



September is Whole Grains Month!

The National Whole Grains Council encourages people to try a new whole-grain recipe, build sandwiches on whole-grain bread, and dish up hearty whole-grain side dishes. You can even bake whole-grain cookies for your coworkers!

Eating whole grains is an easy way to improve your health. You can have less heart disease and diabetes risk, less chance of obesity, and a healthier digestive system. To add more whole grains to your diet:

- **Read the label.** Just because a label says “made with wheat flour” doesn’t mean that the food contains whole grains. White flour is also wheat flour – with many of the nutrients removed. You want the label to list whole wheat, whole oats, whole-grain rye, or some other whole grain as the first ingredient.
- **Eat whole grains for breakfast.** Have a bowl of oatmeal cooked from old-fashioned oats or steel-cut oats. Try making your own granola or muesli – or buy your favorite brand from the store. (Just watch the sugar and fat content!) If you prefer a ready-made cold cereal, find one that supplies at least 5 grams of fiber per serving.

- **Go with whole-grain breads and pastas.** Prepare brown rice, whole-grain pasta, and tabouli. Serve quinoa in place of a baked potato. Make sandwiches using whole-grain bread.
- **Experiment with non-wheat products.** Try corn noodles, wheat-free muffins, and whole-rye crackers, so long as a whole grain is their first ingredient.
- **Bake with whole grains.** Use whole-wheat pastry flour in your cookies or pie crusts, and add oats or wheat germ to your favorite pancake mix.
- **Consider using stone-ground grains.** Most grains are crushed and ground using steel rollers, a process that generates a lot of heat. Some nutritionists say the high temperature burns away the wheat germ as well as valuable nutrients. Stone grinding processes grains at cooler temperatures, retaining more nutrients. Because stone-ground flour is also coarser it is absorbed more slowly, which helps keep your blood sugar lower.
- **Try new recipes that use whole grains.** See the sidebar for delicious multi-grain waffles.

Harvard School of Public Health. 2010.



Hearty Multi-Grain Waffles

- 2¼ C Water
- 1½ C Old-fashioned oats
- 1 C Rolled barley
- ¾ C Cornmeal
- ⅔ C Wheat germ
- ½ C Soymilk, plain
- ¼ C Pecans or walnuts
- ¼ C Honey (can be put on top later)
- 2 T Sunflower seeds
- 1 T Oil
- 2 tsp Maple flavoring
- 2 tsp Vanilla extract
- 1 tsp Salt

Blend all ingredients until smooth. Prepare a waffle iron with cooking spray. If your waffle iron has a temperature control, set it a little below the regular setting so the waffles don’t burn. Blend batter again briefly and pour into the hot waffle iron. Bake 11 minutes or until golden brown. Cool waffles slightly before serving. Top with strawberries, blueberries, almond butter, applesauce, or peach compote.

Tip: Store extra waffles in the refrigerator or freezer. To reheat, just toast in an oven or toaster until hot and crispy.

Yield: Ten 4-inch square waffles

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Reduce the Risk of Sports Injuries

Back to school means back to books, catching the bus, and early-morning schedules. For many students, it also means participating in school sports. But when playing any sport – regardless of the age – there’s the risk of sports-related injury.

Keep fit. Poor conditioning and poor training often contribute to over-strain injuries. It is important that your student athletes are in good physical condition and properly prepared for school sports – but

they also need to guard against training too much, which can cause overuse injuries.

Check with the coach. Good coaches have knowledge and background in the sport they are coaching. Make sure they also have training in first aid and CPR, and that they bring a well-stocked first-aid kit to every game and practice. They should have a hydration plan in place for games, and an alternative plan for outdoor games and practices in case of inclement weather.



Use equipment properly.

Check with the coach to make sure that the equipment used for practice and games is well maintained. Always make sure your child wears the required safety equipment for his or her sport – both during games and practice.

Of course, these tips also apply to adults playing city league or pick-up games.

National Center for Sports Safety. 2010.



