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Eating Right Means Eating Healthy!

Dr. Robert Ripley, DDS

March is national nutrition month. Why have a dentist discuss nutrition? The month has found to be a window to the general health of an individual. For example, researchers have found gum disease has a direct correlation to heart disease. *If you don't brush and floss, you are setting yourself up for a heart attack, pretty scary!*

History shows that people knew the importance of nutrition even before they knew why it was important. British explorers that were at sea for months found they had a disease called Scurvy. Among symptoms of Scurvy are painful gums and gum disease. Sailors soon found that eating citrus helped prevent Scurvy, so they kept an ample supply of limes on their ships. Thus, the nickname "limeys" came along. We now know vitamin C prevents Scurvy.

Good nutrition is important in all phases of our lives. As infants we depend on the right food to help us grow and develop quickly. Children's growth is not as fast as infants, yet food continues to be important in development and growth. Our teen years also show growth spurts as our bodies and brain mature. During adulthood, there is not a development or increase in size; however, our brains need nutrition to function correctly.

What are the right foods? What is good nutrition? The right foods are a blend of foods that supply our bodies with balanced fats, vitamins, carbohydrates, minerals, water, and proteins. Each group has sub-groups that are specific to each one of us, but in order to be a "right food" there needs to be a correct percentage of a certain type of food. For example, fats are important in our diet, but there are certain kinds of fats that are important. Many fats are actually bad for you. Studies show us that high density lipids (HDL) are good for us while low density lipids (LDL) can lead to heart disease.

Proteins come from meat, fish, eggs, cheese, and milk. Carbohydrates include breads, pancakes, and cake (you get the picture). Carbohydrates are converted in the liver into glucose (blood sugar). Glucose is used to maintain the brain but too much can lead to obesity,

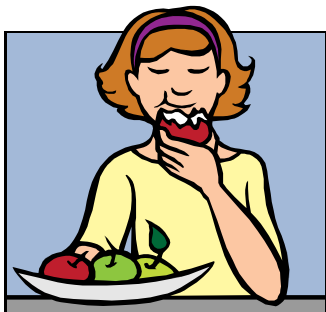
diabetes, or both. Vitamins that are necessary for our bodies are A, C, D, E, K, and B. Other names include thiamin, riboflavin, niacin, pantothenic acid, biotin, vitamin B6, vitamin B12, and folate. Minerals we need are sodium, calcium, phosphorous, magnesium, potassium, chloride, and sulfur. Some trace minerals that are also important include iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium.

Yes, there are a lot of chemicals which may be confusing. However, by eating a balanced diet of proteins, carbohydrates, vegetables, fruit and water you can supply your body with an ample supply of the above. Problems occur when your diet is not balanced. For example, many teenagers believe they can survive on pizza and soda, which is not true. Their bodies tell them to eat better and this is one of the reasons they eat us out of our homes. Multi-vitamins help if you're not eating a healthy diet; however, they are not needed with a balanced diet. If you are eating a balanced diet then your multi-vitamin is being passed out in your urine. That's pretty expensive urine!

Obesity is on the rise in the United States. Obesity is usually caused by eating too many foods high in fats, sugars or carbohydrates. Also, lack of exercise can be a factor. Obesity can lead to a number of problems but most important are heart disease and diabetes. Both can lead to death. Again, a balanced diet and exercise will prevent obesity.

Poor nutrition can lead to a number of problems, as before, scurvy is from a deficiency in vitamin C. Beriberi is a deficiency of thiamin (vitamin B1), Kwashiorkor is a micronutrient and antioxidant deficiency, diabetes is high blood sugar and an insulin problem, heart disease and obesity.

There is no perfect food that will supply all of our nutritional needs, but a well-balanced diet will do. Preventing disease is best accomplished by eating a balanced diet.





Burn calories, have fun and relax in the garden!

The Benefits of Gardening

Jan Kendel & Laura Poma, Ag Department

The benefits of gardening are many but the most obvious benefit of gardening is the physical activity involved. This hobby offers many levels of exercise from the vigorous and strenuous to the light and easy going. Gardening caters to all levels of exercise and provides the most nutritional benefits because it can be picked and eaten the same day.

Gardening in Yuba/Sutter can be a year-around event. It gives one the opportunity to get outside, burn some calories and reap the harvest all year round. In the fall and winter you can burn more than 900 calories by pulling the weeds, tilling the soil and then planting your broccoli, cauliflower, lettuce and carrots, just to name a few commodities. Planting potatoes in February and digging them up in June is always fun, and just think of the calories you burn digging them up which allows you to eat the potatoes guilt free. Harvesting and re-seeding lettuce and planting and harvesting flowers from January through June burns between 200-320 calories for each activity, this is great exercise in the winter when we aren't as active.

