



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

Whey 2 Go NEWSLETTER

Combating Childhood Obesity



August 2013

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Join us next month for the
Whey 2 Go nutritional
class!

Next educational class:
Monday, August 5th at 5PM.

It is never too late to make
positive changes to
improve your health,
weight, and diet! You have
a choice with your health.

Prepared by:
Tanyatta T. Mayo
Fatemeh Malekian, PhD

Dates of Interest

August 3

"Together Baton Rouge
Fresh Food Giveaway"
ST. MICHAEL EPISCOPAL CHURCH
1620 77TH AVE.
8:00A-WHILE SUPPLIES LAST

August 19

SUBR Classes Begin
Fresh Markets

- (W) Scotlandville Library
9:00A-12:45P
- (T) Pennington (PBRC)
8:00A-12:00P
- (F) Hope Ministries
4643 WINBOURNE AVE.
9:30A-11:30A
- (SAT) Downtown
8:00A-12:00P

Meet the Crew: Porsche Holmes



Porsche has lost 16lbs since beginning the program. She and her mom were recently featured in WAFB's Hand It On Program. Porsche has truly made bettering her health a family affair as she often brings her mom to the nutrition education classes.

<http://www.wafb.com/Category/240200/video-landing-page?clipId=9124569&autostart=true>

What interested you in the Whey 2 Go Program?

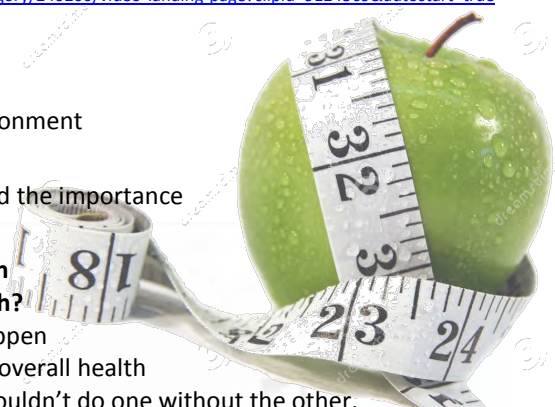
The possibility of losing weight in a structured environment

What are your experiences thus far?

I've lost weight and have learned about MyPlate and the importance of portion control and reading food labels.

What advice would you give to other individuals on their journeys to improve their nutrition and health?

It starts in the kitchen. Although weight loss can happen without changing your diet, you should realize that overall health requires both exercise and proper nutrition. You shouldn't do one without the other.



Snacking 101

There are many controversial and contradicting notions about snacking, but I say snack on. Snacking between meals helps to maintain until mealtime rather

than allowing your body to go into starvation mode or grazing throughout the day. The key is to be mindful and thorough in reading the labels. Simply skimming or reading the bullets of the Nutrition Facts is not enough. Read further on to the ingredients because they matter most. Think about it. If a white and a whole wheat slice of bread had the same calories, the whole wheat would remain the better choice because of its whole wheat and fiber content. Just the same, snacking on a sugary food may temporarily satisfy your taste buds, but what if you had eaten an apple or a handful of almonds? You'd have satisfied your taste and added nutrients and bulk through fiber to your body.



Snacking 101 (CONTINUED)

In an article entitled "Snacking and Satiety: How They Fit Together", Food Researcher Roberta Re wrote, "The solution to obesity is not as simple as calories in, energy [calories] out." Nutrition mandates much more. It requires honesty and transparency with yourself. I frequently give the example of a gentleman who was muscular and fit but couldn't understand why he often felt bad or ill. He finally listened to his wife and visited a dietitian who explained to him the importance of his diet to overall health. Although he was very active, the man ate poorly, figuring as many people who exercise a lot do that, "Hey, I can eat what I want...I'm working it off, right?" Wrong. The outer appearance can sometimes give a false perception of one's health. We must remember that

what you put into your body is what you get out of it. In this way, the body is like a vehicle. I'm sure you have seen the cars with nice paint jobs and shiny rims that huff, puff, and growl along the roads. Again, this is an example of a better outer image, but with proper maintenance, oil changes, and upkeep, vehicles can last forever with little problem.

This is why mindful eating is important. The *Whey 2 Go Team* wants you to enjoy food and snacking while conscious of the content. Eating healthy does not mean you must deprive yourself of satisfying feelings. It's merely eating smart. Here are some super foods and my go-to trick when snacking.

