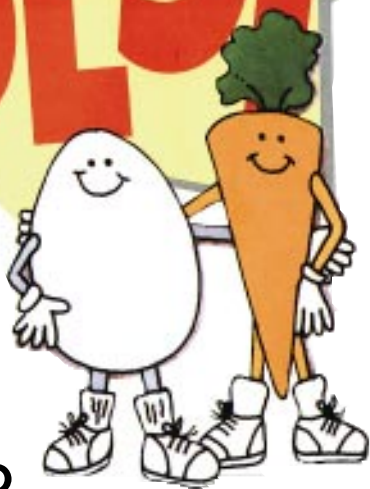


Healthy Habits

FOR
THE

BEST



OF
YOUR

LIFE!

DO YOU ACT YOUR AGE?

Many Americans don't. They continue to be active, regardless of how old they are. Better medical care is partly responsible for longer, more productive lives, but how you live your life also affects your chances of staying well. Thanks to years of research, we know more than ever about the relationship between lifestyle and illness.

What can you do to live to the fullest? How best to improve your health depends on your unique history. Read through this brochure, then seek the help of a doctor or registered dietitian to tailor the suggestions to your personal lifestyle.

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PREVENTION IS KEY

At the turn of the century, people in their fifties were considered old. That's because infectious diseases crippled and killed more people at a young age than anything else. Fortunately, the advent of antibiotics changed all that. Today, the leading cause of death, including heart disease, can't be caught from another person.

To be sure, genetics plays a role in whether a person will develop a chronic illness, such as heart disease, the nation's number one killer. You have no control over your family's medical history, but you can take steps to decrease your own risk.

According to the American Heart Association, you greatly reduce your chances for heart disease by not smoking, controlling blood pressure, maintaining a blood cholesterol level below 200 mg/dl, and exercising regularly. Diabetes, family history of heart disease, and obesity are some other important heart disease risk factors.

GIRTH CONTROL

As you age, you require fewer calories, so if you don't decrease your calories intake or increase your exercise, you may notice a gradual weight gain over the years. Maintaining a healthy body weight may be the best single move you can make to insure good health. Lugging around extra pounds increases the likelihood of heart disease, diabetes, and high blood pressure. It also aggravates arthritis in weight-bearing



Healthy Strategies REDUCING HEART DISEASE RISK

- Review your risk factors with your doctor. Discuss the best ways to improve your health.
- Quit smoking.
- Exercise regularly.
- Lose weight, if necessary.
- Aim for a blood cholesterol Level below 200 mg/dl.
- If you are diabetic, work your hardest to control your blood glucose level.
- Control blood pressure.

joints, like knees, and may contribute to lower back pain. Being over weight may be why you tire easily. A healthy weight control regimen includes tasty foods from all of the food groups, promotes weight loss of no more than two pounds a week, and uses exercise to achieve and maintain a desirable weight.

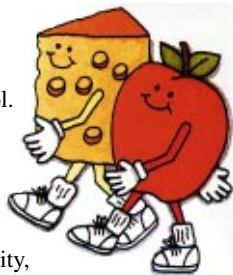
Healthy Strategies WEIGHT CONTROL HINTS

- Choose a safe, medically-approved method of weight loss suited to your lifestyle and medical history.
- Set realistic weight loss goals. Don't try to lose more than two pounds a week.
- Add structure to your diet by eating three meals daily and planning for low fat snacks.
- Sit down while eating. Avoid snacking from cabinets and the refrigerator, and while preparing food.

BENEFITS OF EXERCISE

Regular exercise may be the best medicine of all. Exercise combats the aging process by preserving and building muscle and bone tissue. Activity increases mobility, helps control blood pressure and body weight, and promotes stronger bones. More to the point, studies show that active people live longer. Regular exercise may lower blood

cholesterol levels and increase levels of desirable high density lipoprotein (HDL), known as the good cholesterol. The higher your HDL, the better. There are psychological benefits to physical activity and regular exercise, too. For most people, regular exercise contributes to vigor and vitality, helps them feel younger, and boosts mood and self-esteem.



