

Eat Healthy, Be Active!



**CHECK
YOUR
HEALTH**

July 2009

Summer
Sensibility



Don't "Sunburn" Your Lungs

Everywhere you go in Utah, people exercise outdoors. But all that sunshine can burn you, and not in the way you might think. We're talking about the kind of "sunburn" caused by ozone, a condition that can't be prevented by wearing sunblock or protective clothing.

Doctor Michelle Hofmann, Assistant Professor of Pediatrics at the University of Utah, describes ozone as a combination of pollutants from cars, industry and other organic compounds which are changed into ozone or "smog" when heated by the hot sun.



"People breathe in this ozone while they are active outdoors, or just walking around, and this can cause inflammation in the lungs which makes it more difficult for them to breathe."

That inflammation is often described as a "sunburn" in the lungs and can affect healthy people as well as those with asthma and other health problems. One of those

people is Mark Walton, a runner who suffers from a heart condition known as atrial fibrillation. He keeps his condition in check by being physically active - running regularly with the Salt Lake Track Club. They meet in the evenings for their weekly runs, knowing that temperatures in the middle of the day can be dangerous for all of them, not just Mark.

"I just think that I end up working harder," says Walton. "And when the air is terribly dirty, or in this case during the summer in high ozone layers, it's that extra exertion on my heart that may factor sending it into an atrial fib rhythm."

Airborne allergens can cause similar symptoms, so knowing your

own sensitivity to those allergens and tracking when you have symptoms is key.

"On the internet is the easiest way," says Walton. "I've set myself up with alerts and I have emails pushed to me so it's pretty rare now that I'm out in air that I'm not familiar with."

Doctor Hofmann encourages parents to take their kids out to play before noon on the hottest days when ozone levels are high.

Learn more about ozone and how it affects your health at the [Utah Division of Air Quality](#) or the [Department of Health's Asthma Program](#) Web sites.

Seasonal Eating for Optimum Nutrition

Eating habits in America have changed dramatically over the last few decades. 50 years ago, purchasing food from the local farm, or growing one's own fruits and vegetables was the norm. Today, food is often transported from distant sources, resulting in greenhouse gas emissions and a less nutritious food supply.

Planning your weekly menus to follow the seasons is one way to increase the use of locally grown products, and one of the hottest new trends in cooking. And, with gas prices on the rise once again, choosing local might be more cost effective than you think.

Early summer in Utah, you will typi-

cally find harvests of peas, spinach, broccoli, peas, kale, swiss chard, cabbage, kohlrabi, radishes, lettuce, bok choy, and cherries at your local farmers' markets. As the weather warms, look for tomatoes, peppers, beans, squash, berries, peaches nectarines and more.

You will also find a variety of healthy meats, breads and household products at some local markets.



For a complete list of farmers' markets and a harvest calendar for Utah, [visit Utah's Own](#).

Eat Healthy: Homemade Lowfat Gelato

Recipe Courtesy Chef Bryan Woolley



Ingredients

2 cups milk (1%)
1 cup sugar
1/4 cup fat-free powdered milk
8 eggs, separated (only yolks needed)
1 cup half-and-half
1 teaspoon vanilla extract
3 cups of cleaned and sliced fruit (strawberries, peaches, raspberries, mangoes, etc)
1 ice cream maker

Directions

1. Pre-freeze your ice cream maker's gel container for 12-24 hours, depending on how cold your freezer is.
2. Heat the milk, sugar and pow-

dered milk in a large pot (4 quarts or larger) with a heavy bottom. Bring the mix to a low simmer over medium heat and stir to dissolve the sugar. Turn the heat down and just keep it warm.

3. Put the egg yolks in a medium bowl and whisk on low speed until they are thickened (about 2 minutes)
4. While constantly whisking, slowly add 1 cup of the hot milk mixture and whisk until it is blended (a few seconds).

5. Pour the egg mixture into the pot of hot milk and increase heat to medium. Stir constantly until it thickens and registers between 170°F and 180°F.

6. Stir in half-and-half and vanilla. Cover and chill in the refrigerator for at least 6 hours before continuing on to step 7.

7. Puree the fruit in your food processor or blender.

8. About 45 minutes before you want to serve the gelato, fold the fruit into the milk mixture. Pour the mixture into the freezer bowl.

9. Turn the ice cream maker on and

let the maker work until it is thickened, about 20 to 25 minutes. When finished, the gelato should have a soft, creamy texture. Eat immediately or store in freezer at 32 degrees.

Makes 13 servings.

Nutrition Facts

Serving size: 1/2 cup	
Calories per serving	150
Total Fat	5g
Saturated Fat	2.5g
Cholesterol	140mg
Sodium	40mg
Carbohydrate	23g
Dietary Fiber	1g
Protein	4g

Diabetic Exchanges

Protein	1
Carbohydrate	1
Fat	1

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

Be Active: Standing Push-up

Heading to the park for a family picnic? Well don't just stand there watching everyone else! Park benches and picnic areas can be the perfect "gym" for you, too.

Here's one to help you build strength in your arms, chest and back.

Stand a couple of feet away from a sturdy tree, the further you are away the more challenging this will be.

Place one hand on the tree so your body is off to one side. Imagine there is another tree for the other hand to keep proper position.

Bend your elbow and lower yourself just to the side of the tree. As you lean forward, keep your body in a straight line from head to heel. Don't

let yourself rotate at the shoulders.

After pausing slightly at the bottom of the movement, return to the start position.



After completing the desired number of repetitions, repeat on the other side.

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

repetitions.

You can find more exercises like these on the Workouts on the Web page at www.checkyourhealth.org.

Resources:

www.checkyourhealth.org
Dr. Michelle Hofmann, University of Utah
Mark Walton, Salt Lake Track Club
Brett McIlff, Physical Activity Coordinator, UDOH
Utah's Own
KUTV
Chef Bryan Woolley

Check Your Health Hotline:
1-888-222-2542

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