

# Community Health Newsletter

Week 18



## R: Resolutions



New Year's is a time to reflect, and as Oprah suggests, work to become your best self! The key to completing New Year's resolutions is to set two or three specific, attainable goals.

Since over 66% of adult Americans are overweight or obese, it is not surprising that many New Year's resolutions involve weight loss and fitness. If you are trying to lose weight, increase activity and reduce calories. Here are some additional tips.

A study by Kaiser Permanente's Center for Health Research found that people who kept daily food diaries had double the weight loss of those who did not keep records. (See *American Journal of Preventative Medicine*, August 2008)

A study presented on June 25, 2011, at the American Diabetes Association's Scientific Sessions by epidemiologists from the School of Medicine at The University of Texas Health Science Center, San Antonio, indicated that people who consumed two or more diet soft drinks daily (over a decade) experienced a 70% increase in waist circumference compared with non-diet soda drinkers.

A 2008 study, first reported in the *Journal of the American Dietetic Association*, found that middle-aged and older adults who drink two cups of water before a meal lost 5 pounds more (and kept more of the weight off) than dieters who did not increase their water intake.

## Food of the Week: Raisins

Since ancient times, people have eaten raisins, naturally, dried grapes. Raisins contain polyphenols, flavonoids, as well as iron. Raisins are a healthy alternative to the commonly consumed sugary snack foods.

According to an article in the September 2009 issue of *The Journal of Nutrition*, certain compounds contained in raisins appear to stop or slow the growth of two types of bacteria that cause cavities and gum disease.

### ACTIVITY TIP

#### Change your thinking!

Think of activity or exercise as a time for yourself to ensure that you will feel great.

Work in half an hour of activity daily. Climb stairs. Dance. Twist to manage your waist. Walk backwards.

Play with your kids. Try a Hula Hoop®, jump rope, or hopscotch.

Just move to protect your bones, and reduce your risk of heart disease!

Dec. 22, 2011 – To help Americans keep their New Year's resolutions by making healthy food and physical activity choices, Agriculture Secretary Tom Vilsack released USDA's new nutrition **SuperTracker**. The **SuperTracker** is a comprehensive, state-of-the-art resource available at **ChooseMyPlate.gov** designed to assist individuals as they make changes in their life to reduce their risk of chronic disease and maintain a healthy weight.



## Moroccan Raisin & Carrot Salad

5 A Day Recipe from the National Cancer Institute

6 servings

1 pound baby carrots  
2 tablespoon lemon juice  
1 teaspoon sugar  
1/2 teaspoon paprika  
1/4 teaspoon ground cumin  
1/4 teaspoon ground cinnamon

1/4 teaspoon salt  
1/8 teaspoon cayenne pepper  
1 tablespoon olive oil  
1/4 cup minced parsley  
1 cup raisins

Slice carrots diagonally into 2 or 3 pieces. Cook carrots in boiling water until crisp-tender, about 5 minutes. Drain, rinse with cold water, and drain again. While the carrots cool, in a medium bowl, combine lemon juice, sugar, paprika, cumin, cinnamon, salt, and pepper. Stir to dissolve sugar and salt. Stir in olive oil, parsley, and raisins. Add carrots and toss. Cover and refrigerate at least 1 hour to chill and blend flavors.

Did you know that four pounds of fresh grapes yield one pound of raisins?  
Are you ready to decorate cookies?

