

Nutrition is all about the study of food and how our bodies use food as fuel for growth and daily activities. The macronutrients, or "big" nutrients include proteins, carbohydrates, and fats. The micronutrients, or "little" nutrients are the vitamins and minerals that we need to be healthy. Nutrition is an important component for good health. Our nutrition needs change as we enter different stages of life. Nutrition needs also change when we get sick.

### What is a "Healthy Diet"?

The new 2005 Dietary Guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

The MyPyramid food guidance system replaces the original Food Guide Pyramid. It helps you choose the foods and amounts that are right for you. One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. Use the advice "Inside MyPyramid" to help you:

- Make smart choices from every food group,
- Find your balance between food and physical activity, and
- Get the most nutrition out of your calories.

How much you should eat varies for each person based on age, gender, and activity level. **Generally, women ages 23-50 should eat about 2,000 calories per day** to maintain their current weight, while older women need fewer calories. No one should consume fewer than 1,500 calories per day, even in attempts to lose weight. At every age women need to **eat plenty of fruits, vegetables, and grain products, and limit their consumption of fats and sweets.**

Your food and physical activity choices each day affect your health—how you feel today, tomorrow, and in the future.

These tips and ideas are a starting point toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

### Nutrition tips to help you:

- Make half your grains whole
- Vary your veggies
- Focus on fruit
- Get your calcium rich foods
- Go lean with protein
- Find your balance between food and physical activity



[www.MyPyramid.gov](http://www.MyPyramid.gov)

This chart identifies the calorie levels for females by age and activity level:

Age	Activity level		
	Sedentary	Mod. active	Active
2	1000	1000	1000
3	1000	1200	1400
4	1200	1400	1400
5-6	1200	1400	1600
7	1200	1600	1800
8-9	1400	1600	1800
10	1400	1800	2000
11	1600	1800	2000
12-13	1600	2000	2200
14-18	1800	2000	2400
19-20	2000	2200	2400
21-25	2000	2200	2400
26-30	1800	2000	2400
31-50	1800	2000	2200
51-60	1600	1800	2200
61 and up	1600	1800	2000

### For more information:

Dietary Guidelines for Americans, [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

MyPyramid.gov, (888) 7PYRAMID, [www.mypyramid.gov](http://www.mypyramid.gov)

Nutrition.gov, [www.nutrition.gov](http://www.nutrition.gov)

Wisconsin Dietetic Association, (888) 232-8631, [www.eatrightwisc.org](http://www.eatrightwisc.org)

People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

Moderate physical activities include:

- Walking briskly (about 3½ miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

Some physical activities are not intense enough to help you meet these recommendations. Although you are moving, these activities do not increase your heart rate, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.

## Tips to help you:

- Make sure you are in good health.
- Start slowly and build up to more time and a greater pace.
- Choose activities that meet your lifestyle and that you enjoy.
- Exercise regularly. Exercise at a comfortable pace.
- Vary your activities so you don't get bored.
- Encourage your family or friends to support you and join in.
- Challenge yourself and celebrate your successes.



## For more information:

American Heart Association, (800) AHA-USA-1, [www.americanheart.org](http://www.americanheart.org)  
Centers for Disease Control (CDC), [www.cdc.gov/nccdphp/dnpa/physical](http://www.cdc.gov/nccdphp/dnpa/physical)  
HealthierUS.Gov, [www.healthierus.gov/exercise.html](http://www.healthierus.gov/exercise.html)

Wisconsin Department of Health and Family Services, [dhfs.wisconsin.gov/health/physicalactivity/](http://dhfs.wisconsin.gov/health/physicalactivity/)  
WomansHealth.Gov, (800) 944-9662, [www.4woman.gov/faq/exercise.htm](http://www.4woman.gov/faq/exercise.htm)

Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ near the stomach, makes insulin to help glucose get into the cells of our bodies. When a person has diabetes, their body does not make enough insulin or cannot use its own insulin properly, causing sugars to build up in the blood. About 20 million Americans have diabetes—though probably between one-third and one-half don't know they have the disease.

## Major Types of Diabetes

- **Type 1 diabetes** results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5–10% of Americans who are diagnosed with diabetes have type 1 diabetes.
- **Type 2 diabetes** results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.
- **Gestational diabetes** affects about 4% of all pregnant women — about 135,000 cases in the United States each year.
- **Pre-diabetes** is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 41 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

Although there is no cure for diabetes, it can be controlled and managed through diet, exercise, and weight control. Proper management can reduce long-term consequences of diabetes, such as blindness and kidney failure.

**Diabetes prevention is proven, possible, and powerful.** Studies show that people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight. You can do it by eating healthier and getting 30 minutes of physical activity 5 days a week. In other words: you don't have to knock yourself out to prevent diabetes. The key is: small steps that lead to big rewards. Learn more about your risk for developing type 2 diabetes and the small steps you can take to delay or prevent the disease and live a long, healthy life.

