



NUTRITION 2000 FOR WOMEN



Nutrition research is revealing that women can live longer, healthier lives without giving up the foods they love. As scientists explore how the foods we eat affect health, they have found some different risks of disease.

Women's health and wellness has emerged as a popular public health issue. Some diseases, such as osteoporosis and breast cancer, have a greater effect on women than men. It is now known that women have more severe symptoms, chronic conditions, and disabilities than men as a result of health problems.

Let's take a look at the unique health risks and latest concerns of Kentucky women and then move into the new millennium equipped with the latest preventive measures.

GET ACTIVE AND SHAPE UP

JUST THE FACTS...

- ✓ Over two-thirds of Kentucky adults are not physically active; 71 percent of the females report being sedentary.
- ✓ 30 percent of Kentucky women are overweight.
- ✓ Obesity increases women's risk for at least five of the leading causes of death: heart disease, stroke, arteriosclerosis, and some types of cancer.

BECOME MORE ACTIVE!

The number one reason to add physical activity to your lifestyle is to help you reach or maintain a healthy weight.

Excess weight and/or obesity place women at a greater risk for numerous diseases. Exercise has many other benefits, including:

- ☆ increasing self-esteem
- ☆ strengthening muscles
- ☆ boosting energy
- ☆ improving mood
- ☆ relieving stress



Exercise equals movement; it doesn't mean you have to spend endless hours in the gym. Start by making small lifestyle changes—like taking the stairs,

enjoying an evening stroll through your neighborhood, or playing tag with your kids. Research has shown it doesn't matter what type of exercise you do, but what is important is that you just get moving!

Exercise and a healthy diet are your first steps to a healthy weight. Weight loss is always thought to be a dreaded task, but there's good news for women who want to lose weight. Research shows that if you are overweight, positive health benefits can be seen if you lose 5 percent to 10 percent of your body weight. Start with the goal of losing 10 percent of your weight and aim to do this at a rate of one to two pounds a week. Start exercising and eating right; you'll get results!

A healthy attitude is important in making changes in your lifestyle. These guidelines can help you achieve your goals:

GUIDELINES TO A HEALTHY ATTITUDE

- ✿ All foods can be a part of a healthy diet. Foods are neither good or bad, although some should be eaten daily and others only occasionally.
- ✿ Plan ahead. Make a grocery list of smart food choices and plan healthy menus.
- ✿ Periodic overeating or eating too many sweets or fatty foods does not mean you have failed. Establishing a balance in your lifestyle is the key. One day you may overeat but the next you may be more active than usual.
- ✿ Health is the base for your overall well-being. Maintaining good health makes you feel good and enjoy a better quality of life. Strive to do the best you can in establishing a healthy lifestyle.

HEART HEALTHY

JUST THE FACTS...

- ✓ In 1996, only 66 percent of Kentuckians had ever had their cholesterol checked; 60 percent of those had been tested within the last five years.
- ✓ Cardiovascular disease is the number 1 cause of illness and death in North American women.
- ✓ One of every two women will die due to cardiovascular event. Deaths from cardiovascular disease outnumber deaths from all cancers prevalent in women.

FAVOR FOLATE

Several recent studies on the causes of heart disease have found that a high blood level of *homocysteine* is an important risk factor. Homocysteine is an amino acid made in the body. Folate has been discovered to decrease its levels. It is believed that an adequate level of folate (400mcg/day) is required to avoid high levels of homocysteine.

HIGH Sources of Folate

(providing at least 20 percent of daily value per serving)

- ☉ asparagus ☉ broccoli ☉ beans
- ☉ strawberries ☉ squash ☉ spinach

GOOD Sources of Folate

(providing at least 10% of daily value per serving)

- ☉ artichokes ☉ cantaloupe ☉ orange
- ☉ greens ☉ grapefruit juice ☉ cauliflower
- ☉ sweet potato

Start by trying to eat one good or high source of folate everyday.

MAKE A MEDITERRANEAN MEAL

People who live in Mediterranean countries have lower rates of heart disease. The Mediterranean diet is lower in fat and saturated and polyunsaturated fats but rich in monounsaturated fat and linolenic acid. This means they consume more olive oil, fish, fruits and vegetables. Adopt a Mediterranean diet and decrease your risk of heart disease. Start by following these guidelines:

- ▲ Base your diet on grains—pasta and rice.
- ▲ Use olive oil in your cooking.
- ▲ Bulk up on soluble fiber—increase your bean intake.
- ▲ Eat a variety of vegetables.

SHAKE HIGH BLOOD PRESSURE!

JUST THE FACTS...

