



# Southwest Nebraska Public Health Department

PREVENT • PROMOTE • PROTECT



Walk to Health

## Walk to Health

July, 2011

## Newlsetter

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The #1 Killer
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## Announcing MyPlate

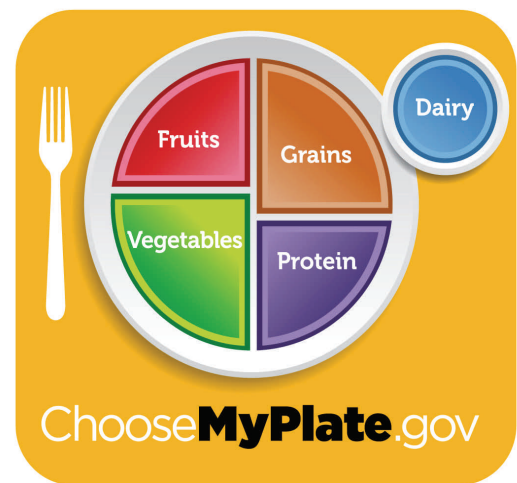
The federal government announced the new food icon, MyPlate. According to USDA, the idea is to “get consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).”

MyPlate will replace the MyPyramid as the government’s primary food group symbol providing an easy-to-understand visual cue.

MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.

Half of your plate should include fruits and vegetables, while the other half contain a grain and a protein as visualized in the graphic to the right.

For more information about MyPlate go to: <http://www.choosemyplate.gov/>



## 10 Tips to a Great Plate

- 1 balance calories**  
Finding the calories YOU need each day is the first step in managing your weight.
- 2 enjoy your food, but eat less**  
Pay attention to hunger and fullness cues
- 3 avoid oversized portions**  
Use a smaller plate, bowl, and glass. Portion out foods before you eat.
- 4 foods to eat more often**  
Eat more fruits, vegetables, whole grains, and fat-free or 1% milk and dairy products.
- 5 make half your plate fruits and vegetables**
- 6 switch to fat-free or low-fat milk**  
they have the same amount of calcium, with less saturated fat in the skim milk
- 7 make half your grains whole grains**  
substitute whole-grain for refined products
- 8 foods to eat less often**  
Cut back on those high in solid fats, added sugars, and salt. Use these foods on occasion
- 9 compare sodium in foods**  
Use the Nutrition Facts label to choose lower sodium versions.
- 10 drink water instead of sugary drinks**

### Walk to Health Coordinator

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[www.swhealthdept.com](http://www.swhealthdept.com)

# Heart Disease

## The #1 Killer



One third of Americans get 47 percent of their calories from junk foods.—USDA

## Are you at risk?

Around 630,000 Americans die of heart disease each year. Coronary artery disease is the most common type of heart disease, which can cause heart attack.



### Risk factors include:

- Plaque build-up in your arteries can cause the arteries to narrow over time and this reduces blood flow to the heart
- Lack of exercise
- Unhealthy diet
- Smoking
- Having high cholesterol, high blood pressure, or diabetes also increase your risk for heart disease.

### Signs and symptoms include:

- Chest pain that does not go away after a few minutes
- Pain or discomfort in the arms or shoulders
- Shortness of breath (more than usual)
- Pain or discomfort to the left jaw, neck, or back.
- Weakness, light-headedness, nausea

### Prevention is the key!

#### Reduce your risk:

- Maintain a healthy weight
- Eat a healthy diet
- Don't smoke
- Exercise regularly

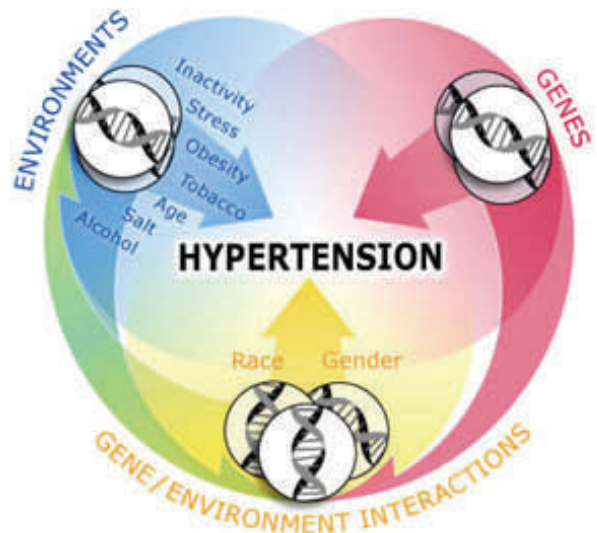
#### How is it treated?

If you have heart disease, lifestyle changes, like those just listed, can help lower your risk for complications. Your doctor also may prescribe medication to treat the disease. Talk with your doctor about the best ways to reduce your heart disease risk.

***If you think that you or someone you know is having a heart attack, call 9-1-1 immediately!***

## Blood Pressure Levels

Risk	Blood Pressure Levels
Normal	Systolic: less than 120 mmHg
At risk	Systolic: 120-139 mmHg
High	Systolic: 140 mmHg or higher



Source: Centers for Disease Control

# Fitness & Nutrition

## Measuring Your Maximum Heart Rate

Your heart rate tells you how hard your body is working. By determining your maximum heart rate and calculating which zone you are in, you can vary your workouts or ensure that you are getting what you want out of your workouts. Take your resting heart rate first thing in the morning before getting out of bed. It is recommended that you exercise within 55-85% of your maximum heart rate for at least 20-30 minutes to get the best results from aerobic exercise.