## Prevent Health Problems Caused by Diabetes:

- **Eye disease and blindness.** Control your blood sugar and blood pressure and get a yearly dilated eye exam.
- **Kidney disease.** Control blood sugar and blood pressure. Have a yearly urine test.
- **Foot problems.** Check your feet every day for cuts, sores, bumps, blisters, or red spots. Ask your health care provider to check your feet at every office visit. Have a complete foot exam every year.
- **Mouth problems.** Twice a year, have a dentist clean your teeth and check your gums. Use dental floss at least once a day. Brush your teeth with a soft toothbrush after each meal.
- **Nerve damage.** Tell your health care provider if you have any problems in your feet, legs, hands, or arms or problems digesting food or with urination.
- **Flu and pneumonia.** Get a flu shot every year. Also ask about getting a shot to protect you from pneumonia.
- **Stiff hands.** Keep your blood sugar under control and stretch your hands. Using clay or putty can keep your hands strong.

## For more information:

American Diabetes Association, (800) DIABETES, [www.diabetes.org](http://www.diabetes.org)  
CDC Diabetes Public Resource Center, (800) CDC-INFO, [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

U.S. society equates thinness with both success and happiness, and nearly every American woman, man, and child has suffered and may still suffer from issues of weight, body shape, and self-image. Although it is unclear why eating disorders develop, pressure from society certainly plays a role.

**Eating disorders are serious medical problems.** Anorexia nervosa, bulimia nervosa, and binge-eating disorder are all types of eating disorders. These psychiatric illnesses affect over 5 million women and men in the U.S. Eating disorders frequently develop during adolescence or early adulthood, but can occur during childhood or later in adulthood. Females are more likely than males to develop an eating disorder. People can die from the physical problems that result from these conditions. However, the disorders can be treated with both psychological counseling and medical evaluations.

**Anorexia nervosa** At least 1 percent of teenage girls in the U.S. develop anorexia and approximately 10 percent of them may die. Those that suffer from the disorder preoccupy themselves with dieting and thinness, which leads to excessive weight loss. Warning signs include: loss of significant amount of weight, feeling fat even after losing weight, fear of weight gain, loss of monthly menstrual periods, hair loss, fainting spells, lying about food, and heart tremors. The disorder can have serious medical consequences, such as shrunken organs, low body temperature, low blood pressure, slowed metabolism and reflexes, and irregular heartbeats, which can lead to cardiac arrest.

**Bulimia nervosa** is characterized by frequent episodes of bingeing and purging. The warning signs include: eating uncontrollably; purging by dieting, fasting, vomiting, abusing laxatives, etc.; using the bathroom frequently after meals; depression; preoccupation with body weight; feeling out of control; irregular periods; vomiting blood; constipation; and dental problems. Bulimia also has severe medical consequences including dehydration, damage to bowels, liver, and kidney, and electrolyte imbalance which can lead to irregular heartbeat and cardiac arrest.

**Binge eating disorder** is compulsive overeating that is usually kept secret. The bingers do not purge after eating. The warning signs include eating when not physically hungry, feeling unable to stop eating voluntarily, abnormal eating patterns, weight fluctuation, and anti-social behavior. Binge eating may result in high blood pressure and cholesterol, diabetes, heart disease, and gall bladder disease.

## Steps towards a better body image:

- Replace your negative thoughts with positive ones.
- Focus on things you like about yourself.
- Surround yourself with people who have a healthy perspective about food, weight, and their bodies.
- Eat healthy foods. This can help your body get healthier.
- Get active. Women of all sizes can be active. Exercise can help you feel better about your body and give you more energy.

**If you think you have an eating disorder, contact the NEDA Hotline at (800) 931-2237 or find someone you feel comfortable with and talk to them about it. Talk to a counselor or a doctor and seek help right away.**

If you think that someone you know has an eating disorder, help them find professional assistance if they are willing. Be supportive and validate their feelings.

## For more information:

National Eating Disorders Association, (206) 382-3587, [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
WomensHealth.gov, (800) 994-9662, [www.4woman.gov/BodyImage/ED.cfm](http://www.4woman.gov/BodyImage/ED.cfm)

# Tobacco Addiction Treatment

More than 7,300 Wisconsin residents die every year from tobacco-related diseases costing approximately \$3 billion annually in health care expenses and lost productivity.

Lung cancer is the number one killer of women—mainly due to smoking. Smoking also increases a woman's chance of developing heart disease, other forms of cancer, respiratory problems, stroke, infertility, and earlier menopause. It can also cause dental problems, nervousness, depression, bad breath, wrinkled skin, smoky hair, and stained fingernails.

Smoking rates among pregnant women in Wisconsin are higher than the national average.