- ✓ The prevalence of hypertension among Kentucky adults increased 3.7 percent over just one year (1995-1996).
- ✓ High blood pressure can be a major contributing factor in arteriosclerosis (hardening of the arteries), heart attack, stroke, and kidney damage.

Heredity and aging are not medically acknowledged risk factors for high blood pressure, but a controlled diet has proven to decrease its risk.

DASH DIET

A recent research study called DASH (**D**ietary **A**pproaches to **S**top **H**ypertension) was designed to test the effect of diet on blood pressure. DASH found that a varied diet significantly lowers blood pressure. **Rather than just limiting your salt intake, eat plenty of fruits and vegetables, fiber, low-fat dairy products, and choose lean meats.** A healthy diet, not just salt intake, affects blood pressure.

MIGHTY MINERALS

Calcium, magnesium, and potassium play an important role in regulating blood pressure. Fruits and vegetables, along with plenty of low-fat dairy products, provide an abundant amount of minerals. How do these minerals help?

- ✓ Calcium helps the body excrete extra sodium.
- ✓ Magnesium aids in stabilizing normal blood pressure.
- ✓ The ratio of sodium to potassium affects blood pressure level; high potassium intake decreases blood pressure.
- ✓ High potassium intake helps the body retain calcium.

The good news is that under your physician's advice you might be able to control your blood pressure with diet! However, don't just read the sodium content on food labels—start consuming more low-fat dairy products. We know now that they go beyond helping build strong bones.

CANCER CONTROL IN 2000

The American Institute for Cancer Research found that 60 percent to 70 percent of cancers could be prevented when a healthful diet is coupled with smart lifestyle choices like exercising and not smoking. Thirty-five percent of all cancers may be linked directly to diet.

5-A-DAY

The advice to add more fruits and vegetables to you diet will continue to be heard in the new millennium! Only 17 percent of adult Kentuckians in 1996 ate the recommended five or more fruits and vegetables a day. The percentage of women who do get 5-A Day in Kentucky is 21 percent; many women are missing out on the health benefits provided by eating a diet rich in fruits and vegetables. Of all the research on diet and cancer, studies have found the strongest association between fruit and vegetable consumption and a decreased risk of cancer.

Fruits and vegetables not only contribute to a

healthy diet but provide the body with several disease-fighting components, many of which may combat cancer.

Breast cancer is one of the diseases women fear most. Research shows that many of its risk factors can be controlled by:

❶ Consuming less fat.

It is not only important to watch your overall fat intake but also to avoid saturated fats, which are found in large amounts in snack foods. The key is to look for the word “hydrogenated” on food labels and eat those foods sparingly.

❷ Achieve and maintain a healthy weight.

Excess body weight is believed to increase a woman’s chance of breast cancer.

❸ Eat more soy products.

Results from an Australian study showed that women who excreted *isoflavones* had a reduced-risk of breast cancer. Isoflavones have anti-cancer properties and can be found in a wide range of soy products.

❹ Consume at least five servings of fruits and vegetables each day

Have a serving of tomatoes. Lycopene, which is responsible for tomatoes’ red color, has been found to reduce the risk of breast cancer. This potent antioxidant is more available in cooked tomatoes. So add some extra sauce to your next pizza!

❺ Drink alcohol in moderation.

Studies have found that your risk can be increased by 10 percent if you consume one glass of beer or wine per day.

❻ Drink tea instead of coffee.

Polyphenols are cancer-fighting agents found in fruits and vegetables, and they have recently been discovered in green tea. A study published in *Nutrition Reviews* found that tea derived from the *Camellia sinensis* plant, which contains many polyphenolic compounds, can protect against cancer.

OSTEOPOROSIS AND MENOPAUSE

Osteoporosis is a bone-thinning condition in which minerals are lost, leaving bones thin and weak. Bones are formed from birth until about age 35; their strength depends on adequate calcium intake. After age 35, more calcium is lost from bones than is deposited.

Osteoporosis can only be prevented or treated, not cured. The best way to prevent this disease is to build strong bones early in life, although it is never too late to fight osteoporosis. A calcium-rich diet is the first step. Other dietary factors have been found

to affect bone development. High intakes of caffeine, alcohol, sodium, and protein can cause an increased loss of calcium. Take note of these factors that influence your bone health and make dietary changes to prevent osteoporosis.

Women are at an increased risk for osteoporosis during *menopause*. During this period, there is a 70 percent decline in *estrogen*. Estrogen plays an important role in helping bones retain calcium. Menopausal women are encouraged to increase their calcium intake; monitor their consumption of caffeine, alcohol, sodium and protein; and to exercise. Weight-bearing activities have been found to improve estrogen levels and help maintain bone health.

