

**Parish Nurse News**  
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**Social Pitfalls of Healthy Eating: Understanding how circumstances affect your choices**

- Common sense & research shows that people eat differently when alone or with others.

Generational influence: The ideal “square meal” once featured a large helping of meat, a starch like white potatoes/rice, and “roughage”--some kind of vegetable, followed by a dessert like cake or pie. Sound familiar? Are you still offering it to your family? Science-based information about healthy eating clearly indicts the old “square meal” in today’s world. Mostly plant-based meals can provide the calories & essential nutrients like vitamins and minerals that can lower risk of ill-health and disease.

- *Help your loved ones* by setting an example; show them you are making healthier food choices like whole grains, vegetables, fruits and low-fat dairy foods. Enjoy a juicy slice of cantaloupe or a bowl of strawberries together. Limit choices to two rather than ten. Year-round fresh fruit, veggies and seafood were not available to us “old-timers,” & we were more physically active. That was then, and this is now. Excuses not reasons.

Location, location, location: Eat only at the kitchen or dining room table. Period. The End, my friends. Choose table-service restaurants & avoid all-you-can-eat buffets.



Revive picnicking. Food will be the background; the memories you make in shared activities like flying kites, swimming or strolling will be the foreground. Proverbs 17:6 Children’s children are a crown to the aged....



Mood should not dictate Food: Eating releases “feel-good” endorphins, so we alter moods with food. We stuff our stress down with food, rather than addressing the stress. Food becomes a survival tactic, and then an addiction (which we deny.) Keep a journal for 48 hours; document the times you eat in response to stress. BTW: Eating is anything ingested, regardless of quantity or form. Stress is anything that churns emotion, including loneliness, boredom, anger. Eating your way through stress is a vicious cycle; address the cause instead.

Proverbs 12:15 Fools think their own way is right, but the wise listen to advice.  
16:25 There is a way that seems right to a man, but in the end it leads to death.

**Children’s healthy snacks**

- (1) Out of sight, out of mind. If the cookie jar is full, the kids will clamor for cookies. If there are no cookies in the house, fresh fruit, raw veggies or whole-grain pretzels may seem more appealing.
- (2) Use the freezer. Mix mashed bananas & peanut butter, spread between graham crackers and freeze. Freeze green and purple grapes. Fill an ice cube tray with 100% juice and freeze until “slush.”
- (3) Have fun. Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or tortillas. Give snacks funny names. Try the classic “ants on a log”—celery topped with PB & raisins.
- (4) Sweeten it up. Healthy snacks don’t need to be bland. Satisfy your child’s sweet tooth by offering fat-free pudding, frozen yogurt, frozen fruit bars, or fresh fruit smoothie.
- (5) Make it quick. Offer string cheese, yogurt sticks, cereal bars or low-sugar whole-grain cereals-in-a-bag.

**Life After Stroke**

- \*Annually, more than 700,000 people in the US have a stroke; 2/3 of them will need some type of rehabilitation.
- \*Severity of stroke complications and each person’s unique ability to recover lost abilities varies widely.
- \*Goals of stroke rehab: Relearn skills lost by damaged brain & regain as much independence as possible.
- \*Key to success is well-focused and repetitive practice. Support of family & friends is crucial.
- \*Aphasia (problem speaking, listening, writing or comprehending speech) occurs in about 40% of survivors.
- \*Speech and physical therapy are the mainstays of stroke rehabilitation.

Stroke is not a death sentence and new drugs have significantly improved the survivor’s odds of living a quality life. Yet we cling to old notions & distance ourselves or offer pity. Reach out instead, and offer encouragement.

**Q:** True or false: If you have arthritis, it's probably best not to exercise because you'll get injured.

True                  False

If you have arthritis, exercise can help you feel good, strengthen muscles that support your joints, and help you maintain your mobility — when it's done right. The main precaution to take is to protect your joints from further damage. You may need to minimize or avoid exercise during an arthritis flare-up. You'll also need to listen to your body. Don't force a motion if you feel pain and cut back on the intensity of exercise if your muscles ache for more than an hour or two after exercise or if you experience increased joint swelling. Low-impact activity like walking or swimming are best.

### Cheerios & Heart-Champion MDs

Eating a normal daily serving of whole-grain cereal daily was associated with a reduction in blood pressure, bad cholesterol and a 28% lower risk of heart failure, according to data from the Physicians' Health Study (21, 410 participants). Even eating whole-grain cereal less often appeared to have a heart-health benefit, compared to those who never started their morning with whole grains: The risk of heart failure decreased by 22% in those who ate a whole-grain breakfast cereal from 2-6 times/week. Breakfast cereals that had at least 25% oat or bran content were classified as whole-grain cereals. The US FDA has weighed in on the heart-health benefits of whole grains. FDA permits foods containing at least 51% whole grains by weight that are *also low in total fat, saturated fat & cholesterol, i.e., Cheerios*, to carry a health claim for reduced risk heart disease. The claim also covers whole-grain benefits against certain cancers. Wheaties? Raisin Bran?



### “Do as we say, not as we do,” seems to be Americans' motto

More than half of Americans are fully aware of the new federal dietary guidelines, updated, in 2005, but a majority don't follow them, coming up with their own diet plans instead. One key motivator countering our desire to eat better is convenience. About one-third of Americans' daily calories are consumed away from home, says the “Attitudes to Food: Weight & Diet” study (Tufts Health & Nutrition Letter, June 2007). Consumers are not willing to trade convenience for health benefits. What does that say about us?



[www.mypyramid.gov/index.html](http://www.mypyramid.gov/index.html)

**MNOP's of a Sick Spirit** M = 2 Co 11:14    N = Luke 11:42    O = Proverbs 18:2    P = Eccl 7:9

Summer Safety: Wash fruit with mixture of 1-Tablespoon bleach to 2 gallons water  
Bacterial Growth Guard: Keep cold foods below 40 and hot foods above 140

### The Lord Bless You & Keep You

The **Lord** Make His Face Shine upon **You** and Be Gracious to **You**

The **Lord** Turn His Face Toward **You** and **Give You Peace.** Nu 6:24-26