Increasingly, experts are recommending a combination of aerobic activity, such as brisk walking and bicycling, and strength training, commonly known as weight lifting. You don't need to jog every day or climb mountains to reap the benefits of physical activity. New research suggests that even moderate movement, including gardening, dancing, strolling, and household chores, promotes good health.

In its own way, an active lifestyle may contribute to better nutrition. Why? Because more often than not active people can eat more with gaining weight.

Healthy Strategies
**INCREASING YOUR
 ACTIVITY LEVEL**

- Always seek the advice of your doctor before starting any exercise program.
- Choose enjoyable activities.
- Start slowly. Set realistic exercise goals.
- Consider weight training to improve muscle strength and tone. Work with a certified exercise specialist to determine what's best for you.
- Join a gym with a pool that offers water aerobics classes, which are easy on the joints.
- Formulate a plan for cold weather fitness. Invest in a stationary bike or tread mill for year-around use; check out walking groups at local malls. YMCAs and YWCAs.
- Skip the drive-up. Walk into the bank, coffee shop or fast-food restaurant to conduct your business.
- Make regular activity into a social event. Organize your friend to exercise together and then share in a healthy pot-luck meal afterward.



THE DIET/HEART DISEASE LINK

American has a collective fat tooth. Nearly 35 percent of our calories come from fat, more than the recommended 30 percent or less.

Food contains a mixture of the three fat types, saturated, monounsaturated, and polyunsaturated. All have the same number of calories, yet they affect blood cholesterol and low density lipoprotein (LDL) levels differently, (LDL is known as the bad cholesterol.)

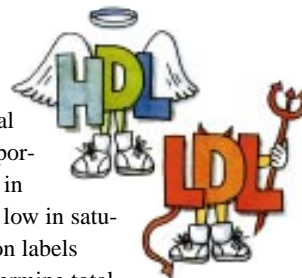
Saturated Fat Raises Blood Cholesterol & LDL Levels More Than Any Other Element In The Diet.

Saturated fat is the predominant fat in animal foods, such as red meat and full-fat dairy products including cheese, whole milk, and ice cream. Some vegetable oils are highly saturated, too palm oil, palm kernel oil, coconut oil, and cocoa butter, often used in processed foods, contain large amounts of saturated fat.

Monounsaturated & Polyunsaturated fats May Lower Blood Cholesterol Levels When They Replace Saturated Fat in The Diet.

Foods rich in Monounsaturated fat include olive oil, canola oil, nuts and nut butters. High levels of polyunsaturated fat are found in most cooking oils. Polyunsaturated fat is also found in seafood.

Health professionals suggest decreasing saturated fat intake, but cutting back on total fat consumption is equally important. Luckily, the two go hand in hand; low fat foods tend to be low in saturated fat, too. The new nutrition labels make it easier than ever to determine total and saturated fat intake.



Find your daily fat limit with this Fat Budgeting Chart. Pick a calorie level for weight maintenance or weight loss. Many sedentary women and some older adults require about 1,600 calories/day; most children, teenager girls, and many sedentary men need about 2,200 daily; and teenage boys, many active men and very active women need as much as 2,800 calories a day. Read across to the right to get the corresponding daily fat allowance.

WHAT'S YOUR DAILY FAT LIMIT?

At this daily
Calorie Intake

Consume this amount
of fat grams per day

1,200	40 or less
1,400	47 or less
1,600	53 or less
1,800	60 or less
2,000	66 or less
2,400	80 or less
2,800	93 or less

CHOLESTEROL CLEARING UP THE CONFUSION

Cholesterol is not a fat. It is a fatty, wax-like substance produced by all animals, including humans.

Cholesterol is present in varying amounts in animal foods including meat, poultry, seafood, eggs, and dairy products.

