



SOUTHERN UNIVERSITY  
AGRICULTURAL  
RESEARCH & EXTENSION  
C E N T E R

# Whey 2 Go NEWSLETTER

Combating Childhood Obesity



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Next educational class:  
Monday, October 14 at 5PM.

It is never too late to make positive changes to improve your health. Use MyPlate as a guide, control your portion size, eat fruits and vegetables, drink plenty of water and be physically active!

Prepared By:  
Tanyatta Mayo  
Fatemeh Malekian, Ph.D.

## Dates of Interest

October 14: Columbus day and Last day of the Whey 2 Go Study

October 14-18: DXA Screening

October 21 : End of the Whey

## Shake the Weight to Good Health

Have you ever wondered just what's the deal with the shake craze? What's in it? What is the relation to muscle and fitness?

Well, many protein shakes contain whey. Whey is a popular protein choice as it is one of the fastest digesting proteins and contains an array of amino acids that are great for building muscle. Whey is naturally found in milk, but more is found in protein shakes. Milk protein is 20% whey. The Whey 2 Go formula is 68% whey and has the added benefit of being lactose-free. Because of the protein content, whey protein-containing shakes



Study participants, Isadore Sparks and Porsche Holmes

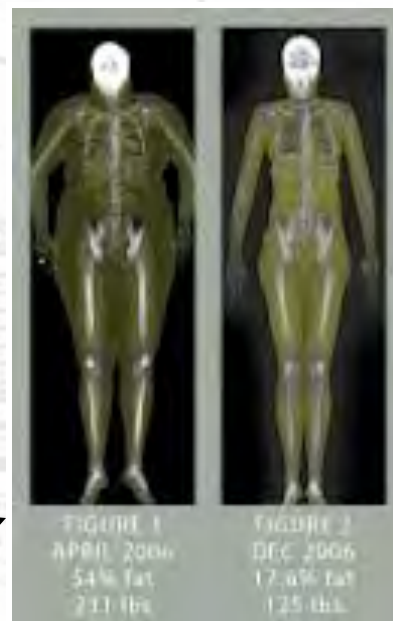
are perfect meal replacements and have shown to produce results in weight loss and muscle building.

Isadore Sparks, in the treatment group, has lost 57 lbs. since the beginning of the Whey 2 Go program. Sparks began the program in hopes of finding better methods of managing his weight. He starts his day with a shake and eats three meals a day. He has learned to time and properly portion his meals and says, "Most importantly; I have learned how to read food labels. I want to get back to how I was at 15." Porsche Holmes, who belongs to the study control group has lost 22 lbs. so far.

## What is DXA (DEXA)?

Dual-energy X-ray Absorptiometry (DXA, previously DEXA) is a means of measuring Bone Mineral Density (BMD). Two X-ray beams with different energy-levels are aimed at the patient's bones. When soft tissues absorption is subtracted out, the BMD can be determined from the absorption of each beam by bone. The DXA scan is typically used to diagnose and follow osteoporosis.

DXA scans can also be used to measure total body composition and fat content. The amount of radiation used is extremely small—less than one-tenth the dose of a standard chest x-ray, and less than a day's exposure to natural radiation. Comparing the before and after weight loss, DXA scanning can be used as a great tool to see which part of body fat has been decreased (around chest, hips etc.).



# Larger Portions Adds Up

If you consume 100 extra calories per day that will add 10 lbs of weight gain per year. Maintaining a Healthy weight is a balancing act. If you eat more calories but do not spend enough time doing physical activities the extra calories will add up to extra weight over time. Therefore eating smaller portions, using MyPlate as understandable visual tool and walking at least 1-2 miles per day for three days a week, should keep you in good health. There are key factors to note about MyPlate. Here are a few helpful tips to making MyPlate your plate.

- Remember that dairy includes low and fat-free milk and milk products such as cheese and yogurt.
- Snack on fruits and veggies.

- Remember daily recommended servings/portion sizes.
- Eat a rainbow of colors. Eat a variety of foods from each food group.
- Make half of your grain intake whole grain.
- Drink water instead of sugary drinks.
- Make half or your plates fruits and vegetables.

Example of how important portion sizes are: 1. Chocolate chip cookies twenty years ago were 1.5 inches in diameter and had 55 calories. Today the chocolate chip cookies are 3.5 in diameter and have 275 calories .

2. Soda was 6.5 ounces with 85 calories twenty years ago. Today soda is 20 ounces with 250 calories.

- French fries was 2.4 ounces twenty years ago with 210 calories. Today French fries is 6.9 ounces with 610 calories.

Paying attention to portion size is crucial for health and wellbeing!



FOOD GROUP	SERVINGS PER DAY
Fruits	2-4 <small>SERVINGS</small>
Vegetables	3-5 <small>SERVINGS</small>
Grains	6-11 <small>SERVINGS</small>
Protein	2-3 <small>SERVINGS</small>
Dairy	2-3 <small>SERVINGS</small>
Serving Sizes: Beverages: 1 cup   Food: ½ cup	

## Papaya and Kiwi Smoothie

### INGREDIENTS

- 1 pack of Whey 2 Go Shake Mix!
- 1 peeled kiwi fruit
- 1/2 teaspoon honey
- 1 cup of skim milk
- 1 cup of peeled papaya
- Dash of cinnamon
- 2-4 ice cubes
- Water if needed

papaya



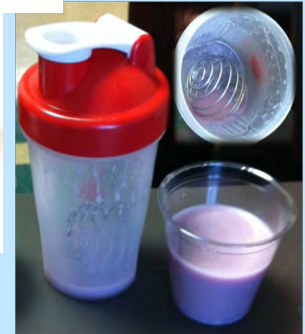
cinnamon



Kiwi fruit



Servings: 2



Add all ingredients to a blender. Blend until smooth. Add water to get the desired consistency if needed. Serve two delicious glasses and enjoy.

**Papaya** is deliciously sweet with musky undertones and a soft, butter-like consistency. It is a great source of minerals and vitamins specially vitamins C, B and A. **Kiwi** is a fruit which has a soft texture and a sweet but unique flavor. It is a great source of vitamins C and A. **Cinnamon** is used in both sweet and savory foods and is known to help regulate blood sugar, lower LDL (bad) cholesterol, and reduce the risk of cancer.