

THE WHOLE YOU: TAKING CARE OF YOURSELF

When our Lord and parents brought us into this world, we were given only one body, one mind, and one spirit. You cannot trade it in, totally replace it or simply step into a newer, snappier model.

It amazes me how we abuse our body, mind and spiritual needs. The body is overfed, fed the wrong type of foods, forced to drink too much of the wrong liquid, and not given enough of the right liquid, water. It is forced to perform at a moment's notice. Yet it sits around for days and weeks doing very little. It is then put through over exertion, high stress, unbelievable loads and expected to perform like it is a new built machine.

As the saying goes, "We are only on this earth for a short time and we should try to enjoy it as much as possible". This also means you must take care of the only body and mind you have. All the pushing, complaining, and making fun of your body by other people will not change your thinking. Only when you are ready to make a commitment will you achieve your level of total wellness; only then will the "whole you" come forward.

As we grow older, it is harder and harder to break old habits, but it can be done. It just takes one step at a time and one day at a time. There is no reason why a forty year old person should feel he or she is trapped in their life style and it cannot be changed -

because it can! Everyday we read about a 50, 60 or 70 year old person who started to improve their body, mind, social life and/or spiritual well being. This also can apply to you.

This White Paper is a directory about who to see and where to go to get the information and the services needed for the "whole you". Use it as a guide to get yourself into being a "whole person". It is designed to improve the body, the mind, and the spiritual needs. Remember we only go around once. It would be to your advantage to be able to enjoy life to its fullest because you took care of your body, improved your mind, took advantage of the culture in our county, and learned something new or did something you always wanted to do.

"THE PHYSICAL YOU"

One of the most important goals of your general wellness is a program of physical exercise or recreation. This program should be built up to a five day period for thirty minutes a day. It does not mean that you have to do all of it in a five day span or that you have to exercise 30 minutes each day. It should average 5 days a week in any order you want. For example: 3 days, skip a day, 2 days, and skip a day. The 30 minutes is the same way. For example: Day 1 - 20 minutes, Day 2 - 40 minutes, Day 3 -30 minutes, Day 4 - 40 minutes, and Day 5 - 20 minutes. This way you have a variety, it is a lot more fun and you are more likely to stay with the exercise program for a long time.

Before you undertake any type of strenuous exercise, talk with your doctor and get a clean bill of health. This is especially important if you have been inactive for a long period of time.

Kosciusko County Resources:

1. MARTIAL ARTS:

Dharma School of Tae Kwon Do 105 N. Lake St., Warsaw, IN	269-3696
Lion's Academy Downtown North Webster, IN	834-4053
YMCA 1401 E. Smith St., Warsaw, IN	269-9622

2. BICYCLING:

Tarkio Road 110 S. Washington St., Warsaw, IN	267-3967
Warsaw Area Wheelers North Webster, IN (Mike Bowers)	834-4662

3. SWIMMING:

W.A.T.E.R.S. Freshman High School, Warsaw, IN	267-8148
Wawasee High School R.R. 3, Box 662B, Syracuse, IN	457-3147
YMCA 1401 E. Smith St., Warsaw, IN	269-9622

4. AEROBICS & EXERCISE

Body By Boyd 209 S. Buffalo St., Warsaw, IN	269-2693 269-9327
Gemini Figure Salon 112 W. Main St., Mentone, IN	353-8126
Lakeland Youth Center Syracuse, IN	457-3055

ShipShape Fitness Center
Center Center Mall, Warsaw, IN

269-1648

The above are instructional type resources with qualified instructors who can build an exercise program around your needs and wants. The instructors will help you to achieve your goals either as an individual or as a group.

5. ROWING/CANOEING:

We are very fortunate because we have over 100 lakes in Kosciusko County. You can go in any direction and come upon a lake suited to your needs. Once you learn the basics of rowing or canoeing, you can do it on your own.

