

### Healthy Tips

1. Smart Eating may reduce Colon and Breast Cancer risk. Take action and reduce the risk. Eating a low fat diet with plenty of fruits and vegetables, and whole grains may help protect you.
2. A Juicy Story. The more colorful the juice is, the more nutrients it contains. When you're thirsty choose juice instead of soda and make sure it's 100% juice for the greatest nutritional benefit.
3. A Nutty Addition to a Healthy Diet. New Research shows eating nuts such as peanuts, pecans, walnuts, and almonds which are good sources of monounsaturated fat, lead people to eat less and control weight. The key is watching your serving size.
4. Build Strong Bones. Iron is important for healthy bones. A recent study at the University of Arizona and University of Arkansas found that post-menopausal women who consumed at least 18 milligrams of iron a day had the greatest bone mineral density level.
5. Can a drink a day help prevent heart disease? Hold it... Research is not yet conclusive. If you decide to take one to two drinks per day to help increase HDL cholesterol (good cholesterol) and lower LDL (bad cholesterol) include routine of low fat eating and regular physical activity.
6. Walking is better than a Prescription. All these perks and it doesn't cost a cent. Walking lowers risks of colds and flu, 51%, diabetes, 50%, heart disease, 40%, and feeling stressed, 37%.
7. A serving of broccoli is the size of a light bulb. Broccoli is a rich source of folic acid, which may help prevent birth defects.
8. Brie Makes Sleep More Restful. Enjoying a 1 oz serving of brie 30 to 60 minutes before bedtime is proven to improve sleep quality. The cheese contains tryptophan, an amino acid that boosts levels of the brain chemical serotonin which ushers in sweet slumber.
9. An Apple a Day: Medium-sized gets the benefits of about 4gms dietary fiber in just 80 calories.
10. Want to cut out 100 calories? Try a cup of low fat, sugar free yogurt instead of doughnut.
11. Adequate hydration? Try to drink eight 8-ounce glasses of water everyday, with increased amounts for added activity.

## Daily Health Tips

### Nutrition and Food Service-VAPAHCS

12. Worth a Hill of Beans: 1 cup of beans provides 10-14 grams of fiber, almost half of the recommended 21-38grams per day.
- 13: Nutrient-packed: cherries, blueberries, beets, peppers, and other deeply colored fruits and vegetables tend to have the most vitamins & minerals.
14. Not a Corny Idea: yellow corn is rich in such carotenoids such as lutein and zeaxanthin, which help keep your eyes healthy.
15. Nuts for you in moderation: Nuts are rich in unsaturated fats including monounsaturated fats. Good sources: peanuts, pecan, walnuts & almonds.
- 16: Tea- your new best friend? All teas green, black, and red (but not herbal teas) contain beneficial chemicals that act as antioxidants.
17. Are all fats bad? No. Dietary Guidelines for Americans recommend a daily total fat intake between 20-35 % of calories with most fats coming from polyunsaturated and monounsaturated fats such as fatty fish, nuts and vegetable oil (except palm or coconut oil).
18. Bad Fats: Saturated (from animal products) and trans fats (cookies, crackers, muffins, stick margarine) can increase blood cholesterol and increase risk of heart disease.
19. Is Aspartame safe? Aspartame is a low calorie sweetener that provides the sweet taste without the calories and has been documented to be safe in more than 200 objective scientific studies.
20. An apple a day keeps the doctor away: A medium sized apple provides 4 grams of fiber which may help lower blood cholesterol.
21. Bite this: the tannin in apple juice may help keep your gums healthy.
22. A winter alternative to fresh fruit: Dried fruits provide fiber, vitamins A, C, K, and folate.
23. Slow eating can help you lose weight. Eating slowly helps you focus more on what you eat, sense when you are full, and stop eating before you overeat.
24. Need flavor in your tap water? Try adding lemon, lime, or orange slices, or small amounts of fruit juice.
25. AVOCADOS: More than just "good fat" and guacamole. Avocados are high in unsaturated fat (good fat), and contain vitamin C, thiamine, riboflavin and beta-carotene.

