

STARTING A WALKING PROGRAM

Walking is great exercise and it's one of the cheapest and easiest exercises to do. When starting a walking program it will take you approximately 12 weeks to work up to a goal of 30 minutes per day. Before beginning any exercise and ending exercise you want to have a warm up and cool down period. Both the warm up and cool down should last five minutes each to properly warm the body and muscles and cool the cardiovascular system down. Below is a sample 12 week walking program to help you start off.

Week 1—5 minute warm up, 5 minute walking, 5 minute cool down
 Week 2—5 minute warm up, 7 minute walking, 5 minute cool down
 Week 3—5 minute warm up, 9 minute walking, 5 minute cool down
 Week 4—5 minute warm up, 11 minute walking, 5 minute cool down
 Week 5—5 minute warm up, 13 minute walking, 5 minute cool down
 Week 6—5 minute warm up, 15 minute walking, 5 minute cool down
 Week 7—5 minute warm up, 18 minute walking, 5 minute cool down
 Week 8—5 minute warm up, 20 minute walking, 5 minute cool down
 Week 9—5 minute warm up, 23 minute walking, 5 minute cool down
 Week 10—5 minute warm up, 26 minute walking, 5 minute cool down
 Week 11—5 minute warm up, 28 minute walking, 5 minute cool down
 Week 12—5 minute warm up, 30 minute walking, 5 minute cool down

Once you reach 30 minutes, you can stay at this rate or increase your time by two minutes each week until you reach 45 or 60 minutes per day of walking. Before starting any exercise program it is recommended that you check with your physician to ensure you do not have any health problems.

MAKING THE RESOLUTION TO LOSE WEIGHT-WHAT REALLY WORKS?

January is upon us and many of us make that New Years' Resolution to lose weight. Weight loss is the number 1 resolution made in America. Most people lose weight but then regain it back by April or May. When we gain weight, it does not happen overnight and we must remember that weight loss will be slow and take time. Nutrition experts recommend that a safe weight loss is 1-2 pounds per week. Here are some small changes that can help you stick to your weight loss resolution this year.

- Use half the amount of margarine, butter and mayonnaise on foods.
- Use or switch to low-fat versions of milk and dairy products. Try using or buying leaner cuts of meat too.
- Trim the fat off meats.
- Eat smaller portions of high-calorie foods.
- Eat fried foods in moderation.
- Eat breakfast every morning.
- Eat only when you are hungry and stop eating when you are full.
- When eating out at a restaurant, take half home in a to-go box.
- Avoid biggie sizing, or super sizing your meals.
- Try to eat lots of fruits and vegetables. They are low in calories, but packed with vitamins and minerals.
- Try to cook more at home, than eating out.
- Remember to exercise most days of the week for 30 minutes per day.

Source: T. Crawford and C. Agan, Extension Agents, LSU AgCenter

CENTISIBLE FOOD BUYS FOR JANUARY-FEBRUARY

Dry beans and peas	Broccoli	Chicken	Greens (collards, spinach, mustard, turnip)
Cabbage	Cauliflower	Pork Meat	
Carrots	Onions	Shallots	Pears
Sweet potatoes	Citrus fruits	Irish Potatoes	Apples
Beets			

FEBRUARY IS HEART HEALTH MONTH!

February is also known as Heart Health Month, designed to remind Americans to take the necessary steps to prevent heart attacks, strokes or heart disease. Heart disease is the Number 1 Killer of both men and women in America. Ways to decrease your heart disease risk are if your cholesterol and/or blood pressure are elevated take the steps to lower those numbers. One way you can lower your cholesterol levels is by changing your diet. Listed below are some dietary recommendations to follow to help lower your cholesterol.