A rule of thumb is to check out the lake first to see what type of boat traffic occurs and, of course, if it will give you the workout you want. Listed below are just a few of the lakes that are available in Kosciusko County:

Big Barbee Lake
Center Lake
Chapman Lake
Palestine Lake
Silver Lake
Syracuse Lake

Tippecanoe Lake
Waubee Lake
Wawasee Lake
Webster Lake
Winona Lake

For further information on rowing and canoeing associations contact the following:

U.S. Rowing Association
201 S. Capitol - Suite 400
Indianapolis, IN 46225

American Canoeing Association
8580 Cinder Bed Rd.-Suite 1900
P. O. Box 1190
Newington, VA 22122

Rowing Shell Companies
Little River Marine Company
P. O. Box 986 RW
Gainesville, FL 32602
1-800-247-4591

Martin Marine Company
Box 251-R
Kitterly Point, ME 03905
1-800-288-2628

6. HIKING/RUNNING/WALKING

Hiking/Running/Walking are the final types of exercise I want to emphasize. There are many books, magazines and articles written about them. If done correctly the only major expense you will need for either of these exercises is a good pair of shoes. You should always go to a reputable store that sells the type of exercise shoe that is best for your chosen recreation. Some of the basic rules for walking/running/hiking are as follows:

1. Always face the on coming traffic.
2. Wear reflective clothing or a reflective vest at night.
3. Do not challenge an automobile - it will always win.
4. Wear loose fitting clothing so it will not chafe your skin.
5. Wear clothing in layers to help hold in your body heat during the cold, wintery days.
6. Do not hike/run/walk on busy streets. Use the many parks in our county. This helps you to enjoy the great outdoors at the same time.

For a "get away" day go to the Tri-County Fish and Wildlife area which is located off State Road 13 between Syracuse and North Webster, Indiana (R.R. #2, Box 522, Syracuse, IN 46567, phone: 834-4461). Another fun place to go is the Grace College cross country

course. This course takes you through an open field and wooded area. It is located near the Grace College soccer field off of Pierceton Road in Winona Lake.

We are blessed with ample recreation facilities in our state in which to hike, run or walk. We have 20 state parks, 9 reservoirs, 14 forestry compounds, and 15 fish and wildlife areas in Indiana. The following is an address to write for the 1990 Indiana Recreation Guide:

Indiana Department of Natural Resources
Division of State Parks
616 State Office Building
Indianapolis, IN 46204

You can also stop by the local Chamber of Commerce building on South Buffalo Street for this same 1990 recreational guide. Another excellent guide you can get from the local chamber office is the "Family Activities Guide for Kosciusko County". It is packed full of information ideas for our county.

For further information on running or walking the following magazines are very good sources:

Runner's World
Box 55
Emmaus, PA 18099-0055

The Walking Magazine
P. O. Box 52341
Boulder, CO 80321-2341

Shoes: buy by feel

By CLAUDIA CHRISTIE

When a sales clerk tells you any good athletic shoe will do for walking, the best advice is to look elsewhere. With growing awareness that a walking shoe is not an aerobic shoe and not a running shoe, more and more walkers are heeding that advice.

"There's no question we need walking shoes for walking, especially for extensive walking," says Anne Kashiwa, a spokeswoman for Rockport Co. in Marlboro, Mass., and co-author of *Fitness Walking for Women*. "Walking isn't slow running—there's a lot more stress coming down on your heel compared to running. A properly designed walking shoe better cushions the impact on your heel. When you run, your whole foot absorbs the shock; with aerobic activity the ball of your foot absorbs the shock. Each activity has its own unique biomechanical needs, and so each deserves its own specifically designed equipment. The right shoe for walking improves performance, safety and pleasure."

Although there are more than two dozen well-known, reputable brands on the market—offering more than 200 models—fitness walking consultants and retailers agree that in the end you should buy what feels right. As a rule the best places to shop are specialty stores that cater to walkers and runners.

"Department stores usually have a more extensive line of leather walking shoes, but the personnel tend to be more concerned with style and sale than with your

comfort and safety," says John Pleas, assistant professor of psychology at Middle Tennessee State University in Murfreesboro and author of *Walking*, a guide to the joys and benefits of regular walking. "The cardinal rule in purchasing walking shoes is that function precedes fashion," he adds.

