



# Wellness Matters

A fresh look at health, nutrition and food safety brought to you by Nancy Gal, UF/IFAS Extension Agent IV.



**UF** UNIVERSITY of FLORIDA  
IFAS Extension

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## Timely Tips

Ready For A Healthy Change ? Consider A Little **TLC** ...

### *Therapeutic Lifestyle Changes Program*

The [Therapeutic Lifestyle Changes Program](#), developed by the National Institutes of Health ~ Heart, Lung and Blood Institute, is a set of healthy lifestyle practices that can help adults reduce their risk of heart disease by lowering high blood cholesterol, specifically low-density lipoprotein (LDL) levels. There are two main ways to reduce LDL cholesterol—healthy lifestyle practices and medications. This lifestyle change program complements your medication treatment plan for maximum health benefits. The TLC program features a cholesterol-lowering diet, weight management and regular physical activity.

### **TLC Diet: A Low-Fat Eating Plan**

\* limit intake of [saturated fat](#), [trans fat](#) and [cholesterol](#)

- less than 7 percent of your daily calories from saturated fat

- less than 200 milligrams of cholesterol a day

- 25-35 percent of daily calories from total fat

\* 2 grams per day of [plant stanols or sterols](#)

\* 10 - 25 grams of soluble [fiber](#) a day



### **Weight Management**

\* consume only sufficient calories to achieve and maintain a healthy weight

### **Regular Physical Activity**

\* a minimum of 30 minutes of a moderate-intensity physical activity, such as brisk walking, preferably everyday

If you have heart disease or are at risk of developing heart disease, check with your healthcare provider to determine if the [TLC program](#) is appropriate for you.

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### UPCOMING EVENTS

Diabetes Support Group

Mt. Moriah Baptist Church

Jan. 8, Feb. 26 March 26, April 30, May 21, June 25, July 9, August 13, Sept. 17, Oct. 22, Nov.12 and Dec. 10.

2:00 p.m. - 3:30 p.m.

For information, call May Stafford, R.N. at 352-629-3782

## UPCOMING EVENTS

### ServSafe® Food Manager's Training and Exam

UF/IFAS Extension Marion County  
2232 NE Jacksonville Rd.  
Ocala, FL 34470

Feb. 3, May 28, Aug. 4, Nov. 5.  
8:45 a.m. - 4:00 p.m.

Pre-registration required.  
Call 888-232-8723

Cost: \$110 for class & exam  
\$165 for class, book & exam

### Critical Nutrients As We Age

Jan. 14 ~ 10:00 a.m. - noon

On Top Of the World  
Master the Possibilities  
8415 SW 80th St., Ocala, FL 34481  
Time: 10 a.m. to NOON

For more information and to register, call 352-854-3699 or [www.MasterthePossibilities.com](http://www.MasterthePossibilities.com).

### Are You Heart Smart?

Feb. 23 ~ 10:00 -11:30 a.m.  
Auxiliary Center\*

Feb. 24 ~ 10:00 a.m.—11:30 a.m.  
Collins Resource Center\*

Munroe Regional Medical Center  
Prestige 55 Program \*  
Please call 352-671-2153 for more information and to register.

#### Contributing Author

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## News You Can Use

### Interested in Participating in UF/IFAS Nutrition Research?

#### Look What's Happening in Marion County ...

### Are you a teen or do you know a teen with pre-diabetes or type 2 diabetes?



Marion County Extension is partnering with University of Florida faculty to conduct focus groups with teenagers about the need for a program that helps teens live well with type 2 diabetes.

- Participants will meet in small groups to talk about ideas and directions for the development of a diabetes self-management education program for teens.
- Trained professionals will lead the discussion.
- You may be compensated for your participation.



#### If interested, please call and/or email

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OR  
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UF/IFAS Extension Office Marion County  
2232 NE Jacksonville Road  
Ocala, FL 34470



## Nutrition Research

### University of Florida

#### Nutrition Education Study Volunteers Needed



- You will receive dietary education involving ways to increase your fiber consumption to the recommended daily amount
- Purpose: determine the effectiveness of a community education program on fiber intake, uremic symptoms and quality of life in individuals with chronic kidney disease
- Study length: 10 weeks
- Compensation will be provided

Approved by  
University of Florida  
Institutional Review Board 02  
Protocol # 2013-U-0820  
For Use Until 09/9/2015



Please call 352-263-9136

**Nutritional Value  
Butternut Squash  
1 cup cubed, baked**

calories	82
protein	2 g
fat	0 g
carb	22g
fiber	7 g
potassium	582 mg
sodium	8 mg
vitamin A, RAE	1144 mcg
vitamin C	31 mg

Key:  
g grams  
mg milligrams  
mcg micrograms  
IU International Units  
  
RAE Retinol Activity  
Equivalents

[USDA Nutrient Database](#)



## Produce Picks

Butternut squash is one of the most common varieties of winter squash. It has a sweet, nutty taste, very similar to pumpkin. A popular vegetable for its impressive health benefits—not only is it delicious, but is a real powerhouse of nutrients and phytochemicals ( natural plant chemicals) to support good health. A one-cup serving provides 437% of your vitamin A and 53% of your vitamin C requirements for one day! It is also an excellent source of potassium; providing 582 milligrams in one serving which is even better than 422 milligrams found in a medium banana. Choose squash that is heavy for its size. It can be stored uncut for up to one month in a cool, dark place. Once cut, it must be refrigerated. It is very easy to prepare and can be used in place of pumpkin. By itself, it can be baked, boiled or roasted for a side dish or added to hot dishes or cold salads. Consider adding cooked squash to vegetable soups, stews, curries and casseroles. Jazz up a simple dinner menu with butternut squash soup. A natural accompaniment to cut or mashed sweet potatoes: add apples, cinnamon, ginger or nutmeg to enhance the flavors. Looking to try butternut squash for the first time? Check out the Butternut Squash and Black Bean recipe below.