New research also points to plant foods as a means to protect women from health problems associated with menopause. Plant hormones known as *phytoestrogens* may aid in decreasing menopause symptoms, reducing the risk of breast cancer, and slowing osteoporosis. Carrots, apples, dry beans, barley, oats, and soy all contain phytoestrogens. Soybeans are the most concentrated source. Numerous studies have shown that soy products provide protection from menopausal conditions.

Nutrition plays an important role in women’s health, especially in regard to osteoporosis and menopause. Start making small changes in your diet, like drinking a glass of milk instead of a soda or trying to tofu in your stir-fry, and you will begin to experience the health benefits.

ALPHABET SOUP

Do you ever wonder how much of an essential vitamin or mineral you need every day or how much is in your food?



The Recommended Daily Allowances (RDAs) will be history by the end of the year 2000. RDAs were set for nutrients known to be essential for a healthy life and at a level which would prevent disease.

New **Dietary Reference Intakes** (DRIs) will replace RDAs. The DRIs will provide guidelines to optimize health rather than outlining adequate levels like the RDAs.

The new DRIs will be a three-level guideline of *minimum, optimum, and maximum* intakes:

DIETARY REFERENCE INTAKES (DRIs)

Level ① Estimated Average Requirements (EARs)

EARs are nutrient intake values estimated to meet requirements of half the healthy individuals. Some people need more; others need less.

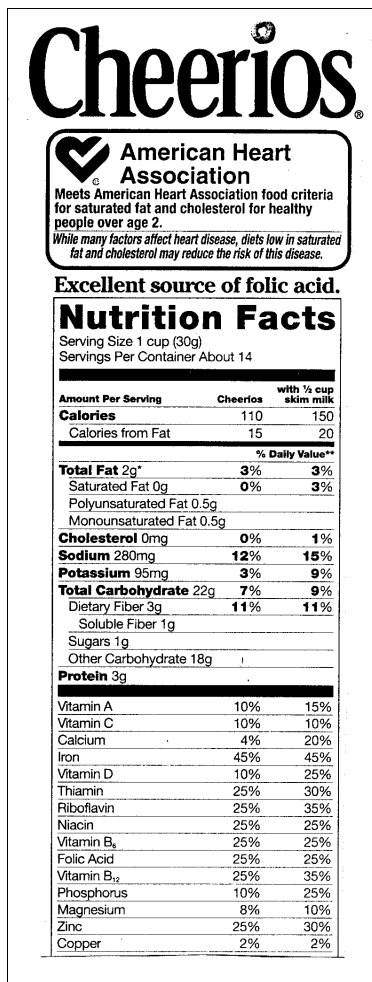
Level ② Recommended Dietary Allowances (RDAs)

New RDAs are levels that will meet nutrient requirements of 97 to 98 percent of healthy individuals. Intake values will be set for numerous age/gender categories.

Level ③ Maximum Upper Levels (MULs)

MULs are the highest levels of intake known to be safe. Amounts taken above this level may be harmful.

GET THE FACTS



Cheerios

American Heart Association
Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.
While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

Excellent source of folic acid.

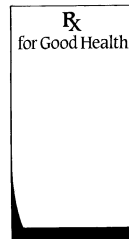
Amount Per Serving	Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	15	20
% Daily Value**		
Total Fat 2g*	3%	3%
Saturated Fat 0g	0%	3%
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 280mg	12%	15%
Potassium 95mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	11%
Soluble Fiber 1g		
Sugars 1g		
Other Carbohydrate 18g		
Protein 3g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	4%	20%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	25%
Magnesium	8%	10%
Zinc	25%	30%
Copper	2%	2%

The **Nutrition Facts** on food labels can tell you how specific nutrients in foods measure up to the amounts recommended for your daily intake.

Look for folate, fiber, calcium, and vitamins A and C.

Check out what percent of the **Daily Value** a serving of the food provides.

Make your food choices deliver good nutrition.



ADVICE FOR ACTION

This prescription for good health is based on the latest nutrition research. To keep your personal prescription up-to-date keep this advice in mind:

The Layered Look is In

Try one-dish meals with a base of pasta, rice, or beans. Add some color to your dish with vegetables. Pick lean protein sources to give your meals just the right appeal. Finally, top off your meals with some well-chosen flavoring.

Housework is Healthy

The latest research on physical activity and health suggests that even household duties, like gardening or sweeping, are beneficial to well-being. Try cleaning your way to better health.

Back to Cooking Basics

To get maximum nutrition without too many calories, prepare your own meals. There are many convenience foods to help you cook quick and nutritious foods. Try new products and recipe ideas. Variety is the spice of life!

References

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**Prepared by Janet Tietyen, Ph.D., R.D.,
Food & Nutrition Specialist and
Carrie Kuhnell, UK Dietetics Student**

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