Retailers report that the most popular walking shoes are priced around \$50. Prices range from \$30 to \$45 on the low end and as high as \$150 at the top.

A walking shoe should fit "snug like a glove" at the heel and the instep and conform to the natural outline of your foot. Pleas recommends that the longest toe be $\frac{1}{2}$ to 1 inch from the front of the shoe, and that you be able to wiggle and spread your toes without difficulty.

Heel cushioning. Since the heel takes the largest force on impact, it's important that it be well-cushioned. This is particularly necessary for women, says Kashiwa, since women land with more force on their heels per body weight than men do

at any walking speed. "A woman should look for a particularly well-designed walking shoe and ideally one made specifically for women," she says.

It's important also that the heel be broad enough to provide enough support to absorb the impact of the weight of your body. Pleas recommends that the heel of a walking shoe be elevated $\frac{1}{2}$ to $\frac{3}{4}$ inch higher than the sole to relieve strain on the back of the leg. Good walking shoes have a double- or triple-layered heel to absorb the impact of each step, he says, and a waffled or treaded sole and heel so there's adequate traction when your heel strikes the walking surface—and for pushing off with your toes.

Weight. You can walk longer and more easily in lightweight shoes, advises Gary Canner, a fitness walking consultant in Miami. Heavy shoes require too much extra work. Lightweight materials and special design also provide better motion control and support as well, Canner adds.

Heel counter. "Walking involves a slow transfer of weight from your heel forward on to the ball of your foot," Kashiwa explains. "When your heel hits the ground it tends to rotate from outside to inside—to pronate." Pronation isn't all bad—it's part of the body's way of "braking." Excessive pronation, however, can expose the foot, ankle, knee and hip to strain and potential injury. A well-designed walking shoe can control excessive pronation.

"Look for a shoe that has a good mechanism for 'cupping' your heel," Kashiwa says. "This is done with an internal and/or external heel counter."

Not just
any shoes
will do
for walking.

Inside padding. The innersole should help cushion the foot during walking, and most well-constructed walking shoes use some type of orthotic fitted inside the shoe.

Inner padding for the sole and heel should be soft and spongy to absorb the impact of walking, although the padding should be a little rough to adhere to your socks so that your feet don't slide too far down in the shoes, says Pleas. "Flex your

toes when the weight is transferred from the heel to the toe when walking.

The sole should be less flexible than that of a running shoe, since it is important for the walking shoe to provide more support during the relatively slow transfer of weight while walking than it is to flex and allow the rapid transfer of weight that occurs in running. Too much flexibility in the sole leads to foot muscle fatigue.

Upper construction. The best materials for a walking shoe are leather or a combination of leather and fabric. This allows breathability and support in the shoe, which is essential to minimize foot and leg muscle fatigue.

"When buying leather shoes, make sure they are pliable and durable," says Pleas. "A good leather shoe will mold itself to the upper structure of the foot, will breathe and allow fresh air to circulate and cool your feet, and will simultaneously allow perspiration to evaporate."

DON'T DO-IT-YOURSELF

Getting a proper fit isn't a do-it-yourself activity. "Be fit by an expert," recommends Canner. "Have the shoe fit to you. Try on various brands and see which feels the best. Be prepared to go to a number of different stores."

Canner also advises against trying shoes on in carpeted areas only. "Shoes that feel great when you're walking on carpet will feel different on a hard surface," he says. "Ask to try them out on a hard surface. Approximate real life, where you do your fitness walking."

Joni and Bernard Short, owners of Career Footwear stores in Hingham and Kingston, Mass., specializing in walking and comfort dress shoes, prefer hiring employees who've never sold footwear before. "Most shoe salespeople don't really know what they're doing or really care about the fit," says Joni Short. "We train our sales force, and they care. Our customers keep coming back."

The Shorts carry just four brands of walking shoes in their stores, from 5 to 12 in size and AAAA to EE in width, opting to have depth in sizes and widths, as opposed to most stores which carry loads of different brands and styles but don't offer the sizing and fitting.

