

Now that summertime has arrived, it is time to enjoy the *fruits* of your labor with a simple to make, delicious and HEALTHY Peach Yogurt Smoothie!

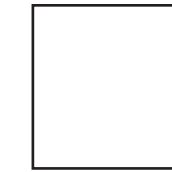
Peach Yogurt Smoothie

1 peach, peeled and chopped
1 cup plain nonfat yogurt
2 tsp honey
4 ice cubes
1/8 tsp cinnamon
1 tbs nonfat powdered milk (for extra calcium)

Puree all ingredients in a blender until smooth, and then serve. The recipe contains approximately 200 mg of calcium per serving. Meant to serve two.

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Recipe

Test Your Nutrition Knowledge

How well do you know your nutrients? Are you a nutrition neophyte or are you the reigning health heavyweight? Try your luck with the questions below.

1. A vegan is a vegetarian who:
A. eats no animal products
B. eats fish and chicken
C. eats eggs and milk
D. avoids red meat and sugar
2. The bulk of your diet should come from:
A. grains, dairy products, meats, and beans
B. vegetables, fruits and dairy products
C. grains, fruits and vegetables
D. vegetables, fruits, meats and beans
3. A deficiency in this nutrient has been linked to spina bifida, and other conditions known as an open neural tube defect, that occur early in pregnancy.
A. calcium
B. folic acid
C. iron
D. vitamin D
4. As you get older:
A. your needs for vitamins and minerals doesn't change, but your caloric needs decrease
B. you may need supplements for calcium, vitamin D and vitamin B12
C. you should make a special effort to drink plenty of water
D. all of the above
5. Being overweight may be caused by:
A. an underactive thyroid
B. Cushing's disease (a rare condition caused by high levels of steroid hormones)
C. polycystic ovarian syndrome
D. all of the above

Answers can be found on other side of this page

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The Pulse

A Guide to Healthy Living

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Reading Food Labels

Paying attention to the Nutrition Facts label on the foods you eat is important. Food labels can help you identify foods that may help or hinder your overall health. They also help you choose foods high in the nutrition you want — like vitamins and minerals — and low in nutrients to avoid, like saturated fats. Take out a food label from your kitchen and let's go through it together.

Nutrition Information

Manufacturers are required by the FDA to provide information on certain nutrients like total calories, total fat and dietary fiber. These required nutrients were selected because they address today's health concerns. The order, which they appear, reflects the priority of current dietary recommendations.

The top section of a food label shows serving information. You need that information to use the rest of the label properly. That's because what you might consider a portion of any given food might be more or less than the labels serving size. First read the

Serving Size, then look at the Servings per container to see how many of those serving are in the entire package.

Next, you'll find the largest part of the label, the Amount Per Serving information. This section shows how many calories — and grams of fat, cholesterol, sodium, carbohydrates, fiber, and protein — are in one serving.

To the right of those numbers is a column listing the % Daily Values. Those numbers show the percentage of daily-recommended amounts for each contained in one serving. That percentage is based on a diet of 2000 calories a day. Depending on how many calories you need, your own Daily Values could be higher or lower. Generally speaking, 5% or less of fat, cholesterol, sodium, and protein per serving is low, and a % Daily Value of 20% or more total fat is relatively high. However, you should always consult your Total *Access* Medical physician before determining how many calories you need per day. Below the Amount Per Serving list, you'll also find percentages for vitamins and minerals.

Ingredient Information

Food labels can also list the product's ingredients in order by weight.

The ingredient used more is listed first. So if you're lactose-intolerant, you many want to limit your intake of foods with dairy products listed among the ingredients. Ask your Total *Access* Medical physician about which nutrients are right for you. Then use food labels to help you decide which foods to eat or avoid.

Comparing Food Labels

If you're new to reading food labels, you may find their numbers confusing. But don't worry. With practice, you'll see how easy and useful food labels can be. Nutrition labels can help you make quick, informed food choices that contribute to a healthy diet. By comparing the labels on different foods or food brands, you'll begin to know which choices are better for your overall health.

Other Labels on the Foods You Eat

Although all the food you eat has a Nutrition Facts label, some foods say things like "fat-free," "reduced calorie," or "light." What does this mean exactly? Do you trust that your snack is really fat free? You can trust these claims because the government has created definitions for these terms and foods making sure these claims pass certain criteria.

These types of labels are frequently seen on snack and dessert foods. Here are some useful definitions for you to think about the next time you go shopping:

- Fat-free – less than 1/2 gram of fat per serving
- Low-fat – 3 grams or less fat per serving
- Light – 1/3 fewer calories or half the fat of the regular version
- Reduced – 25 percent less of the nutrient than the regular version
- Sugar-free – less than 1/2 gram of sugars per serving
- Calorie-free – fewer than 5 calories per serving
- Cholesterol free – less than 2 mg of cholesterol and 2 or fewer grams of saturated fat per serving
- High-fiber – 5 grams or more per serving
- Good source of calcium – at least 100 mg of calcium per serving



Ask the Doctor:

How do I maintain a healthy heart

Dr. Robert Weiss

Total *Access* Medical affiliated physician

Dr. Weiss, I feel healthy but I was told I am at risk for heart disease. Is this just a sign of getting older or is there something I can do to prevent it?

Dr. Weiss – Maintaining a healthy body and heart is not always about the foods you eat or being young. Although no one regiment can eliminate the risk of heart disease, there are many things we can do to reduce our risk of heart disease and circulation problems. Here are seven steps that I recommend.

1. If you're overweight, losing weight can help. Being overweight tends to increase your blood glucose, blood pressure, and blood fat levels. Even if you lose only 5 to 10 pounds, studies show you'll start to see improvement.