Try to Eat:

- A variety of fruits and vegetables. Aim for 2½ cups of vegetables daily and 2 cups of fruit daily.
- Remember to eat whole grains daily.
- Consume fat-free or low-fat milk and dairy products.
- Choose lean cuts of meat and poultry without the skin.
- Consume 2 servings of fish per week. Try consuming ones that are high in omega 3 fatty acids and are prepared in a heart healthy way.
- Consume more servings of dry beans and peas.
- Consume 4-5 servings of nuts and seeds per week.
- Switch to cooking oils like olive, canola, soybean or safflower oils which are more heart healthy.
- Limit your intake of whole milk, cream, ice cream, egg yolks, butter.
- Avoid or limit intakes of organ meats (liver, gizzards, kidneys, brains) and high fat processed meats such as salami, bologna, hot dogs, sausages.
- Limit intakes of fried foods and baked sweets.
- Limit your consumption of saturated oils like coconut, palm and palm kernel oil, shortening, lard and partially hydrogenated fats.

Source: American Heart Association.

THE DASH DIET

The DASH diet, also known as the Dietary Approach to Stop Hypertension or high blood pressure. This approach is to change the diet to help lower blood pressure without using medication. The diet is high in fruits and vegetables and grain products. The diet is low in meats, fats and sweets. The basic diet is based on 2,000 calories per day, but serving amounts change depending on the calories. Also the sodium content on the DASH diet is 1500 mg per day. If you are trying to cut back on your sodium and salt intake, try not using salt when cooking and using herbs or other spices to season your food.

Snack ideas when following the DASH diet are: unsalted pretzels; unsalted nuts; raisins; graham crackers; low-fat or fat-free yogurt and frozen yogurt; plain popcorn with no salt or butter added; fresh fruits or raw vegetables.

The DASH Eating Plan

Here is a eating plan following the DASH diet based on 2,000 calories pre day. Try to make a resolution to eat better to control your high blood pressure this year if it is elevated.

<u>FOOD GROUP</u>	<u>NUMBER OF DAILY SERVINGS</u>	<u>EXAMPLES OF SERVING SIZES</u>
Grains and Grain Products	7-8	1 slice bread 1 cup ready to eat cereal ½ cup cooked rice, pasta or cereal
Vegetables	4-5	1 cup raw leafy greens ½ cup cooked vegetables 6 ounce vegetable juice
Fruits	4-5	1 medium fruit ¼ cup dried fruit 6 ounce fruit juice ½ cup fresh, frozen or canned fruit
Low-fat or Fat-Free Dairy Products	2-3	8 ounce milk 1 cup yogurt 1½ ounces cheese
Lean Meats, Fish and Poultry	2 or fewer	3 ounces cooked lean meat, fish or skinless poultry
Nuts, Seeds, Dry Beans	4-5 per week	½ cup or 1½ ounces nuts ½ cup cooked dry beans 1 tablespoon or ½ ounce seeds
Fats and Oils*	2-3	1 teaspoon soft margarine 1 tablespoon low-fat mayonnaise 2 tablespoons light salad dressing 1 teaspoon vegetable oil
Sweets	5 per week	1 tablespoon sugar 1 tablespoon jelly or jam ½ ounce jelly beans 8 ounce lemonade

* The fat content changes the serving size for fats and oils. Example: 1 tablespoon of regular salad dressing equals 1 serving; while 1 tablespoon of low-fat salad dressing equals ½ of a serving.

Source: LSU AgCenter Smart Choices Lesson 5

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UPCOMING EVENTS:

• Rouse's Cooking Demo on Modifying Recipes to be Healthier on January 8, 2011, from 10:00 a.m.—12:00 p.m. at Rouse's Supermarket in Youngsville.

• Heart Health Program on February 7, 2011 at 6:00 p.m. at the Extension Office located at 1105 W. Port St. in Abbeville. Topics that will be covered are: What is Heart Disease, The Types of Heart Disease, How to Eat Heart Healthy and Much More. For more information or to pre-register call 898-4335 by February 4, 2011.

• Rouse's Cooking Demo on Low-Fat/Low-Sodium Dishes on February 12, 2011, 10:00 a.m.—12:00 p.m. at Rouse's Supermarket in Youngsville.

For more information on any topic in this newsletter or any other topic please contact our office at :

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Next Issue Features:

Mardi Gras Food Safety, Strawberries, New Physical Activity Recommendations for Adults and Much More!!!

Kindest Regards,

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