But the bottom line, says Richard Polk, owner of Pedestrian Shops in Boulder, Colo., are the joys and benefits of walking. "What's most important is that people walk and enjoy it. We sell products to enhance the experience, so that walking is a pleasure not a chore. Brand loyalty is a mistake—what fits is right." □

CLAUDIA CHRISTIE is managing editor of TWM.

SHOE SHOPPER'S CHECKLIST

John Pleas, Ph.D., and author of *Walking*, suggests you ask these questions as you shop for shoes:

- Does my heel fit snugly into the heel cup of the shoe?
- Is the heel rim biting into my achilles tendon with each step?
- Is there slippage of my heel?
- Is my foot sliding down too much when I walk in the shoe?
- Can I flex my toes?
- Is there an obstruction which my toe keeps hitting?
- Does the arch support feel right?
- Does the shoe feel light?
- Is the heel wide enough to absorb the impact?
- Do the shoes make me feel and look like a walker?
- Is this a good investment? (If the answer to the previous question was yes, then the answer to this one is yes.)

toes and move them around to see if any portion of the upper lining touches your toes. A slight obstruction or rubbing against the toes in this area will become pronounced as you begin wearing the shoes."

Outsole. The outsole should be reasonably soft and made of a durable material that has some "bounce" in it, says Kashiwa. The shape of the outsole should assist the biomechanical motion that oc-

WHAT YOU NEED TO KNOW FOR EACH LEVEL OF WALKING

THE 20-MINUTE MILER*

At 3 miles an hour, this is the beginning walker's pace. It provides a low-intensity workout, low level of fitness, low calorie burn-off. Work on distance rather than speed, keeping the following proper body alignment and posture:

- Stand erect—ear directly aligned over shoulder, over ankle, over hip, over knee.
- Keep head up (even when glancing down), rib cage up, shoulders back, hips angled slightly forward.
- Let arms hang loose at sides; swing normally, alternating with stride.
- Use a comfortable, natural stride—no wider than your normal one.
- Wear any comfortable sneakers or shoes.

*Source for all walking techniques information: *Aerobic Walking* by Casey Meyers (Vintage Books, NY, 1987)

THE 15-MINUTE MILER

At 4 miles per hour, this pace achieves a higher intensity, higher fitness level, and higher calorie burn-off than the stroll. Work on increasing speed.

- Use same erect body alignment and posture. Arms should be fully extended, swinging from shoulders, alternating with stride.
- Wear good walking shoes (see page 102).

THE 12-MINUTE MILER

At 5 miles an hour and faster, you are actually using more energy than a jogger! (Studies show speed doesn't determine how much energy is used—it's the efficiency of the gait). To achieve this speed and intensity:

- Convert to bent-arm swing*: Bend arms to form 90-degree angles at elbows—form loose fists

with hands. Swing arms loosely from shoulders, coordinating arm swings with steps. On backswing, arm comes to where wrist is at centerline of hip—on forward swing, arm comes forward but no farther than the centerline of the rib cage in front. Elbow should be close to body on swing but not touching.

- Concentrate on foot placement: Keep legs fully extended, knees straight. As you roll forward from heel-plant to toe-off, put a little emphasis on outside edge of foot.

- Wear the right shoe: one with flexible sole to handle heel-to-toe motion; extra heel cushion on inside of heel, less-cushioned outer heel to facilitate heel-plant.

*With arms fully extended, arm on backswing fights forward motion of legs, thus slowing you down.

HOW TO SET UP YOUR OWN WALKING DIET

HOW MUCH CAN YOU EAT? A good rule of thumb is to try to lose 1-2 pounds each week. The researchers at the University of Massachusetts Medical Center have found that most adults can lose 1-2 pounds per week when following diet programs of 1,200, 1,500, or 1,800 calories per day, depending on their initial weights.

Here's how to figure out what your daily calorie level should be: Multiply your weight by 10 (That's how many calories you need per day to maintain your present weight.) Next subtract 500. Round up to the nearest calorie program (1,200, 1,500, or 1,800). For example, if you weigh 150 (perhaps you're 20 pounds overweight), $(150 \times 10) - 500 = 1,000$. Round up to 1,200. You should eat 1,200 calories per day. Combine it with daily walking, and it will take you 13 or 14 weeks to lose the 20 pounds.