### Use this formula:

Subtract your age in years from 220. This is your maximum heart rate.

To figure your target, multiply the percentage by your max. heart rate.

**Example:** 40 year old woman wanting to figure an 80% target:  $220 - 40 = 180$   
 $0.8 \times 180 = 144$

144 beats per minute is the target heart rate when working out (see anaerobic zone below).

## Aerobic Zone

At 70-80% of your maximum heart rate, 50% of your calories burned in this zone are fats, 1% are proteins and 50% are carbohydrates. This intensity zone builds blood vessels, increases vital capacity, respiratory rate, pulmonary ventilation and arterial venous oxygen. The aerobic phase of your workout should be less than 50 minutes to prevent build up of lactic acid. Always warm up and cool down at an easy pace.

## Anaerobic Zone

In this zone of exercise intensity can be used to build your heart/lung capacity and endurance. In this zone, the body burns more calories but mostly from carbohydrates rather than fat. At 80-90% of your maximum heart rate, 15% of your calories burned in this zone are fats, 1% are proteins and 85% are carbohydrates. This intensity zone improves VO<sub>2</sub> maximum (the highest amount of oxygen one can consume during exercise) and thus an improved heart/lung system, and a higher lactate tolerance ability which means your endurance will improve and you'll be able to fight fatigue better.

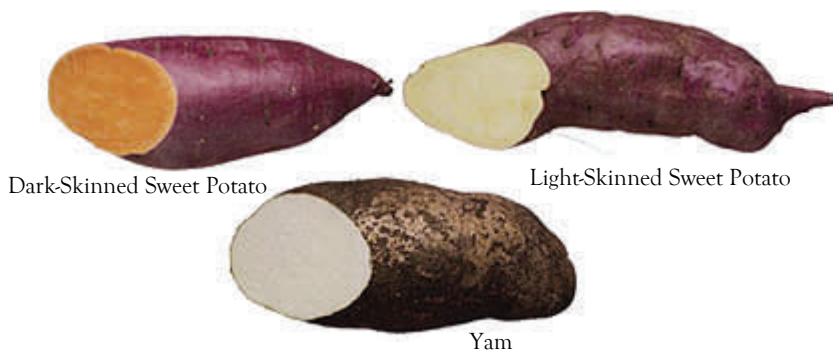
Racewalkers can walk fast enough to push themselves into the anaerobic zone.

## Sweet Potato vs. Yam

The two vegetables are different in taste and texture, they are similar in appearance and are widely confused by American eaters. The terms, in fact, are often used synonymously, in error.

To correct the side-dish record: A yam is a starchy tuberous root. There are more than 600 yam species grown around the world, but true yams are rarely grown in the U.S. or sold here outside of specialty and ethnic markets. Yams are generally very starchy, fibrous even, and not especially sweet.

A sweet potato, on the other hand, is the sweet tuberous root of a tropical vine that's related to the morning glory and is native to Central American and Peru. There are two types including the dark-skinned and light-skinned varieties. The dark-skinned variety is commonly confused with yams. It has a thick, dark orange skin with a bright-orange flesh that's sweet and moist. The light-skinned one has a thin, light-yellow skin and pale-yellow flesh, isn't as sweet and has a drier texture, more like a regular baking potato.



Dark-Skinned Sweet Potato

Light-Skinned Sweet Potato

Yam

Sweet potatoes, like baking potatoes should be heavy for their size, firm, not yielding, and free of mold, blemishes, and sprouts. They should also have a taut, not wrinkly skin. Sweet potatoes should be stored in a cool, dark place. If sweet potatoes become chilled, they can suffer from "hardcore," and the center of the root will remain hard no matter how long it's cooked.

## Sweet-Potato Fries

### Ingredients:

2 T thawed orange juice—concentrate  
1 tsp Onion powder  
1/2 tsp salt  
1/2 tsp ground black pepper  
1 lb sweet potatoes, cut into 1/2" sticks

### Preparation:

Line a cookie sheet with foil and spray with non-stick cooking spray. In a medium bowl combine orange juice concentrate, onion powder, salt & pepper. Add potato sticks and turn to coat. Arrange coated potato sticks on the oiled foil in a single layer. Bake 10 min.; turn carefully, bake 10 more minutes or until tender.



**Same calories as the sweet potato itself!**

**“A healthy attitude is contagious but don’t wait to catch it from others... be a carrier.” - Unknown**

## Stepping Out in the Correct Gear

### SHOES

- Shoes are the most important of your accessories and you should have a good pair designated for walking.
- There should be plenty of room in the toe area, have a flexible sole, a comfortable fit, and they should support the arch.

### SOCKS

- Socks are important too.
- When you are trying on shoes to buy, make sure you wear the same type of socks that you’ll be wearing when you are walking so that you get a proper shoe fit.

- Rather than wearing an all cotton sock, consider getting socks made of cool max or some other wicking material.

### CLOTHING

- Clothing should be whatever you are comfortable wearing. Fabrics that have wicking characteristics work best because they repel moisture and will keep you dry.
- Dress for the weather and wear layers of clothing because it is easier to remove excess clothing.
- Bring along sunglasses, sunscreen, a hat and insect repellent.

### IMPORTANT DISCLAIMER!

Always check with your doctor before starting any new physical activity program or before increasing your activity level.

The information contained in this newsletter should be used for suggestions and informational purposes only. This information should never take the place of your doctor’s recommendations.

If you have concerns, please seek the advice of your primary care provider.