You may think that food cholesterol causes the greatest increase in your blood cholesterol level, but studies show that, for most people, saturated fat does.

Since your body produces cholesterol, there is no minimum intake requirement, but there is a recommended average intake of no more than 300 milligrams a day, according to the American Heart Association and the National Cholesterol Education Program. More than likely, your cholesterol consumption will fall in line when you cut fat, since many high fat foods, such as meat and full-fat cheeses, are also cholesterol-rich. Keep in mind that dietary guidelines do not apply to a single meal, recipe, or food, but to diet over a period of several days, or a week. That means you don't have to consume only food low in fat and cholesterol. Practice moderation by limiting high fat foods and balancing them with low fat selections. There's no need to avoid eggs or a healthy diet. In fact, eggs have less fat and cholesterol than you may think. Even cholesterol-lowering diets allow moderate amounts of whole eggs. There is no limit on egg whites: they're cholesterol and fat free.



Healthy Strategies LIMITING YOUR FAT INTAKE

- Choose skim or 1% fat dairy products.
- Cut fat intake by choosing lean meats and trimming visible fat, and poultry skin.
- Choose seafood and skinless poultry more often than red meat.
- Save organ meats, including liver and kidney, for occasional use.
- Substitute fresh fruit for cookies or candy.
- Use milk in coffee and tea instead of cream or half & half.
- Read Food labels. Limit use of products made with saturated fat and hydrogenated fat.
- Try sherbert, frozen pops, and low fat yogurt for a cool dessert.
- Reach for low fat snack foods, such as soda crackers, pretzels, air popped popcorn, fig bars, graham crackers, and vanilla wafers.

HIGH BLOOD PRESSURE IT'S UNDER YOUR CONTROL

One in three adult Americans has high blood pressure. That figure may be alarming, but there is good news: High blood pressure is controllable. If your doctor has prescribed high blood pressure medication, be sure to take it, even if you don't feel sick. To best control blood pressure, restrict sodium intake, drink alcohol in moderation or not at all, quit smoking, exercise regularly, and achieve and maintain a healthy weight. Weight loss alone may be one of the most effective non-drug treatment for high blood pressure.

There is some sodium in nearly every food, but nature's freshest foods, including milk, fresh fruits and vegetables, have the least. Processed foods, such as boxed rice, macaroni mixes, canned soups and vegetables, supply the bulk of our sodium. Salt, soy sauce, ketchup, and other condiments are jam-packed with sodium, too. Your doctor may prescribe diuretics, drugs that promote water loss, to control

blood pressure. While diuretics are beneficial, some cause your body to lose potassium, a vital mineral that works with sodium to regulate blood pressure.

Healthy Strategies **LESS SODIUM MORE POTASSIUM**

- ☑ Ask your doctor or dietitian if you need more potassium.
- ☑ Eat a total of at least five servings of fruits and vegetables daily. One serving equals: 1 piece of fruit, or 1/2 cup of chopped fruits, or 1/4 cup dried fruit, or 3/4 cup fruit or vegetable juice, or 1 cup cooked vegetables, or 1 cup raw leafy.
- ☑ Use low sodium canned vegetables and reduced sodium or low sodium soups.
Flavor foods with garlic and onion powder, fresh herbs, and lemon juice instead of salt, and garlic, onion, and celery salts.
- ☑ Consume fewer salty or smoked meats, such as hot dogs, sausage, bologna, and corned or chipped beef.

NOT FOR MEN ONLY WOMEN & HEART DISEASE

One third of American women suffer from heart and blood vessel disease, yet we know little about the subject. That's because most of the heart disease research has been conducted on middle-age men. Women get heart disease about seven to 10 years later than men. Why? Women may be protected by the female hormone estrogen, which keeps blood cholesterol and other blood lipids (fats) in check until menopause, when the ovaries stop making estrogen. Estrogen replacement therapy, a form of hormone treatment which can only be prescribed by doctors, may lower a woman's heart disease risk by decreasing total blood cholesterol and LDL levels, and raising beneficial HDL.