Date of Preparation: May 9, 2007

Daily Health Tips  
Nutrition and Food Service-VAPAHCS

26. Go nuts. Nuts are high in monounsaturated fat which may help lower blood cholesterol.
27. Calorie Lingo: "Calorie-free" - product contain fewer than 5 calories/serving
28. Calorie Lingo: "Low-calorie" - means 40 calories or fewer
29. Calorie Lingo: "Reduced or fewer calories" - means at least 25% fewer calories
30. Calorie Lingo: "Light or Lite" - means product contains 1/3 fewer calories or 50% less fat
31. DIARRHEA? EAT APPLES! Eat an apple with its skin. Pectin in the skin can cure this condition.
32. Feeling Depressed? Eat a banana. According to a recent survey of people suffering from depression, many felt much better after eating a banana. Bananas lead to production of serotonin in the body, a chemical which is known to improve mood and help with relaxation.
33. PMS? Forget the pills. Eat a banana. Vitamin B6 in bananas regulates blood glucose levels which can affect your mood.
34. KIWI: Tiny but mighty. Kiwis are a good source of potassium, magnesium, vitamin E, and fiber. Its Vitamin C content is twice that of an orange.
35. Boost your immunity with antioxidants: Antioxidants help prevent oxidation, and may help increase immune function and possibly decrease the risk of infection and cancer.
36. Searching for antioxidants? Foods rich in antioxidants include broccoli, pumpkin, cantaloupe, spinach, and tomatoes.
37. MANGOS: are rich in beta carotene, vitamins C and E, and soluble fiber. Fresh mangos are firm but soft to touch & best from May to September.
38. PAPAYA: great source of vitamin C, folate and fiber. Papaya contains phytochemicals that may aid in disease prevention.
39. A medium-sized potato is the size of a computer mouse. Potatoes with skin are a good source of fiber.
40. A serving of peanut butter (2 tablespoons) is the size of a ping pong ball.
41. Need your caffeine fix? In healthy adults, drinking approximately 2 cups of coffee per day will present no health problems.

Date of Preparation: May 9, 2007

Daily Health Tips  
Nutrition and Food Service-VAPAHCS

42. Did you know? Cooked tomatoes provides more health benefits from lycopene (an antioxidant) than raw tomatoes.
43. Buyer beware: Dietary supplements are not food supplements and are not government regulated.
44. Rev up flavor with fresh herbs and make low fat dishes more enjoyable.
45. Beat afternoon fatigue. Include healthy snacks such as fresh fruit between meals.
46. Hydrate. Drink water throughout the day to maintain optimum well-being and energy.
47. How to choose lean red meat: Look for "round" or "loin" for beef, and "leg" or "loin" for pork or lamb.
48. Eat a rainbow of colors everyday to build a healthy lifestyle.
49. Need to pass up on the salt? Use sodium-free spice and herb blends to add satisfying flavor to any recipe.
50. Fight tooth decay with Wasabi. Wasabi (the horseradish served with sushi) may help prevent tooth decay by decreasing the ability of plaque-causing bacteria to stick to teeth.
51. A Mediterranean Diet may prevent Alzheimer's. The Mediterranean diet which includes fruits, vegetables, legumes, fish and a little red meat, appears to be associated with a lower risk for Alzheimer's disease.
52. Another reason to eat your veggies: A diet high in folic acid which is found in leafy green vegetables, may protect against cognitive decline.
53. It all adds up! If you cut out one can of regular soda a day, you can lose about 15 pounds in one year.
54. A 1.5 ounce serving of cheese is the size of 2 9-volt batteries. Low fat cheese is a good source of protein and calcium, and small amounts can be included as part of a healthy diet.
55. Boost HDL (good cholesterol) by using olive oil in cooking.
56. Did you know? Lowfat and fat free milk, yogurt, and cheese provide just as much calcium as the full fat version of these dairy foods.
57. What is the food temperature danger zone? 40-135 degrees Fahrenheit. Bacteria may grow within the danger zone.