Home gardening and/or buying fruits and vegetables locally offer superior taste and freshness, provide increased health advantages, help support independent and family farms and have more positive ecological impact than imported food. Home gardening and/or buying locally gives you more nutrients because when picked and used within 7 days of harvest you get the highest quality nutrients available. Produce from your garden sitting in your refrigerator has a higher nutrient value than produce bought at the store, which may have been one week old before you purchased it and took it home.

There are a growing number of people that are becoming "locavores" which means that

they only eat food grown in an area within 100 miles of their home. Common sources of local food may include food co-ops, farmers' markets and through Community Support Agriculture (CSA)* and of course you can't get any more locavore than your own back yard. The CSA program has become a popular way for consumers to buy local, seasonal food directly from a farmer. The customer purchases a membership from the farmer and in return they receive a variety box of seasonal produce each week throughout the farming season. The beauty of this program is that it gives the customer an opportunity to prepare and eat vegetables they have never tried. For instance, kohlrabi, ever tasted it? It has a broccoli-like flavor to it and is easy to grow.

Beginning May 1, 2010 the Yuba City Farmer's Market will be open every Saturday from 8:00 AM – 12:00 PM at the Plumas Street Fountain. This is an excellent opportunity to buy fresh, locally grown produce as well as walk the market, meet the vendors, socialize with fellow merchants and burn some calories, what a WIN, WIN opportunity.

Happy Gardening!

* Over the last 20 years, Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. [Here are the basics](#): a farmer offers a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week throughout the farming season.

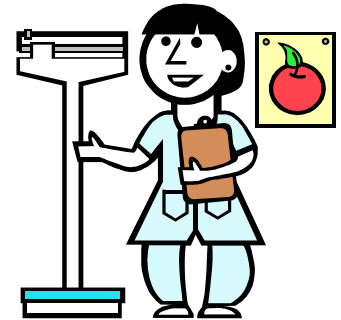
For more information or to find a CSA farm near you, visit: www.localharvest.org.

Nutrition from the Ground Up!

Lisa Mathews, MS, RD, WIC Nutritionist

With Spring just around the corner, March is a great month to refresh our bodies and renew our efforts in taking steps toward better health. Many of the most rewarding achievements in our lives come after a long journey that began with a single step. The same can be true for our health goals. With every healthy decision that we make, the easier it becomes for us to make the next healthy decision; but sometimes the first few steps are the hardest to make. Here are some helpful tips to help inspire you on your journey to better health.

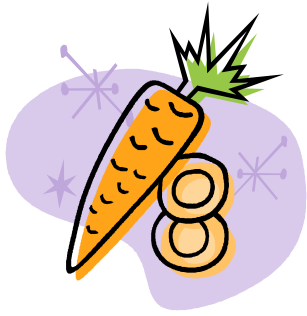
- **Choose whole foods over highly processed foods**
 - By decreasing the amount of highly processed foods from your diet, the more essential nutrients will be left in your food. As an example, eating brown rice instead of white rice can increase the amount of fiber, B-vitamins, and healthy oils in your diet.
 - Also, by choosing to eat foods closest to its original form can help provide extra nutrients to your diet. For example, eating an apple instead of drinking apple juice can help increase the amount of fiber in your diet. Cooking vegetables for shorter periods of time can also leave more vitamins and minerals in the vegetables for you to eat.
 - When choosing fruits or vegetables, there has been much debate as to whether fresh fruits and vegetables are best over frozen or canned. The truth is any of these forms are good because any amount of fruits or vegetables is better than none.
 - When buying canned fruits and vegetables, look for fruits packed in their own juice and reduced sodium vegetables.
 - When buying frozen fruits or vegetables choose fruits and vegetables that are plain or unsweetened; this can help cut the fat and sugar down in your diet.
 - When buying fresh fruits or vegetables, consider buying locally through the farmer's market or by growing your own. This can help provide you with some of the freshest fruits and vegetables as well as decrease the amount of preservatives put on produce to keep it fresh during the shipping and in the store.
- **Expand your food pallet**
 - Trying out new healthful foods can help you find new favorite dishes or a new food to add to your grocery list.
 - Also, by eating a variety of foods you can increase the amount of different nutrients in your diet.
- **Ask for support**
 - You are not alone in your quest for better health! When taking steps towards better health, it is a great idea to ask family, friends, and co-workers to help support you in your goals. This support system can help you tackle or reaffirm you health goals and make your journey to better health much easier.
 - Sign up for *Sutter Wellness* Eating Healthy for Life Class. Contact Tara Crim or your team captain for more information about this activity.