2. Exercise regularly. Exercise helps to keep your heart healthy, helps to keep your blood glucose under control, and may help to improve your blood fat levels. If you begin or change any exercise program, be sure to check with your Total *Access* Medical physician first.

3. Blood pressure: keep it under 130/80. Because high blood pressure increases your risk of stroke, you should have your blood pressure checked at least twice a year. Your blood pressure goal is 130/80 or lower.

4. Blood glucose: keep it under control. You can help yourself by monitoring your blood glucose regularly. Major studies have shown that you can reduce your risk of long-term complications by maintaining tight control over your blood glucose levels. If your blood glucose is unusually high or unusually low, talk to your Total *Access* Medical physician about making lifestyle adjustments. Even a small change in your medication, exercise regimen or meal plan can make a big difference. And ask your Total *Access* Medical physician about the importance of postprandial (after you eat) blood glucose monitoring.

5. Blood lipids: keep them in the proper range. When you lower your levels of

LDL ("bad") cholesterol, you also lower your risk of a heart attack. Your level of LDL cholesterol should be less than 100, and your triglyceride level (another "bad" fat) should be less than 150. For men, your level of HDL ("good") cholesterol should be greater than 45; for women, it should be greater than 55.

6. If you smoke, consider quitting. Nicotine narrows and restricts blood vessels! You can stop the damage that nicotine causes by quitting or reducing your daily cigarette intake.

7. See your Total *Access* Medical physician for the crucial tests you need to stay healthy, including hemoglobin A1c (HbA1c) test, eye and foot exams, and a "lipid profile" to measure the amount of fats in your blood. The American Diabetes Association also recommends an annual screening for microalbuminuria. This test measures whether or not you have a substance called albumin in your urine. In your blood, albumin is necessary, but in your urine, it could indicate kidney problems.

(Footnote): Dr. Weiss is a recognized leader in the medical community with over 35 years of experience as an internist. Dr. Weiss is Board Certified in Internal Medicine and Family Practice. He has been an assistant clinical professor at Philadelphia's Presbyterian Hospital, a medical consultant at the Philadelphia Psychiatric Hospital and is a member of AMA, PCMS and AGS organizations.

Planting the Seeds of Strength

It may not be an Olympic event, but don't dismiss the exercise value of gardening. That's right — gardening!

For many men and women, gardening or landscaping is an ideal fitness activity. It's moderate-to-strenuous in intensity, and incorporates many elements of recommended exercise routines — including, stretching, repetition, and calorie burning. Tasks such as weeding, trimming, and raking all burn calories. Lifting, tilling, and raking help build muscle strength.

To maximize on the exercise benefits, try gardening or landscaping regularly, and work at a steady pace. Whenever possible, replace the electric tools with manual clippers and trimmers. Here are a few things you can do to make your experience more pleasant:

- Use a cushion under your knees when kneeling.
- Keep your back straight, and don't sit on your heels.
- Make a habit of standing up and stretching every ten minutes or so.
- Make sure you bend at the knees and hips when picking up tools.
- If you have to shovel, use a light, long-handled spade and don't overload it.
- Wear a hat and use sunscreen to protect yourself from the sun.

If you're a beginner in the garden or with landscaping, there are some things to think about before you start. First, select a good spot for your garden. It should get plenty of sunlight, and have good soil and drainage.

Pick an *accessible* plot, close to your watering source, and make sure the area can be fenced to keep animals out. Most important, you should decide what kind of garden you want. Vegetables or flowers? Both? Or do you just want to tidy up your lawn with a few pretty plants here and there?

A trip to your local gardening supply store can help answer your questions. Talk to them about the supplies you'll need, which varieties of plants are best suited for your location, and what soil is right for your lawn and garden. As with any addition to your physical routine, talk to your Total *Access* Medical physician first and get the OK. Then get out there and grow, grow, grow!

Answers to Nutrition Quiz

Question # 1 – Correct answer "A" - Vegans eat only plant-based food. (A lacto-ovo-vegetarian also incorporates eggs and milk into the diet.)

Question # 2 – Correct answer "C" - The U.S. Department of Agriculture food pyramid guidelines say the largest part of your daily calorie intake (six to 11 servings) should be from grain-based foods, such as bread, cereal, rice and pasta. The guidelines also call for three to five daily servings of vegetables and two to four daily servings of fruit. In addition, two to three daily servings of dairy products are recommended, as well as three servings daily of meat, poultry, fish dry beans, eggs or nuts. Fats, oils, and sweets should be used sparingly.

Question # 3 – Correct answer "B" – The U.S. Public Health Service recommends that all women of childbearing age consume 400 mcg of folic acid (e.g., Vitamin B) daily to reduce the risk of having a baby affected with neural-tube defects.

Question # 4 - Correct answer "D" – Check with your Total *Access* Medical physician about supplements and consider cutting back on the calories to avert weight gain. Also, many seniors don't drink enough water – aim for at least eight 8-ounce glasses per day.

Question # 5 - Correct answer "D" – Contrary to what society tells us, being overweight isn't always a function of a large appetite or lack of discipline. Several factors unrelated to nutrition can contribute to weight gain or being overweight. An underactive thyroid may lead to an increase of five to ten pounds, mainly due to accumulation of fluid. Cushing's disease (a rare condition caused by high levels of steroid hormones) can result in obesity, as can polycystic ovarian syndrome. Weight gain is often part of aging – especially during menopause. Your Total *Access* Medical physician may want to do blood tests to check endocrine function.

quiz can be found on other side of this page