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Daily Health Tips  
Nutrition and Food Service-VAPAHCS

58. How long can you keep leftover Thanksgiving turkey? 3-4 days under refrigeration.
59. Don't cross-contaminate. Use one cutting board for fresh produce and a separate one for meat, poultry, and seafood.
60. Harmful bacteria are destroyed when food is cooked to proper temperature—take the guesswork out of cooking; use a thermometer.
61. Build healthy red blood cells. Eat these foods rich in folic acid: bananas, tomatoes, oranges, eggs, whole grain breads, spinach, and carrots.
62. Get more fiber. Eat potatoes with skin.
63. The average American consumes 4,000 mg or more of sodium per day. Many health authorities recommend limiting salt intake to 2,500-3,000mg per day.
64. What's one serving of milk? One 8-ounce cup, which provides 300 milligrams of calcium. Calcium plays an important role in bone health, nerve function, muscle contraction, and blood clotting.
65. What's one serving of vegetables? One half cup cooked or one cup raw.
66. Need a low fat snack cookie? Choose graham crackers, animal crackers, gingersnaps, and fig bars.
67. How long can you keep left over gravy? 2 days under refrigeration.
68. Battle of the bulge: A simple 100 calories a day can make the difference between weight gain or loss.
69. Looking for an alternative to fresh fruit? Try dried fruit. Like fresh fruit, dried fruit provides fiber, vitamins A and C, potassium, and folate.
70. How much fluid do you need? Try to drink eight 8-ounce glasses per day. Beverages that best meet hydration needs are water, juice, milk, and caffeine-free coffee or tea.
71. Reduce your risk of colon cancer with yogurt. Live cultures in yogurt may help reduce the risk of colon cancer.
72. Ease digestion with insoluble fiber. Choose fruits and vegetables with skin, such as apples and green beans.
73. Lift your spirits with fish. Fatty fish such as salmon and trout provide omega-3 fatty acids which may decrease mild to moderate depression.

Daily Health Tips  
Nutrition and Food Service-VAPAHCS

74. A spicy way to cut your risk of atherosclerosis: Try adding cayenne pepper to your recipes.
75. Did you know? A standard serving of beer (12 ounces, 150 calories), wine (5 ounces, 100 calories), or distilled spirits (1.5 ounces 80 proof, 100 calories) each contain the same amount of alcohol.
76. Raw cookie dough may be yummy, but it's not so good for the tummy! Any raw egg in the dough may contain harmful bacteria.
77. Be good to your heart. Lower your blood cholesterol. For every 1% you lower your blood cholesterol, you reduce your risk of heart attack by 2%.
78. Be a big loser! Load up on fruits and veggies and skip the candy and cookie aisles; they try eating from dessert plates rather than dinner plates. These small steps add up to big calorie reductions that aid weight loss and lower blood pressure and cholesterol.
79. Cook smart. Bake, roast, broil, or poach. Don't fry!
80. Plain is best. Creamed foods and foods with sauces or gravies are higher in fat and calories.
81. Did you know? One pound of fat is equal to eating about 3,500 calories of food.
82. Cut 500 calories a day to lose weight. 500 calories = 2.5 cups of cooked pasta or rice, 1.5 cups homemade stuffing, 3 ounces (large handful) of peanuts, 1 regular hamburger and 1 small order of French fries, 1/8" slice of apple pie with 1 scoop ice cream.
83. Did you know? A little sharp cheese has more flavor and less fat than a large amount of milder cheese.
84. Did you know? "Wheat flour" is nutritionally equal to white flour. Look for "whole wheat" or "whole grain" at the beginning of an ingredient listing.
85. Lighten Up on Sodium. Rice and pasta mixes are high in sodium. Use only one-half of the seasoning packet.
86. Did you know? "Light" mayonnaise has about half the calories of regular mayonnaise.
87. Did you know? Half of chicken's calories are in the skin.
88. What's in those nuggets? Most chicken and turkey nuggets, patties, and rolls are made with ground skin and have a lot of salt.