Interested in learning more ways to make healthy decisions about food? Educate yourself and check out a book from the library or browse the selections featured in the **Sutter Wellness** Resource Library. New this month:

- **In Defense of Food**, by Michael Pollan
- **Food Rules**, by Michael Pollan

Contact Tara Crim for more information.



Healthy Recipe of the Month

Heart Healthy Treats... is there such a thing?

The carrot is an edible root vegetable which originates from Asia. It gains high respect in Western countries as it has been regarded as the best dishes for its outstanding nutritional and medicinal values. Even Dutch have listed carrots as one of their national dishes.

Carrots contain a very complete nutritional pallet, providing our bodies with essential enzymes, vitamins and minerals. For each 1/2 cup, the carrot has 7.6 grams of carbohydrate, 0.6 grams of protein, 0.3 grams of fat, 30 milligrams of calcium and 0.6 milligrams of iron. Also, it is a good source of fiber, vitamin B1, vitamin B2, vitamin B6, vitamin C, vitamin K, biotin, potassium and thiamine.

Carrots also offer an excellence source of beta-carotene, 3.62 milligrams per 1/2 cup of carrots. Many studies have shown that carrots provide us the highest amount of beta-carotene among the list of vegetables we consume on a daily basis. Do your body a favor, and bulk up your carrot intake. Start with the following roasted vegetable medley... Enjoy!

Roasted Carrots and Asparagus

Ingredients: for the fruit:

1 pound baby carrots
1 bunch asparagus, trimmed,
cut into 1 inch pieces
1 tbsp olive oil
1 tbsp ground ginger
1 tbsp sesame seeds
Salt to taste

Directions:

Preheat oven to 475 degree. Place carrots and asparagus in a large bowl. Toss with olive oil. Add ground ginger, sesame seeds and salt; mix well. Place vegetables on a baking sheet and roast in oven for 15 minutes or until vegetable are tender.

Nutritional Information: Servings per recipe, 4

Per serving:

Calories - 69	Total Fat - 3 grams	Protein - 2 grams
Carbohydrates - 9 grams	Fiber - 4 grams	

***** Interested in growing carrots in your own garden? *****

Carrots are among some of the most popular root crops grown and consumed in the world. Root crops like carrots are hardy and grow best under cooler conditions. Carrots will survive light frosts, making them a great crop to start off your garden in the *early spring*. Some varieties also grow well in the fall and even into the winter.



Wellness Superstar of the Month

Bruce Stottlemeyer

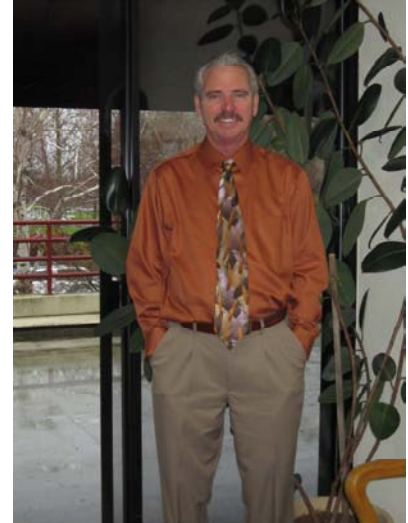
Why is Bruce a Superstar?

As a long-time smoker, Bruce enrolled in the County's smoking cessation class. Due to the information and encouragement provided through this class, together with his determination to overcome this unhealthy addiction, he emerged from the class as a former smoker. However, as a result of changes in his body chemistry from lack of cigarettes, over time, he put on a substantial amount (approximately 40 pounds) of extra weight. So then Bruce enrolled in a second County-hosted class to learn about and adopt healthier diet choices and eating habits. He also started walking regularly on his breaks. Through this combination of better diet and eating choices, combined with the increased physical activity, Bruce has dropped the additional weight and is now able to fit into pants that he has not worn for years.

So in my view, besides being a super Assistant Assessor, he is also a Wellness Superstar!