Diet and Exercise – Finding the Balance

Every 5 years, the government issues Dietary Guidelines offering specific suggestions to help Americans eat healthfully. The 2010 report notes optimal health throughout life is

possible – but to accomplish this goal you’ll need to eat right, exercise, and maintain a healthy weight.

On average, Americans of all ages consume too few vegetables, fruits, whole grains, low-fat dairy products, and freshwater fish. But they eat too much sugar, saturated fats (e.g., red meat, butter), refined grains, and salt. Here are some specific recommendations from the report:

- **Eat primarily a plant-based diet** (vegetables, cooked dry beans and peas, fruits, whole grains, nuts, and seeds). Non-vegetarians should eat more coldwater fish and fat-free and low-fat dairy products and consume only moderate amounts of lean meats, poultry, and eggs. Avoid full-fat meat and dairy products.
- **Significantly cut back on foods containing added sugar and saturated fat** because they contribute excess calories and few, if any, nutrients.

- **Eat even less salt** – no more than 1,500 mg/day. A recent study found that 9 out of 10 Americans consume too much salt – on average 3,466 mg/day. Most of it comes from processed and prepared foods and meats, including poultry and luncheon meats.
- **Eat more whole grains** in place of refined grains.
- **Be active!** Exercise at least 30 minutes daily on most, preferably all days of the week.
- **Balance your intake with your energy needs.** Too much time spent in TV watching or computer gaming can lead to weight gain. So can eating out frequently (especially at fast-food restaurants), snacking on high-calorie food and drinks, skipping breakfast, consuming large portions, and not getting enough exercise. Reduce the number of calories you eat and increase your physical activity.

This new report urges you to live purposefully. Keep track of your physical activity. Be aware of the nutrition value of the foods you eat. Take a cooking class, if necessary, so you can enjoy the benefits of meals prepared “from scratch.” The committee can only recommend you adopt healthy habits. The rest is up to you.

Dietary Guidelines for Americans. 2010.



Could You Save a Life with CPR?

Would you know what to do if someone near you clutches his chest and collapses? You might if you’ve had training in cardio-

pulmonary resuscitation (CPR). If it’s been a while since you’ve been certified, you might want to brush up on your skills. Studies on CPR techniques find that chest compressions alone, without rescue breathing, are effective in helping heart attack victims.

How can this be? *Adenosine triphosphate* (ATP) is a high-energy molecule that gives every cell in your body the energy to work. It is produced by oxygen and glucose (blood sugar). If your heart stops pumping, there’s still oxygen in your blood but it isn’t being moved around your body. Because your body

needs energy, it begins to burn straight glucose – which can cause your body to make more acid than it can get rid of, resulting in overly acidic blood. Called *lactic acidosis*, this condition can damage the body and lead to death.

Effective chest compressions move blood throughout your body, supplying much-needed oxygen to your heart and brain cells, which is used to produce ATP. This keeps the cells healthier and increases the likelihood of getting the heart beating on its own again.

Researchers in a Swedish study concluded that “Overall, compression-only CPR, which is easier to learn and to perform, should be considered

the preferred method for CPR performed by bystanders in patients with cardiac arrest.” When trained rescue person-

nel arrive, they can ventilate the patient as necessary. This comes as good news to many bystanders who don’t know how or don’t want to perform mouth-to-mouth resuscitation.

New England Journal of Medicine. July 2010. EMS Responder.com. 2010.

Locate a CPR class:

American Heart Association:
<http://tinyurl.com/23lhgjo>
American Red Cross:
<http://tinyurl.com/yj72ro2>

ASK THE WELLNESS DOCTOR

Q: What’s the best way for someone with MS to exercise and lose weight?

A: Go to www.wellsourc.info/wn/ask-MS-diet-exercise.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: paulaw@wellsourc.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge: “Limit or Avoid Alcohol” available at: www.wellsourc.info/wn/hc-alcohol.pdf.

Just one drink slows your sensory functions, inhibition, and thought processing. This month, drink non-alcoholic drinks or limit yourself to 1 drink a day if you are a woman or 2 drinks a day if you are a man, every day this month.