **Save 110 calories!**

#### Breakfast

- 9. Spread your whole grain waffles with 2 tablespoons of maple syrup instead of 1 tablespoon of margarine or butter. **Save 110 calories!**
- 10. Top your whole grain bagel with 1.5 oz of fat-free cream cheese in lieu of regular. **Save 108 calories!**
- 11. Try 1 oz. of maple turkey bacon instead of maple (pork) bacon. **Save 118 calories!**
- 12. Ditch the glazed donut and eat a bagel instead. **Save 93 calories!**
- 13. Eat 3/4 cup oatmeal instead of a 1-1/2 cups of oatmeal. **Save 97 calories!**
- 14. Substitute 3 oz. of turkey sausage for a serving of pork sausage. **Save 120 calories!**
- 15. Grab a small bagel instead of a medium bagel. **Save 99 calories!**

#### Snacks and Sides

- 16. Dip 1 cup celery into your favorite salsa or hummus instead of 1 oz. of tortilla chips. **Save 125 calories!**
- 17. Eat an entire medium apple instead of a small (5 oz.) candy apple. **Save 118 calories!**
- 18. Snack on 1 oz. of baked potato chips instead of regular chips. **Save 90 calories!**
- 19. Better yet, eat 2 oz. pretzels instead of the same size portion of potato chips. **Save 94 calories!**
- 20. Bake 2 oz of oven fries in lieu of 2 oz. of fast food fries. **Save 88 calories!**
- 21. Forgo a 6-oz portion of potato chips and nosh on 6 oz. of tortilla chips instead. **Save 96 calories!**
- 22. Say no to 1 oz of deep-fried onion rings and instead enjoy 1 oz. of grilled onions with your meal. **Save 92 calories!**
- 23. Try 1.5 oz. of fresh grapes instead of 1.5 oz. of raisins. **Save 98 calories!**
- 24. Enjoy a healthy 8-oz. baked potato instead of 8 oz. of French fries. **Save 104 calories!**
- 25. Choose 3 oz. of mozzarella cheese for your sandwich instead of Swiss cheese. **Save 108 calories!**
- 26. Swap 1 cup of canned, crushed pineapple in water for pineapple canned in heavy syrup. **Save 119 calories!**

#### Lunch and Dinner

- 27. Cut a 6 oz. steak in half and take the other portion home for another meal. **Save 111 calories!**
- 28. Order a skinless chicken breast instead of chicken with skin. **Save 102 calories!**
- 29. Substitute a fat-free beef hot dog for a regular beef hot dog. **Save 104 calories!**
- 30. Build a sandwich with 1.5 oz. of deli turkey breast instead of an equivalent of hard salami. **Save 119 calories!**
- 31. Instead of 6 oz. of crispy fried chicken with skin, eat 6 oz. baked chicken with skin. **Save 102 calories!**
- 32. Choose a slice of thin crust pizza over thick crust pizza. **Save 106 calories!**
- 33. Add vegetable toppings to your pizza order and say no to pepperoni. **Save 100 calories!**
- 34. Forget broccoli cheddar soup. A 7-oz portion of vegetable soup is better. **Save 119 calories!**
- 35. Enjoy 12 oz of steamed rice (choose brown rice when possible) as an alternative to fried rice. **Save 96 calories!**
- 36. Unwrap your 13-inch tortilla wrap and make a sandwich on a 3-oz. whole grain bagel instead. **Save 96 calories!**
- 37. Eat only half of your hamburger or sandwich bun. **Save 100 calories!**

#### Condiments and Sauces

- 38. Dip your salad in a side of ranch dressing (2 tsp.) instead of pouring 2 Tbsp of dressing on the salad. **Save 97 calories!**
- 39. Skip the 5 oz. of Alfredo sauce and eat a whopping 7 oz. of marinara sauce. **Save 129 calories!**
- 40. Add flavor to vegetables with 3 oz. of hot sauce—not 1 oz of bleu cheese dressing. **Save 117 calories!**



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- 41. Top your salad with 1.5 oz. reduced-fat Italian dressing instead of regular. **Save 96 calories!**
- 42. Try either cheese *or* croutons on your salad—not both **Save 72-116 calories!**
- 43. Instead of 3 oz. of regular sour cream, use a fat-free variety. **Save 120 calories!**
- 44. Use 2 Tbsp reduced-fat light mayonnaise instead of regular mayonnaise. **Save 102 calories!**

**Sweets and Desserts**

- 45. Serve ice cream in a dish instead of a waffle cone. **Save 121 calories!**
- 46. Try a healthier peanut granola bar instead of a peanut candy bar. **Save 94 calories!**
- 47. Finish dinner with 1 cup of low-fat frozen yogurt instead of regular ice cream. **Save 121 calories!**
- 48. Substitute 5 oz. of apple pie, with 5 oz. of baked apple crisp. **Save 85 calories!**
- 49. Instead of 4 oz. of regular chocolate pudding, enjoy a sugar-free portion. **Save 92 calories!**
- 50. Leave that 1/2 cup of strawberry ice cream in the freezer. Enjoy 1/2 cup of fresh strawberries topped with 2 Tbsp of fat-free whipped cream as an alternative. **Save 102 calories!**

Cutting 100 calories here and there is an easy way to form healthier eating habits without feeling deprived or hungry. With just a few of these tricks up your sleeve, you'll be on your way to reaching your goals in no time

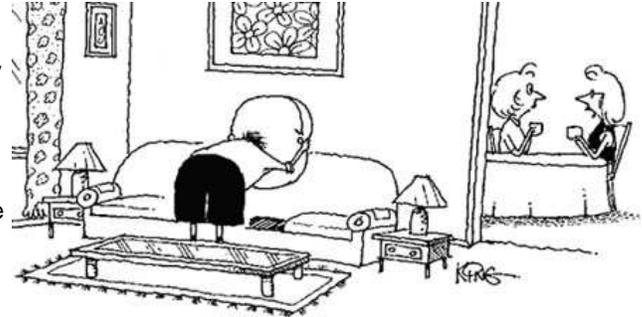


Winkler's Community Library



Knowledge is Power

CADDO KIOWA TECHNOLOGY CENTER



The doctor said he needed more activity. So I hide his T.V. remote three times a week.



## Kiowa and Caddo County Coalitions

Nutrition & Physical Activity **LIVE!** Committee  
 c/o Great Plains Youth & Family Services  
 901 South Broadway  
 Hobart, Oklahoma 73651