Try these Healthy Snacks

- ⇒ Whole Grain Crackers with Chocolate-Hazelnut Spread and Bananas
- ⇒ Sliced Apples/Celery with Peanut Butter
- ⇒ Tropical Yogurt Parfait
- ⇒ Carrots/Broccoli with Light Ranch/Yogurt Dip
- ⇒ Bagel with Ricotta and Strawberries
- ⇒ Cherry Tomatoes and Goat Cheese
- ⇒ Yogurt with Blueberries and Cardamom (or Nutmeg and Cinnamon)



Prepared by: Tanyatta T. Mayo

WAIST CINCHERS

Blueberries + Raspberries

Blueberries and raspberries are good snacks when craving sweets and more. Blueberries have levels of high antioxidants and help in protecting against cognitive decline and cardiovascular disease. While both blueberries and raspberries are great for weight loss, raspberries win. Raspberries have 31% less calories, 1/3 less sugar, and 46% fewer carbohydrates than blueberries. In the case of fiber, raspberries and blueberries contain 8g and 3.6g respectively. Fiber is beneficial because it decelerates digestion and therefore helps with hunger and to refrain from overeating.

Try Trail Mix Your Way

Add seeds, nuts, pretzels, popcorn, raisins, cheerios....M&Ms. Make it to suit you!



MOOD BOOSTERS

Sunflower + Pumpkin Seeds

Sunflower and pumpkin seeds have similar calories per ounce—158 kcal and 164 kcal respectively, but pumpkin seeds have 68% more tryptophan. Tryptophan is an amino acid that helps in the production of serotonin, a mood-regulating neurotransmitter. Pumpkin seeds also have five times more magnesium, which has been shown to decrease depression when regularly consumed at or above the Recommended Daily Allowance (RDA) [410 mg per day for men and 320 mg per day for women]. Magnesium also helps to maintain normal muscle and nerve function, steady heart rhythm, and immune system support while also helping regulate blood sugar levels and promote normal blood pressure.

CANCER FIGHTERS

Brussels Sprouts + Broccoli

A cup of each of these vegetables contain the full RDA of vitamins C and K. However, Brussels sprouts have significantly more glucosinolates, compounds that have been shown to inhibit the growth of some cancers. Because cooking vegetables lowers glucosinolate and other nutrient content, eating them raw or steaming will retain their content and thus give you the most nutrients.

Super foods tips from Oprah.com

My Secret:

Jolly Ranchers with a Twist
Pineapples + Watermelon +
Red and/or Green Grapes

Try these together. Works every time!



Handy Healthy Shopping List

Grains

- ☐ bagels (wheat)
- ☐ barley
- ☐ bran cereal
- ☐ brown rice
- ☐ cheerios
- ☐ corn tortillas
- ☐ fettuccini/linguini
- ☐ lasagna
- ☐ low-fat tortillas
- ☐ macaroni
- ☐ oatmeal
- ☐ popcorn
- ☐ shredded wheat
- ☐ spaghetti
- ☐ unsalted pretzels
- ☐ unsalted wheat crackers
- ☐ whole grain crackers
- ☐ whole wheat bread
- ☐ whole wheat pitas

Vegetables

(canned/fresh/frozen)

- ☐ asparagus
- ☐ avocado
- ☐ bell peppers
- ☐ broccoli
- ☐ Brussels sprouts
- ☐ cabbage
- ☐ carrots
- ☐ cauliflower
- ☐ celery
- ☐ corn
- ☐ cucumbers
- ☐ eggplant
- ☐ garlic
- ☐ green beans
- ☐ green onions
- ☐ herbs
- ☐ kale, collard greens
- ☐ lettuce
- ☐ mushrooms

- ☐ mustard greens
- ☐ mirliton
- ☐ onions
- ☐ okra
- ☐ parsley
- ☐ potatoes
- ☐ peas
- ☐ spinach
- ☐ squash
- ☐ sweet potatoes
- ☐ tomatoes
- ☐ turnips
- ☐ vegetable medley
- ☐ winter squash
- ☐ zucchini

Fruits

(fresh/dried/juiced/frozen)

