

STAYWELL



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March 2010

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Volume 213

Nutrition Myths

March is National Nutrition Month. With the advent of the Internet, a plethora of fraudulent information, money-making schemes, scams, and other misleading information about nutrition has come forth. The science of nutrition and how the human body needs and utilizes nutrients has been understood for years.



When it comes to nutrition, diets, and supplements, people seem to care less about the SCIENCE and are more willing to gamble with the RISK. Often, people will follow nutrition advice or programs which actually lead to health problems.

Each year, billions of dollars are spent by consumers in the United States on worthless products that have no support of scientific evidence. Crafty advertising and claims of outstanding and even miraculous results are sufficient to get consumers to take the risk and purchase these products.

To find the truth about nutrition...

- Research all subject views.
- Talk to a dietician, exercise physiologist, or health-care provider who is not affiliated with the product.
- Do your own research. (Independent studies.*)
- Take caution, especially if the product contradicts previously known or understood science. Be cautious of products-for-profit organizations.
- Beware of "products that provide miraculous results" and testimonials.

*A good study is a double-blind study. This means that researchers compare one or more groups. Those who used the product compared to a placebo and those who did nothing, followed by statistical analysis. The study should involve hundreds, even thousands of people, and multiple studies should prove the same result.

Healthy Shopping

Follow the tips listed below to make your shopping experience healthier.

- Make a list in advance, ideally shopping for specified, planned meals.
- Avoid shopping when hungry. People usually spend more and purchase more unhealthy craving-type foods when hungry.
- Shop the perimeter. Most healthy foods (fruits and vegetables) are located around the outside of the store.
- Purchase items from the upper and lower shelves. High-priced items and poor-nutrition items are usually placed at eye level.
- Leave kids and grandkids at home.
- Fill the cart with foods from all the food groups.



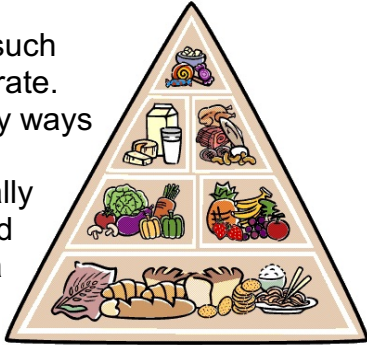
Carbohydrates

Over the past century, misleading advertising has led to grave misunderstandings about carbohydrates in this country. Carbohydrates are misrepresented and blamed for the obesity epidemic. This may be partly true; however, for the most part, carbohydrates are the healthiest foods on the planet.

Foods are grouped into three categories: carbohydrates, fats, and proteins.

Carbohydrates are a basic source of energy and can be stored in the body as glycogen. Carbohydrates have many classifications, including: glycogen, sugars, starches, dextrans, and celluloses (namely, fibers). There are good carbohydrates and so-called bad carbohydrates. Good carbohydrates include ALL fruits, vegetables, and grains.

Technically, there is no such thing as a bad carbohydrate. However, there are many ways carbohydrates are used inappropriately and usually in excess by vendors and consumers. We live in a rich society with lots of easy and convenient foods. Obesity is not caused by a single food or source of food, but by excessive consumption of foods. Even good foods eaten in excess can cause obesity.



The Mediterranean Diet is one of the most healthy cultural diets known. This diet is predominantly composed of carbohydrates and is even high in fats (not bad fats). The diet is also composed of moderate protein consumption. Those who follow the Mediterranean Diet eat lots of whole grains, fruits, and vegetables. They do not over indulge.

Moderation, Moderation, Moderation

Vitamins

Carbohydrates are the best sources of vitamins. Vitamins are essential for normal function. Vitamins do not provide energy. Vitamins contribute significantly to the substance of body matter. Vitamins are required for the maintenance of health.



Interestingly, vitamins are very effective in minute amounts. More is not always better. Excessive or high doses of vitamins can lead to overdose symptoms.

Vitamins act as regulators of metabolic processes and play a role in energy transformations, usually acting as coenzymes in enzymatic systems. Vitamins

function best when the entire food is consumed, versus taking the vitamin alone.

Minerals

Minerals are consumed mostly from carbohydrate foods. Minerals are crucial constituents of all cells. The solid parts of the body (bone, teeth, nails) are composed of minerals.

Minerals are essential enzyme elements and enzyme systems. Mineral consumption provides the following results.

- Minerals regulate the permeability of cell membranes and capillaries.
- Minerals modulate and create excitation of muscles and nerves.
- Minerals keep acid in balance and aid in maintaining blood volume.

Without these, the body systems will not function in a healthy manner.

Rockport Walk Program

Participate in the Rockport Walk Program and earn a \$45 gift certificate for a pair of walking or running shoes.



To participate in the program, perform a pre-activity fitness test. Based on your test results, follow the suggested program for a given number of weeks. At the end of the program, perform a post-activity fitness test.

The first 200 individuals who complete the program and submit the completed form will receive a gift certificate. All other participants will receive other available incentives.

The Rockport Walk Program is open to all active and retired employees and their spouses. The program begins in March and continues until May.

Packets are available on bulletin boards, Brian Coles' office, or at www.intermountainpower.com.

Make sure you read and follow ALL the directions.