Smoking during pregnancy can lead to:

- premature birth
- miscarriage or stillbirth
- Sudden Infant Death Syndrome (SIDS)
- respiratory illness, ear infection and asthma
- future behavior problems and problems in school

First Breath is a program that helps pregnant women in Wisconsin quit smoking. It is offered throughout the state by the Wisconsin Women's Health Foundation.

In addition, the toll-free Wisconsin Tobacco Quit Line, 1-800-QUIT-NOW (784-8669), is an easy way to begin your quit attempt or help somebody you love overcome tobacco addiction.

Through state surveys, we know that over 70% of Wisconsin smokers want to quit. It's never too late to quit smoking. Within hours of quitting, the body begins to retain the ability to smell and taste, and within the first months the lungs begin to improve. However, the sooner you quit, the better, and the more quickly you will reduce the risk of disease.

## Tips to help you quit smoking:

- Stay away from people or places that will tempt you to pick up a cigarette.
- Write down why you want to quit: For your health? To feel in control of your life? For your family's health?
- Know that it will take effort to quit smoking. There are many ways smokers quit, including nicotine replacement products (gum, nasal sprays, and patches), counseling, exercise, support groups, even acupuncture. But there is no easy way. Take quitting one day at a time, and don't be afraid to get help.
- Call the Wisconsin Tobacco Quit Line at 1-800-QUIT-NOW.



## For more information:

American Lung Association, (800) LUNGUSA, [www.lungusa.org](http://www.lungusa.org)

First Breath, (608) 251-1675, [www.wwhf.org/fb](http://www.wwhf.org/fb)

Tobacco Control Resource Center of Wisconsin, (800) 248-9244, [www.tobwis.org](http://www.tobwis.org)

Wisconsin Tobacco Quit Line, (800) QUIT-NOW, [www.ctri.wisc.edu/quitline.html](http://www.ctri.wisc.edu/quitline.html)

The skin is the largest organ in your body, and it is the body's first defense against disease and infection. It also protects your internal organs from injuries. The skin regulates body temperature, prevents excess fluid loss and also helps to remove excess water and salt from your body.

Skin cancer is the most common type of cancer in the U.S. According to current estimates, 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once. UV radiation from the sun is the main cause of skin cancer. In addition, artificial sources of UV radiation—such as sunlamps and tanning booths—can cause skin cancer. People who live in areas of the U.S. that get high levels of UV radiation from the sun are more likely to get skin cancer.

The majority of lifetime sun exposure occurs before age 18 and skin cancer can take 20 years or more to develop. In fact, very young children who experience as few as two to three sunburns are believed to have an increased risk of developing skin cancer later in life.

Anyone can develop skin cancer, but people with fair complexions are more susceptible to precancerous conditions and skin cancer than people with darker skin tones. Caucasians have a 10 times increased risk of developing skin cancer than African-Americans.

The most common warning sign of skin cancer is a change on the skin, especially a new growth or a sore that doesn't heal. Skin cancers don't all look the same. For example, skin cancer can start as a small, smooth, shiny, pale, or waxy lump. Or it can appear as a firm red lump. Sometimes, the lump bleeds or develops a crust. Skin cancer also can start as a flat, red spot that is rough, dry, or scaly.

Most skin cancers could be cured if they were discovered and brought to a doctor's attention before they had a chance to spread. Therefore, you should check your body thoroughly at least every three months. Look for any changes. See a doctor right away if you notice anything suspicious!

Don't forsake the sun altogether. Learn how to protect your skin from the sun's harmful rays and practice "sun safety" whenever you can—cover up with sunscreen and protective clothing and be sensible about how much time you spend in the sun. These steps can help greatly reduce your risk of developing skin cancer.

## For the best protection from the sun's harmful rays:

- Stay in the shade whenever you can.
- Limit the time you spend in the sun.
- Avoid the sun between 10 a.m. and 4 p.m.
- Be aware that the sun's ultraviolet (UV) rays can reflect off water, sand, concrete and snow, and can reach below the water's surface as well as burn on an overcast day.
- Wear a large-brimmed hat and sunglasses to protect your scalp and eyes.
- Wear a cool, long-sleeved shirt and long pants with a tight weave.
- Apply sunscreen with an SPF of 15 or higher 15 to 30 minutes before sun exposure, with careful attention to sun-exposed areas such as the face, hands and arms.
- Apply lip balm with an SPF of 15 or higher to protect sun-sensitive lips.
- Reapply sunscreen at least every two hours, more frequently if you have been swimming or sweating.
- If you are taking an antibiotic or other medication, ask your health care professional if it may increase your skin's sensitivity to the sun and what you should do about it.

## For more information:

American Cancer Society, (800) ACS-2345, [www.cancer.org](http://www.cancer.org)

National Council on Skin Cancer Prevention, [www.skincancerprevention.org](http://www.skincancerprevention.org)

Skin Cancer Foundation, (800) SKIN-940, [www.skincancer.org](http://www.skincancer.org)