- ☐ apricots
- ☐ apples
- ☐ apple juice

- ☐ bananas
- ☐ blueberries
- ☐ cantaloupe
- ☐ grapefruit
- ☐ grapes
- ☐ honeydew melon
- ☐ kiwi
- ☐ lemons/limes
- ☐ oranges
- ☐ peaches
- ☐ pears
- ☐ pineapples
- ☐ plums
- ☐ prunes
- ☐ raisins
- ☐ raspberries
- ☐ Satsuma
- ☐ strawberries
- ☐ tangerines
- ☐ unsweetened applesauce
- ☐ watermelon



Milk/Dairy

- ☐ evaporated skim milk
- ☐ fat-free half & half
- ☐ fortified soy milk
- ☐ ice cream (low fat & low sugar)
- ☐ light tub margarine
- ☐ nonfat ricotta
- ☐ nonfat sour cream
- ☐ nonfat yogurt
- ☐ parmesan cheese
- ☐ reduced-fat cheese
- ☐ skim milk
- ☐ 1% milk
- ☐ 1.5% milk
- ☐ 2% milk

- ☐ cannellini beans
- ☐ chicken breast
- ☐ chicken broth
- ☐ eggs fish
- ☐ garbanzo beans
- ☐ lean beef, pork
- ☐ lentils (green & red)
- ☐ lima beans (large & baby)
- ☐ low-fat soup
- ☐ navy beans
- ☐ peanut butter
- ☐ peas (split/whole)
- ☐ pink beans (sub for pinto in chili)
- ☐ pinto beans
- ☐ red beans
- ☐ salmon/shrimp/seafood



- ☐ turkey breast
- ☐ veggie burgers

Oils

- ☐ canola oil
- ☐ corn oil
- ☐ olive oil
- ☐ safflower oil
- ☐ vegetable oil
- ☐ flaxseed oil

Snacks & Nuts

- ☐ almonds
- ☐ baked potato chip
- ☐ baked tortilla chips
- ☐ Brazilian nuts
- ☐ cashews
- ☐ chestnuts
- ☐ hazelnuts
- ☐ peanuts
- ☐ pecans

Condiments

- ☐ baking powder
- ☐ baking soda
- ☐ balsamic vinegar
- ☐ cocoa powder
- ☐ corn meal
- ☐ light chocolate syrup
- ☐ light jam
- ☐ light soy sauce
- ☐ low-fat mayonnaise
- ☐ low-fat salad dressing
- ☐ mustard
- ☐ salt-free ketchup
- ☐ reduced-calorie syrup
- ☐ relish
- ☐ spices
- ☐ vanilla extract
- ☐ vinegar

Protein (Meats & Beans)

- ☐ black beans
- ☐ black eyed peas



Handy Healthy Shopping Suggestions

- Use the “Handy Healthy Shopping List” to make better choices when shopping.
- Read labels and pay attention to serving sizes.
- Buy cereal with at least 3g fiber & less than 10g sugar per serving.
- Find items with less than 2g saturated fat and 500 mg sodium

per serving.

- Plan your meals around vegetables, fruits, whole grains and beans.
- Challenge yourself to fill half your cart with produce (fresh, frozen, or canned).
- Experiment with new vegetables, new pasta shapes and beans.
- Try to buy whole grains instead of re-

finer grains, such as whole grain cereal, 100% whole wheat bread, oatmeal, and brown rice.

- Choose fruits, vegetables, and salt-free nuts instead of salty snack foods.
- Vary Your fruit and vegetables.

*Healthy Handy Shopping List
and Suggestions Prepared by:
Fatemeh Malekian, PhD
Vanessa Frechaud*

Citrus Pineapple Smoothie

INGREDIENTS

- ♦ 1 banana
- ♦ 1 1/2 cups fresh or frozen pineapple chunks
- ♦ 1 orange, peeled and quartered
- ♦ Juice (1) lime
- ♦ 4 ice cubes
- ♦ 1 Tbsp ginger
- ♦ 1/2 tsp nutmeg
- ♦ 2 tsp turmeric
- ♦ 1 pack Whey 2 Go Shake mix
- ♦ 3/4 cup low fat or fat free milk



Servings: 2

Add all ingredients to blender. Blend until smooth. Add water to get the desired consistency if needed. Serves two delicious glasses.

In addition to being a great source of vitamin C, citrus fruit contain a list of essential nutrients like potassium, folate, and even a little fiber. The addition of turmeric helps with workout recovery and disease prevention due to its anti-inflammatory properties. Ginger improves the absorption and assimilation of essential nutrients in the body and has anti-inflammatory properties as well.