## Daily Health Tips

### Nutrition and Food Service-VAPAHCS

89. How to choose a healthy frozen meal: Look for meals with less than 15 grams of fat, contain 500-800 milligrams of sodium, and are approximately 400 calories.

90. An apple a day may help keep the neurologist away. Apples contain an antioxidant called quercetin which may help protect brain cells from damage.

91. Red wine, or, better yet, grape juice. Drinking red wine in moderation increases longevity, but since alcohol slows down the brain's ability to function properly, grape juice may be a smarter beverage choice. New research suggests concord grape juice significantly improves short-term memory and motor skills.

92. Sharpen your mind with spinach. Spinach is full of antioxidant power which helps slow down age-related problems in the central nervous system and cognitive defects.

93. Shake of stress-induced colds and infections with garlic. Garlic contains strong antibacterial and antiviral compounds.

94. Prevent Alzheimer's. Eat fish. Fatty fish are full of neuroprotective omega-3 fatty acids. A study found that people who eat at least one fish meal a week are significantly less likely to end up with Alzheimer's disease than those who regularly eschew fish. Studies have shown its positive effect on learning acquisition and memory performance.

95. Eat the rainbow. Berries and other colorful fruits and veggies are chock full of polyphenols, an antioxidant that buffers against disease by protecting cells against the stresses of the environment and aging. Include blueberries, strawberries, cranberries, purple grape juice and pomegranates on your plate.

96. Veggies do a heart good. Evidence suggests that people who eat a lot of fruits and vegetables have lower risk of coronary heart disease than people who don't.

97. It's the red, not the wine. That ruby hue comes from antioxidant polyphenols, which may be heart-protective. If you drink, limit alcohol to no more than 5 ounces per day.

98. Be thankful for chocolate. Cocoa is rich in antioxidant flavonoids called flavanols, which include procyanidins, epicatechins, and catechins. Studies have shown that people with high blood levels of flavonoids have lower risk of heart disease, lung cancer, prostate cancer, asthma, and type 2 diabetes.

99. Anti-aging secret from the sea. According to a Chicago Health and Aging Study, eating one or more fish meals per week was associated with a 10 to 13% slower annual decline in cognitive function--the equivalent of being 3 to 4 years younger--compared to eating less than one fish meal per week.

100. Retain your brain power. Sip veggie or fruit juice. In a 10-year study of 1,800 women and men, three-times-a-week juice drinkers had a 75% lower risk of dementia.

Daily Health Tips  
Nutrition and Food Service-VAPAHCS

Results may be related to high concentrations of polyphenols (cell-protecting antioxidants) found in juice.

101. Mood Booster: B12. The nervous system needs B12 to synthesize serotonin, the same chemical that antidepressants boost. Studies suggest that getting enough B12 may prevent the blues. Choose a multivitamin with 100 percent of the B12 daily value (6 micrograms).

102. Protect your bones with B vitamins. Take a multivitamin with the recommended daily value of folate (400 mcg), B6 (2 mg), and B12 (6 mcg). All three help lower homocysteine levels. Homocysteine is a blood protein associated with increased risk of hip fractures.

103. Colon-Friendly B6: Vitamin B6, known to shield DNA from tumor-causing damage, may help block colon and colorectal cancers, new research suggests. Get the daily value of 2mg by eating B6-rich foods: beans (1 mg per cup), tuna (0.9 mg in 3 ounces), bananas (0.4 mg per fruit), turkey (0.4 mg per 3 ounces), and broccoli (0.3 mg per cup cooked).

104. Mood Therapy: Clam Chowder. It's full of omega-3 fatty acids which may help you feel less depressed. The milk in clam chowder provides vitamin B12, a nutrient that, recent research reports, helps people respond better when they're treated for depression. Three ounces of cooked clams take care of your B12 needs for an entire week.