HOW FAR SHOULD YOU WALK? To lose the recommended one to two pounds per week, you must combine the diet with walking as a regular exer-

cise. Begin slowly, at ½ mile to 1 mile per day for the first week. Gradually increase the distance until you are walking 2.5 miles per day, seven days a week. Maintain that level for about a month. When it feels comfortable, start extending your walks until you reach 4.5 miles per day. Maintain that distance until you have lost the desired amount of weight. The way to keep the weight off is to continue walking.

HOW FAST SHOULD YOU WALK? The number of calories you burn depends more on how far you walk, rather than the speed at which you walk. Walk at a comfortable but brisk pace if weight loss is your primary goal. Walking at a slower pace allows you to walk further before becoming fatigued. Use the walk-and-talk rule: You should be able to carry on a conversation while you walk. If cardiovascular fitness is your goal, a faster pace is important. To improve the conditioning of your heart, you must walk at a pace which elevates your heart rate substantially for at least 20 minutes per day.

"THE SOCIAL YOU"

It is always nice to think of ourselves as being cultural and taking advantage of the entertainment within our county. Below are just a few of the associations and activities available to us:

Cultural:

Chain-O-Lakes Chorus 352-2370
R.R. 1, Box 18
Silver Lake, IN
Mr. Paul Rife

Grace Belles 267-6545
Grace College
Winona Lake, IN
Ethel Aust Anderson - Director

Grace Community Orchestra 269-6545
Grace College
Winona Lake, IN
Ethel Aust Anderson - Conductor

Warsaw Community Choir 267-6545
Warsaw, IN
Richard L. Anderson

Cultural Activities:

Enchanted Hills Playhouse 856-2328
P. O. Box B41
Syracuse, IN

Grace College Art Gallery 372-5100
Winona Lake, IN

Grace College Theatre 372-5100
Winona Lake, IN

Lakeland Community Concert Association 267-7290
Warsaw, IN
Donald Ogden - President

The Civic Theatre of Warsaw 453-4089
P. O. Box 1877
Warsaw, IN
Kirk Heng - Board President

Wagon Wheel Playhouse 267-8041
P. O. Box 804
Warsaw, IN

Historical Sites & Museums:

Kosciusko County Courthouse
Downtown Warsaw, IN

Warsaw Cut Glass Company 267-6581
505 S. Detroit St.
Warsaw, IN
Randy & Linda Kirkendall

Old Chinworth Bridge (Old Iron Bridge)
Old State Road 30
Warsaw, IN

Old Jail Museum
121 N. Indiana St.
Warsaw, IN

Lawrence D. Bell Aircraft Museum 353-7556
P. O. Box 411
Mentone, IN
Bill & Mary Ettinger

Billy Sunday Home 269-2957
1111 Sunday Lane
Winona Lake, IN

John Pound Museum
Armstrong Road
Oswego, IN

"THE EMOTIONAL & SPIRITUAL YOU"

When it comes to your emotional and spiritual wellness, our county resources encompass every area of psychological and spiritual need. It is always comforting to know there is a helping hand there when you need it. The following are a few locations that can assist:

1. Beaman Home Shelter 267-7701
P. O. Box 12
Warsaw, IN
2. Bowen Center for Human Services 267-7169
850 N. Harrison St.
Warsaw, IN

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| 3. | Oaklawn
3129 E. Center St.
(Center Center Mall)
Warsaw, IN | 269-6646 |
| 4. | Heartline Pregnancy Care & Counseling
301 N. Lake St.
Warsaw, IN | 267-5110 |
| 5. | MedPark Center (Div. of KCH)
2501 E. Center St.
Warsaw, IN | 1-800-446-7268
1-219-269-7275 |

When in need of spiritual comfort contact one of the many local churches of your choice. A friend or business associate may be able to give you recommendations.

"THE INTELLECTUAL YOU"

Many people are going back to school to finish their education, to learn something new and to better themselves by taking a course at the local college or high school. Whether it is a college degree or a class in painting, photography, auto mechanics or computers education is on the upswing in our nation. The average age of adults returning to college is 30+. We are fast becoming a nation of "born again" students.