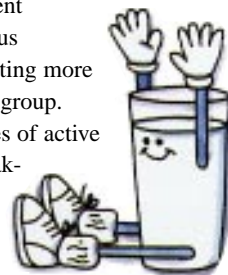


Health Strategies **Women Against Heart Disease**

- ☑ Quit smoking
- ☑ If you're overweight, shed the extra pounds.
- ☑ Seek the help of a registered dietitian to help you reduce safety.
- ☑ Exercise regularly, and lead a physically active lifestyle.
- ☑ Control your blood pressure.
- ☑ Ask your doctor if estrogen replacement therapy is right for you.
- ☑ Aim for a blood cholesterol level below 200 mg/dl

HEALTHY BONES

Aging cause bone loss, putting you at risk for osteoporosis, brittle bone disease. More than half or all women over age 65 are affected by osteoporosis, which increase the chance of bone fractures. While the exact causes of osteoporosis are unknown, you can protect yourself by consuming adequate calcium and vitamin D, exercising regularly, not smoking, and asking your doctor if any of the calcium is crucial for strong bones. The recommended Dietary Allowance (RDA) for calcium is 800 milligrams a day for people over age 24. But the RDA may not be adequate to ward off osteoporosis. A recent National Institute of Health Consensus Conference Report Recommends getting more calcium than the RDA for many age group. Also, research suggests that the bones of active individuals are more resistant to breaking. Stay active and your risk of losing bone mass soars.



peppers. Vitamin E is found in egg yolks, whole grains, vegetable oils, and nuts. Beta carotene is present in most orange and yellow fruits and vegetables, including sweet potatoes, carrots, cantaloupe, and squash, and in dark green vegetable including spinach. If you must take a vitamin and mineral supplement, be prudent. Unless your doctor or dietitian tells you otherwise. Limit your intake to a multivitamin that provides no more than 100 percent of the Recommended Dietary Allowance (RDA) for any one nutrient.

Healthy Strategies
**GETTING MORE
FROM FOOD.**

- Eat at least five servings of fruits and vegetable daily.
- Include one source of vitamin C, such as an orange, a serving of strawberries, tomatoes or broccoli, daily.
- Choose whole grain or enriched breads, cereals, and crackers.

**Putting It All Together
For Good Nutrition**

Whoever said moderation in all things, must have had nutrition in mind. A healthy diet does not exclude any one food or food group. Moreover, it may include your favorite foods.

According to health professionals, the best diet is based on breads, grains, cereals, fruits, and vegetables, which are rich in complex carbohydrates and fiber, low in fat, and full of vitamins and minerals.

A balanced diet also includes high protein foods, such as dairy products, meat, poultry, seafood, and eggs. These foods are loaded with key vitamins and minerals, too. Finally, don't forget fluids. Drink at least six to eight glasses daily, including water, milk, juice, or seltzer, even if you don't feel thirsty.

You grew up eating eggs, and want to continue to include them in your diet. That's fine by nutrition experts, who agree that today's eggs fit into a well-balanced eating plan. An egg is one of nature's most nutritious creations. Eggs are protein-rich, low in sodium, and contain vitamins and minerals, in addition, eggs are inexpensive, delicious, and easy to prepare.

**HERE ARE SOME
USEFULL EGG TIPS**

- Poach eggs instead of frying to cut back on fat. Or use non-stick vegetable pan spray to coat the frying pan.
- Do not consume raw or lightly cooked eggs. Use only cooked custard recipes for dishes such as ice cream and eggnog.
- Buy eggs from refrigerated cases. Always refrigerate eggs at home.
- Store eggs in the carton on a shelf in the refrigerator to insure freshness.
- Serve egg dishes promptly or keep them refrigerated.

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