

Eat Healthy, Be Active!

August 2009

Feeding
Body & Soul



**CHECK
YOUR
HEALTH**



Hidden Caffeine

The average American adult drinks around two to three cups of coffee, containing about 200 mg of caffeine, total, each day. That is considered a moderate amount and easily handled by most. But these days, caffeine is hiding in some surprising places, which means we all may be consuming far more than we need, or want.

Usually, it is easy to spot which products contain caffeine, but for others, you'd never know. That's because food manufacturers only have to list caffeine as an ingredient when it has been added to the product. If caffeine is "naturally occurring," as it is in chocolate and black tea, they are not required to list it. In addition, the amount of caffeine is not required to be posted on the label, so you might not have any idea how much caffeine you are actually consuming.



Susan Blenner, a registered dietician with McKay-Dee Hospital in Ogden, UT says that herbal stimulants are a common source of hidden caffeine and often the primary stimulant in many energy drinks and vitamin waters. The herbal stimulant guarana (gwar-RAHN-

ah) is one kind of natural caffeine, as are kola nuts and yerba mate. These herbal stimulants often contain far more caffeine per serving than a standard cup of coffee.

Since we usually "drink" our caffeine, it's easy to forget that it is a common ingredient in foods like chocolate. White chocolate contains no caffeine. But milk and dark chocolate can contain significant amounts. Medications also include caffeine, especially daytime cold medicines, headache remedies, and diet pills. So why is it important to know how much caffeine you are consuming?

"People with heart problems really need to be careful," says Blenner. "People with high blood pressure, people taking medications need to check with their doctor or their pharmacist to see if the effectiveness of their prescriptions might be changed by mixing with caffeine."

Ingesting too much caffeine can cause irritability, high heart rate, increased blood pressure, stomach problems, difficulty sleeping, trouble concentrating, and more. All of those symptoms can be even stronger in children - simply because their bodies are smaller and they weigh less than most adults.

Adolescent athletes often use energy drinks to get a competitive edge. Some of the herbal stimulants in those products can cause dangerous symptoms during exercise like tachycardia, and

cardiac arrhythmias. By consuming these beverages, kids may also be missing out on vital nutrients, like calcium in the form of milk.

So, the next time you need a boost, Blenner suggests you reach for a small bagel instead of an energy drink. That will give you as much energy as a cup of coffee and a candy bar, and is far better for your health.

For more tips on how to spot hidden caffeine, check out www.checkyourhealth.org.

Breastfeeding Café

Breastfeeding is a natural way to feed your baby. It provides the best possible food for your baby. There are many health benefits for both you and your baby, and it can create a special bond between you and your new child. Many moms and babies find it very easy to breast feed. For others, it takes time, patience and practice. Not to mention family and community support.

The Utah Breastfeeding Coalition is inviting all new and pregnant moms to join them at this year's Breastfeeding Café. Events are planned throughout the month of August and will take place at the Salt Lake City Main Library.

You learn more about the Breastfeeding Café and download a schedule of events at www.babyyourbaby.org

Eat Healthy: Squash and Brown Rice Primavera

Recipe courtesy Chef Bryan Woolley



Serves 6
Prep time 15 min.; cook time 15

Ingredients

2 medium zucchini (about 10 inches)
2 yellow squash (about 10 inches)
3 cups cooked, cold brown rice
2 garlic cloves, minced
½ tsp ground pepper
¼ cup water

1 large tomato, chopped and seeded
¼ cup fresh basil, chopped
¼ cup chopped Italian parsley
¼ cup fresh grated Parmesan cheese

Directions

Quarter zucchini and squash lengthwise and then cut crosswise into ½ inch pieces. Put rice in large bowl, gently breaking up any clumps.

Coat a not-stick skillet with cooking spray and heat to medium high. Add garlic and sauté for 30 seconds. Add zucchini and squash and pepper and cook for about 3 minutes. Stir in water, cover and cook until vegetables are tender – about 3 minutes.

Uncover and add rice. Cook, stirring constantly, until heated through. Stir in remaining ingredients. Serve immediately.

Nutrition Facts

Serving Size: 1/6 recipe
Calories 170

Total Fat	3.5g
Saturated Fat	1g
Cholesterol	5mg
Sodium	100mg
Carbohydrates	30g
Dietary Fiber	5g
Protein	7g

Diabetic Exchanges

Protein	1
Carbohydrates	2
Fat	1

[Get more healthy recipes](#) from Check Your Health and Chef Bryan Woolley, *Fresh From the Kitchen* on [2News](#).

Be Active: Stretch and Strengthen with Yoga

This ancient Indian spiritual ritual has become a fitness favorite for millions of people for many good reasons. Yoga helps to build strength, tone muscle, enhance flexibility and quiet the mind.

Fitness experts use the physical poses and breathing techniques of yoga to help their clients achieve better flexibility and overall health. Here is one common yoga position. If this is your first time, take it slow and easy.

Downward-facing Dog

Builds strength, flexibility and awareness; stretches the spine and hamstrings; rests the heart.

Start on your hands and knees. Keep your legs about hip width apart and your arms shoulder width apart. Your middle fingers should be parallel, pointing straight ahead. Roll your elbows so that the eye or inner

elbow is facing forward.

Inhale and curl your toes under, as if getting ready to stand on your toes. Exhale and straighten your legs; push upward with your arms. The goal is to lengthen the spine while keeping your legs straight and your feet flat on the ground. However, in the beginning it's okay to bend the knees a bit and to keep your heels raised.

Don't let your shoulders creep up by your ears -- keep them down. Weight should be evenly distributed between your hands and feet. Hold the position for a few deep breaths. Come down as you inhale. Repeat several times, synchronizing with your breath: up on the exhale and down on the inhale.

Learn more yoga poses at [The Yoga Site](#).



MARTY SCONDUTO

Resources:

www.checkyourhealth.org
Susan Blenner, MS, RD; McKay-Dee Hospital
The Yoga Site
The Utah Breastfeeding Coalition
KUTV
Check Your Health Hotline:
1-888-222-2542

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