Again our county has a lot to offer us. It, too, is in step with bringing quality education and programs to us so that we can be abreast of the ever changing world around us.

LIBRARIES:

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| 1. | Betty Zimmer-Morgan Library
Wooster Road (Grace College)
Winona Lake, IN | 372-5177 |
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|----|---|----------|
| 2. | Warsaw Community Public Library
315 E. Center St.
Warsaw, IN | 267-6011 |
| 3. | Bell Memorial Library
306 N. Broadway
Mentone, IN | 353-7234 |
| 4. | Pierceton Public Library
First Street
Pierceton, IN | 594-5474 |
| 5. | North Webster Library
North Webster, IN | 834-7122 |
| 6. | Milford Library
Main St.
Milford, IN | 658-4312 |
| 7. | Genealogy Library-Old Jail Museum
121 N. Indiana St.
Warsaw, IN | 269-1078 |

HEALTH EDUCATION:

- | | | |
|----|--|----------------------------|
| 1. | American Red Cross
501 N. Lake St.
Warsaw, IN | 267-5244 |
| 2. | Kosciusko Community Hospital
2101 DuBois Dr.
Warsaw, IN | 267-3200 |
| 3. | Bowen Center for Human Services
850 N. Harrison St.
Warsaw, IN | 267-7169 |
| 4. | MedPark Center (Div. of KCH)
2501 E. Center St.
Warsaw, IN | 269-7275
1-800-446-7268 |

EDUCATIONAL INSTITUTIONS:

- | | | |
|----|--|----------|
| 1. | Warsaw Community Schools
1 Administration Dr.
Warsaw, IN | 267-3238 |
| 2. | Whitko Community Schools
Box 114
Pierceton, IN | 327-3133 |

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|----|---|------------|
| 3. | Tippecanoe Valley School Corp.
S.R. 19 South
Mentone, IN | 353-7741 |
| 4. | Wawasee Community Schools
R.R. #3
Syracuse, IN | 457-3147 |
| 5. | Adult Basic Education Center
Winona Ave.
Warsaw, IN | 269-3721 |
| 6. | Indiana Vocational Technical
College (Ivy Tech)
106 Buffalo St.
Warsaw, IN
Steve Grill - Director | 267-5428 |
| 7. | Grace College
Wooster Road
Winona Lake, IN | 372-4100 |
| 8. | IPFW - Continuing Education
2101 Coliseum Blvd. East (WALB221)
Ft. Wayne, IN | 1-481-6619 |

"THE NUTRITIONAL YOU"

How many of us have tried diets, "good eating habits", restricting ourselves from junk food just to turn around and go bonkers on a Snickers candy bar, ice cream, potato chips, pie - oh, how it goes on! Every day we are faced with thin people in newspapers ads, TV, magazines, and even on the front of the food packages we buy. What we want to know is why are there more of us than thin people? - and why are they so happy all the time? I mean we eat the same foods and it does not necessarily put a smile on our faces.

The best and safest way to eat is in moderation. Most of the foods we eat today have more than enough of the required vitamins and

minerals our bodies require. If you do not believe it, look at the young people around us. Something is making them grow taller and better looking.

Once you start your exercise program, you will notice when you stick to it more than sixty days, some weight will start dropping off. Yes, some of this is water, but also some fat is in the pounds dropping off, too.

The trick is to maintain a balanced diet in your four basic food groups. If you are losing some pounds with your exercising, do not change your eating habits too much at first. If you do, do it in moderation. That way your system adapts to the new life style.

There is one draw back, though. As you exercise more, you will need to maintain food fuel for your body so it can burn calories to fuel your exercise. If you cut back too much too soon then your body starts to rob other parts of your muscles and body system. You can end up sick or just "being tired" all the time.