105. Bone Up on D: Inadequate vitamin D intake could lead to inadequate absorption of bone-building calcium. Get the daily recommended intake of 400 IU (600 IU if over age 70) vitamin D from dairy or supplements.

106. The Benefits of Folate: Folate, or folic acid, is a B vitamin that is found in dark green leafy vegetables, dried beans, certain fruits, and fortified grains. Folate may prevent neural tube defects and protect against heart disease. Some research also suggests you may risk short-term memory loss, dementia, and depression without folate.

107. Bad Breath? Try Yogurt. A Japanese study suggests that live bacteria in yogurt can suppress levels of bad-breath-causing bacteria. Look for yogurt containing live cultures.

108. Eat to tame blood sugar. Fruits, veggies, beans, and whole grains contain soluble fiber which may help control blood sugar. High soluble fiber foods include: orange, grapefruit, prunes, cantaloupe, papaya, raisins, lima beans, zucchini, oatmeal, oat bran, granola, barley, peas, strawberries, and apple pulp.

109. Berried treasure: Berries hold dense concentrations of antioxidants, substances that protect you from the free radical damage that can set the stage for everything from clogged arteries to wrinkles. With regard to antioxidant power, 4 of the top 10 fruits and vegetables are blueberries, strawberries, raspberries, and blackberries.

## Daily Health Tips

### Nutrition and Food Service-VAPAHCS

110. Popeye's Prescription: Lutein in spinach may prevent damage to your retina (age-related macular degeneration) and lens (cataracts). Eat spinach with a teaspoon of fat such as oil to help lutein absorption.

111. Set your sights on fruits and veggies. Eating at least 3 1/2 daily servings of high-antioxidant fruits and vegetables cuts your cataract risk by 10 to 15% compared with eating 2 1/2 or fewer, finds a recent 10-year Harvard study of 40,000 women.

112. Carrot Sticks vs. Cancer. According to a study in the International Journal of Cancer, women who ate 4 carrot sticks a day cut risk of ovarian cancer in half.

113. Dangerous Grains. Research shows that eating too many refined carbohydrates in foods such as white bread, rolls, crackers, candy, cookies, and sugary cereals raises blood sugar levels and increases blood fats called triglycerides, which puts you on the fast track for heart attack, stroke, and diabetes.

114. Before you grab that loaf...make sure that loaf of bread is made from whole grains and has at least 2 to 3 grams of fiber per serving. Whole grain breads are proven to help you dodge excess weight, diabetes, and heart disease.

115. How many servings of grain in a bagel? A New York style bagel contains 4 servings. A regular bagel contains 2 servings. A 1-ounce slice of bread is 1 serving of grain.

116. Animal fats linked to breast cancer. Studies show that eating fewer animal fats such as butter, red meat, and full-fat dairy products may help young women reduce their breast-cancer risk,"

117. Want to "beef up" your recipes? Include lean beef (round or loin cuts) as part of a healthy diet. Beef is one of the richest sources of zinc, a mineral that helps your immune system fight against many enemies, from viruses to cancer. Getting enough zinc is also critical for appetite, taste, and night vision. Limit beef intake to 3 ounces per day.

118. Can you get too much calcium? The answer is yes--the safe upper limit for calcium intake has been set at 2,500 mg a day. Experts think going above that on a regular basis may invite kidney stone formation. Adults need to get 1,000 to 1,500 mg of calcium a day.

119. The Whole Grain Hunt: Tired of brown rice and whole grain bread? Try Quinoa, a South American favorite that's packed with more protein than any other grain.

120. Add some variety to your three daily servings of whole grain. Try Bulgur. This grain used to make tabbouleh is a good source of iron and magnesium.

121. Did you know? Whole wheat pasta has more fiber, calcium, magnesium, and phenolic acid than regular pasta.

Daily Health Tips  
Nutrition and Food Service-VAPAHCS

122. Need more whole grains? Try wild rice which is rich in B vitamins such as niacin and folate. It also contains tocopherols (antioxidants thought to protect digestive tract).