

# Eat Healthy, Be Active!

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Celebrate  
Good Health

**CHECK  
YOUR  
HEALTH**



## Meal Replacements: Worth the Cost?

You see them on the shelves at the grocery stores, in magazine ads, and on TV - meal replacement bars and drinks that promise to keep you full and satisfied for hours. Some diet plans are even built completely around them, encouraging you to eat only one regular meal, and fill the rest of your menu with their products.

Kristi Spence, a sports dietician with The Orthopedic Specialty Hospital, says the main problem with using these products for weight control or weight reduction is they don't support healthy eating habits.

"When we thinking of diets we tend to think of going on a diet and then going off a diet," says Spence. "Someone might lose a little bit of weight on one of these diets because they aren't eating many calories, but how long are they going to want to do that?"

Meal replacement bars and drinks typically contain 200 to 300 calories per serving. The companies who make them suggest that they are a suitable replacement for your breakfast or lunch. Spence disagrees.

"I mean it says replacement, but you're not getting all the vitamins and minerals, you're not getting the fiber, or the volume of food that you would from eating a real meal." She says that part of feeling satis-

fied is that feeling of fullness in your stomach and a slightly distended belly.

While noshing a bar may keep your mouth busy and convince you that

you are eating something substantial, a beverage can actually become a diet problem, Spence says, because we drink them quickly. They don't register the same way,

because there's not a lot of bulk filling up the stomach. Plus, a lot of calories can be packed into a liquid drink.

Spence reminds us that most of those products are made for athletes who may need a small amount of food packed with a lot of calories following a rigorous workout. But if the average person uses them as a snack, they are getting 200 to 300 unnecessary calories.

For more information on fitness and nutrition, visit our website at [www.checkyourhealth.org](http://www.checkyourhealth.org).



## Get your Zzzzzs!

We all know that eating a healthy diet and getting plenty of exercise is a proven formula for achieving good health. But did you know that your sleeping habits can have just as much impact?

Research shows that lack of sleep may contribute to weight gain, and obesity in particular, because it causes disruptions to your body's hormonal and metabolic processes.

A study published in the [American Journal of Epidemiology](#) in 2006 confirmed a link between lack of sleep and weight gain in women. This study found that women who got less than seven hours of sleep were at an increased risk for weight gain and obesity.

A [University of Chicago study](#) (2004) on a group of young men found that a lack of sleep increased appetite, and altered levels of hormones that regulate hunger. It also found that hormones leptin (which tells us when we are full) and ghrelin (which triggers feelings of hunger) increased 18% and 28% respectively when subjects slept for only four hours a night for two consecutive nights.

Most people need to get a minimum of seven to eight hours of sleep every night. According to the [Harvard-run Nurses' Health Study](#), individuals who don't get enough sleep (less than six to seven hours per night or who develop irregular sleep patterns) have an increased risk for developing breast cancer, heart disease, colon cancer and diabetes.

# Eat Healthy: Holiday Pumpkin Custards

Recipe courtesy Chef Bryan Woolley



## Ingredients

1/4 cup sugar  
1 tablespoon honey  
1 teaspoon ground cinnamon  
1/2 teaspoon ground allspice  
1 whole egg + 1 egg white  
8 ounces canned evaporated skim milk

12 ounces canned cooked pumpkin  
1/2 cup reduced-calorie, low fat frozen whipped topping, thawed

## Directions

- Preheat oven to 325° F.
- Combine the first seven ingredients in a large bowl and beat with electric mixer at low speed until smooth.
- Spoon 1/2 cup of the pumpkin mixture into each of 6 (6-ounce) ramekins or custard cups.
- Place 6 ramekins in a 9 x 13-inch glass baking dish; add hot water to the pan to a depth of 1 inch. Bake for 1 hour or until set.
- Remove ramekins from pan; let cool. Top each custard with about 1 tablespoon whipped topping.
- Makes 6 servings (1/2 cup per

serving)

## Nutrition Facts

Serving Size:	1/2 cup
Calories	120
Total Fat	2g
Saturated fat	1g
Cholesterol	35mg
Sodium	35mg
Carbohydrate	23g
Dietary fiber	2g
Protein	6g

## Diabetic Exchanges

Protein	1
Carbohydrate	1.5
Fat	.5

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

# Be Active: Strengthen your Hips and Thighs

Stability in your pelvis, groin, lower back and upper thighs will help you maintain balance and good form during exercise and every day activities.

This activity uses resistance bands to help you build strength. They are an excellent tool and don't cost a lot of money. If you are a beginner, choose a moderate resistance and work your way up in strap-strength and repetitions.

## Side steps with resistance bands:

Stand with your feet shoulder width apart, with a resistance band tied or a resistance loop around your ankles.

Keeping your head up, shoulders back, place your hands on your hips, and slightly bend your knees into an "athletic" stance.



Step sideways as far as you can while keeping your knees slightly bent and your posture tall, leading with your heel.

Allow the opposite foot to come to meet the other foot, moving slowly and under control, keeping the band tight.

Continue to step to the side the desired number of repetitions, then repeat in the other direction.

To get the most out of your workout, find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions.

You can find more resistance band exercises at:

[www.checkyourhealth.org](http://www.checkyourhealth.org).

## Resources:

[www.checkyourhealth.org](http://www.checkyourhealth.org), Kristi Spence, MS, RD, TOSH  
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