One basic rule you need to keep in mind - it takes food to keep in shape, and to keep at the weight and shape you want to maintain. If you are in doubt about what you should do or how you should begin, then consult a nutritional expert. The following are some people to contact for accurate nutrition information:

1. Armina Schmucker - Clinical Dietitian 267-3200
Kosciusko Community Hospital
2101 E. DuBois Dr.
Warsaw, IN
2. Joan Younce, Foods/Nutrition Specialist 372-2340
The Purdue Co-op Extension Service
100 W. Center St. (Courthouse) - Room 24
Warsaw, IN
3. Jan Goshert, Dietitian 269-4994
Dr. Matthew Datzman's office
Medical Arts Bldg., Suite 2
Warsaw, IN
4. Cheryl Brandt, Dietitian 269-2773
Miller's Merry Manor
County Farm Road
Warsaw, IN
5. Pat Brouwer, Dietitian 267-4442
Prairie View Health Care Center
300 E. Prairie St.
Warsaw, IN

In conclusion, this White Paper is presented as a guide to "The Whole You". When you have decided to commit to a total wellness program, this guide will assist you in adapting a program that is tailor made for you. Although a great deal of information is included in this guide, it is not all inclusive of the our county's wealth of information and services available for the asking.

When you start a program toward a "whole you" not only will you start feeling better about yourself, but also you will be in control of your wellness. This, in turn, should effect your outlook on life in general, and at the same time positively affect your family life, business environment, and community awareness.

LEARNING THE FOOD EXCHANGE CONCEPT



A food exchange program, such as the one used in this study, has six categories of foods (starch, meat, vegetable, fruit, milk and fat). For each category, there are a variety of interchangeable foods. For example, in the starch category $\frac{1}{2}$ cup of cereal equals a 1-oz. slice of bread equals $\frac{1}{2}$ cup of pasta. A person on a 1,500-calorie diet might be allowed 6 starches per day, 4 vegetables, 1 milk, 3 fruits, 4 fats, and 7 meats (1 oz. of prime rib equals one exchange, so a 6-oz. piece of meat would use up all your meat exchanges for one day).

For a brochure explaining the food exchange program in detail, write for *Exchange Lists for Weight Management*, The American Dietetic Association, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995.

ENJOY THE TASTE OF EATING RIGHT

The American Dietetic Association • National Center for Nutrition and Dietetics

Kosciusko County Nutrition Consultants

Jan Goshert, R.D. 269-4994
 Armina Schmucker, R.D. 267-3200
 Cheryl Brandt, R.D. 269-2773
 Pat Brouwer, R.D. 267-4442
 Joan Younce, Foods & Nutrition Specialist
 Purdue Extension Service 372-2340

The First Step in Eating Right Is Buying Right:

A Guide to Choosing Low-Fat, Low-Cholesterol Foods

Variety is the spice of life. Choose foods every day from each of the following food groups. Choose different foods from within groups, especially foods low in saturated fat and cholesterol (the **Choose** column). As a guide, the recommended daily number of servings for adults is listed for each food. But you'll have to decide on the number of servings you need to lose or maintain your weight. If you need help, ask a dietitian or your doctor.

	Choose	Go Easy On	Decrease
Meat, Poultry, Fish, and Shellfish (up to 6 ounces a day)	Lean cuts of meat with fat trimmed, like: <ul style="list-style-type: none"> ■ beef—round, sirloin, chuck, loin ■ lamb—leg, arm, loin, rib ■ pork—tenderloin, leg (fresh), shoulder (arm or picnic) ■ veal—all trimmed cuts except ground Poultry without skin Fish, shellfish	2% milk Yogurt Part-skim ricotta Part-skim or imitation hard cheeses, part-skim mozzarella "Light" cream cheese "Light" sour cream	*Prime grade Fatty cuts of meat like: <ul style="list-style-type: none"> ■ beef—corned beef brisket, regular ground, short ribs ■ pork—spare ribs, blade roll Goose, domestic duck Organ meats, like liver, kidney, sweet-bread, brain Sausage, bacon, frankfurters Regular luncheon meats
Dairy Products (2 servings a day; 3 servings for women who are pregnant or breast feeding)	Skim milk, 1% milk, low-fat butter-milk, low-fat evaporated or nonfat milk Low-fat yogurt Low-fat soft cheeses, like cottage, farmer, pot Cheeses labeled no more than 2 to 6 grams of fat an ounce	Whole milk like regular, evaporated, condensed Cream, half-and-half, most non-dairy creamers and products, real or nondairy whipped cream Cream cheese Sour cream Custard-style yogurt Whole-milk ricotta High-fat cheeses, like neufchatel, brie, Swiss, American, mozzarella, feta, cheddar, muenster	