-Mike Strong

Department: Assessor



3 Questions for Bruce:

- **How long did you smoke before quitting in 2006? Was there a deciding factor that pushed you to attend the "Step Into Wellness" cessation class?**

I smoked for 32 years - with one 18 month break. I think that anybody who smokes, secretly wishes that they didn't. The major factors that motivated me to quit was overcoming my fear of failing, and, realizing that my family needs me to be around for a while.

- **What life changing event has challenged you more... quitting smoking or losing the weight? And, why?**

Both difficult, but the smoking cessation was by and large the most difficult. The addiction to nicotine is super intense. To this day, there are times when the impulse returns. However, it is easy to overcome because there so many tangible benefits to living smoke free.

The weight loss was not as difficult because there are ample substitutes to replacing the high carbohydrate - high calorie food choices that I was making. The process was more of discovery than cessation.

Since I have a enthusiastic interest for cooking, once I obtained some basic knowledge of what constitutes healthy nutrition, I was able to put together an array of menu choices that was easy to live with. I learned that if I wanted to lose weight, I had to consume less calories than I burned, so I also began a basic walking/biking routine to burn additional calories – just simple arithmetic really.

What I ended up with was a new way of living. I truly enjoy the changes I made. The benefits are just as tangible as they are in being smoke free.

- **What advice can you give to those employees trying to quit smoking? What motivates you to stay smoke-free, to eat healthier and to move more?**

Quitting smoking is hard. No doubt about it. The Sutter County Smoking Cessation Program will provide you with the necessary tools to break the smoking addiction, but only if you participate. Do it, and live to make a difference in someone's life.

This is a new lifestyle for me. It's sustainable, enjoyable, and gives me a lot of energy and endurance. Next, I join the gym!



BRAIN EXERCISE!!!

Can you figure this one out???

**What word has 1 syllable,
but when you add 1 letter to the end,
it becomes 3 syllables?**

Email your guesses to tcrim@co.sutter.ca.us.

Please put "Brain Exercise-March" in the subject line. GOOD LUCK!!!

February Brain Exercise:

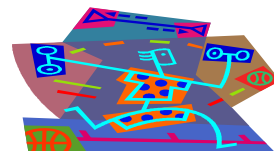
**Put this on,
And warm you'll be.
Take one off,
And an emotion, you'll see**

Answer:

Glove (love)

**Congrats to Bruce Mullen from the
Welfare Department for being the first to
guess correctly!**

UPCOMING SUTTER WELLNESS EVENTS:



- **BROWN BAG LUNCH: SPRING GARDENING**

**TUESDAY, MARCH 16TH: 12-1 PM – HEALTH DEPARTMENT AUDITORIUM
PRESENTED BY UC MASTER GARDENERS**

HOP INTO SPRING WITH A HOME GARDEN! JOIN US TO DISCOVER THE MANY BENEFITS OF HOME GARDENING AND LEARN HOW EASY IT IS TO GET STARTED!

**FOR MORE INFORMATION PLEASE CONTACT TARA CRIM @ 822-5910 OR
TCRIM@CO.SUTTER.CA.US**

- **EATING HEALTHY FOR LIFE**

MONDAY, MARCH 22ND: 12-1 PM – HEALTH DEPARTMENT AUDITORIUM

HAVING TROUBLE MAKING HEALTHY FOOD CHOICES? WANT TO LEARN SIMPLE WAYS TO INCORPORATE HEALTHY EATING INTO YOUR AND YOUR FAMILY'S DAILY ROUTINE? THEN JOIN US FOR THIS INFORMATIVE 6 WEEK PROGRAM! SPACE IS LIMITED SO RSVP EARLY.

**FOR MORE INFORMATION OR TO RSVP, PLEASE CONTACT TARA CRIM @ 822-5910 OR
TCRIM@CO.SUTTER.CA.US.**

- **PUBLIC HEALTH WEEK**

APRIL 5- 12TH: "A HEALTHIER SUTTER: ONE STEP AT A TIME"

PUBLIC HEALTH WEEK ACTIVITIES TO BE SPONSORED BY SUTTER COUNTY PUBLIC HEALTH WEEKLONG ACTIVITIES FOCUSING ON "A HEALTHIER SUTTER".

FOR MORE INFORMATION, CALL TARA CRIM (822-5910) OR VISIT SUTTERNET.

KICK OFF EVENTS:

- **APRIL 5TH : COMMUNITY MALL WALK
7 – 9 AM
YUBA- SUTTER MALL**

**PERSONAL PARADISE RIDE/WALK
5:30 PM
SUTTER BIKE TRAIL**