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NATIONAL NUTRITION MONTH • MARCH 1990

Eggs

(no more than 3 egg yolks a week)

Fats and Oils

(up to 6 to 8 teaspoons a day)

Breads, Cereals, Pasta, Rice, Dried Peas and Beans (6 to 11 servings a day)

Fruits and Vegetables

(2 to 4 servings of fruit and 3 to 5 servings of vegetables a day)

Sweets and Snacks

(avoid too many sweets)

Label Ingredients

To avoid too much fat or saturated fat, go easy on products that list any fat or oil first or that list many fat and oil ingredients. The following lists name unsaturated fat ingredients and saturated fat or high-cholesterol ingredients that may or do not fit well in a cholesterol-lowering diet.

Choose

Egg whites
Cholesterol-free egg substitutes

Unsaturated vegetable oils: corn, olive, peanut, rapeseed (canola oil), safflower, sesame, soybean
Margarine or shortening made with unsaturated fats listed above: liquid, tub, stick, diet
Mayonnaise, salad dressings made with unsaturated fats listed above
Low-fat dressings



Breads, like white, whole wheat, pumpernickel, and rye breads; pita; bagels; English muffins; sandwich buns; dinner rolls; rice cakes
Low-fat crackers, like matzo, bread sticks, rye krisp, saltines, zwieback
Hot cereals, most cold dry cereals
Pasta, like plain noodles, spaghetti, macaroni
Any grain rice
Dried peas and beans, like split peas, black-eyed peas, chick peas, kidney beans, navy beans, lentils, soybeans, soybean curd (tofu)

Fresh, frozen, canned, or dried fruits and vegetables

Low-fat frozen desserts, like sherbet, sorbet, Italian ice, frozen yogurt, popsicles
Low-fat cakes, like angel food cake
Low-fat cookies, like fig bars, gingersnaps
Low-fat candy, like jelly beans, hard candy
Low-fat snacks, like plain popcorn, pretzels
Nonfat beverages, like carbonated drinks, juices, tea, coffee

Unsaturated Fat Ingredients

Carob, cocoa
Oils, like corn, cottonseed, olive, safflower, sesame, soybean, canola, or sunflower
Nonfat dry milk, nonfat dry milk solids, skim milk

Go Easy On

Nuts and seeds
Avocados and olives

Store-bought pancakes, waffles, biscuits, muffins, cornbread

Frozen desserts, like ice milk
Homemade cakes, cookies, and pies using unsaturated oils sparingly
Fruit crisps and cobblers
Potato and corn chips prepared with unsaturated vegetable oil

Saturated Fat or High Cholesterol Ingredients

Chocolate
Animal fat, like bacon, beef, ham, lamb, meat, pork, chicken or turkey fats, butter, lard
Coconut, coconut oil, palm kernel or palm oil
Cream
Egg and egg-yolk solids
Hardened fat or oil
Hydrogenated vegetable oil
Shortening or vegetable shortening
Unspecified vegetable oil (could be coconut, palm kernel, or palm oil)

Decrease

Egg yolks

Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Margarine or shortening made with saturated fats listed above
Dressings made with egg yolk

Croissants, butter rolls, sweet rolls, Danish pastry, doughnuts
Most snack crackers, like cheese crackers, butter crackers, those made with saturated fats
Granola-type cereals made with saturated fats
Pasta and rice prepared with cream, butter, or cheese sauces; egg noodles



Vegetables prepared in butter, cream, or sauce

High-fat frozen desserts, like ice cream, frozen tofu
High-fat cakes, like most store-bought pound, and frosted cakes
Store-bought pies
Most store-bought cookies
Most candy, like chocolate bars
Potato and corn chips prepared with saturated fat
Buttered popcorn
High-fat beverages, like frappes, milkshakes, floats, and eggnogs