## Cuising Corner

### Butternut Squash and Black Beans

**Ingredients:**

- 1 butternut squash (small)
- 1 teaspoon vegetable oil
- 1 small onion, chopped
- ¼ teaspoon garlic powder
- ¼ cup red wine vinegar
- ¼ cup water
- 2 cans black beans (16 ounces, rinsed and drained)



1. Wash the squash under cool tap water and pat dry. Use a knife to pierce several holes in the squash to allow the steam to escape. Heat in the microwave on high for one to two minutes to soften the skin.
2. Peel the squash with a vegetable peeler or knife.
3. Cut the squash in half lengthwise, remove seeds and cut into 1/2 inch cubes.
4. In a large pan heat the oil. Add the chopped onion, garlic powder and squash.
5. Cook for 5 minutes on medium heat.
6. Add vinegar and water. Cook on low heat for about 15 minutes until the squash is tender.
7. Add the beans and oregano. Cook until the beans are heated through.

Makes 6, one-cup servings

Per serving : 110 calories, 6 g protein, 24 g carbohydrate, 1g fat, 270 milligrams sodium, 7 g fiber, 100% vitamin A, 20% vitamin C and 15% iron

[USDA What's Cooking Recipes](#)

Nutrition Tips To Help You Lower  
Saturated Fat,  
Trans Fat and Cholesterol ...

- ~ **Read** the Nutrition Facts label to choose non-fat and low-fat foods more often.
  - 1% or fat-free milk , cheese and yogurt
  - reduced-fat mayonnaise and salad dressings
  - water-packed tuna and salmon
- ~ **Choose** lean cuts of meat and remove skin from poultry
- ~ **Use** low-fat cooking methods such as bake, boil, broil, grill, roast and steam.
- ~ **Eat** fat in moderation
- ~ **Choose** foods that are high in polyunsaturated and mono-unsaturated fats.
  - canola oil    - olive oil
  - corn oil      - safflower oil
  - peanut oil   - cottonseed oil
  - sesame oil   - sunflower oil
- ~ **Reduce** consumption of saturated fat such as beef fat, butter, cream, lard, cocoa butter, coconut oil, palm oil and palm kernel oil.
- ~ **Reduce** consumption of *trans* fat by avoiding foods that contain hydrogenated fats.
- ~ **Reduce** cholesterol by limiting consumption of organ meats, shellfish and egg yolks.

## A Closer Look ... What is Blood Cholesterol ?

Cholesterol is a non-essential nutrient ~ a fat ~ found in every cell in the body. The term non-essential means the body produces adequate amounts necessary for proper growth, development and good health.

Cholesterol has three main functions in the body:

- helps make the outer coating (membranes) of cells,
- makes up bile acids necessary to digest food, and
- supports production of vitamin D and hormones.

Diets with too much saturated fat, trans fat and cholesterol are the main cause for high levels of blood cholesterol.

Cholesterol circulates throughout the body in the blood stream.

However, since cholesterol is fat-based and blood is water-based, they do not mix and require a special transport system. The body uses a protein-shell, called a lipoprotein (lipid [fat] and protein together) to package cholesterol and other fats (triglycerides and phospholipids) for circulation throughout the bloodstream.

There are two main types of lipoproteins: **low-density lipoproteins (LDL)** and **high-density lipoproteins (HDL)**. It is their density, ratio of lipid to protein, that distinguishes them in terms of increasing risk of heart disease. **LDL** particles are made of more fat and less protein compared to **HDL** which is made of more protein and less fat. The higher the fat concentration, as with **LDL**, the greater the risk of increasing heart disease.

What does **LDL-cholesterol** and **HDL-cholesterol** do in the body?

- \* **LDL** carries cholesterol to different parts of the body for normal body functions. Excess **LDL** promotes the build-up of cholesterol in the artery walls. This substance is called plaque and can cause blood vessel blockage and heart attack. The higher the **LDL** level, the greater the risk.
- \* **HDL** carries excess cholesterol to the liver for removal out of the body. A high level of **HDL** supports heart health. A low level of **HDL** increases risk for heart disease.

### Atherosclerosis "Hardening of the Arteries"

Over time, high blood cholesterol can contribute to the formation of plaque in the artery walls. Plaque narrows blood vessels and causes them to be less flexible increasing risk of blood clots and blocked arteries leading to heart attack.



# Research Briefs~

## UF/IFAS Extension Marion County and Marion County Senior Services

Did you know that the World Health Organization (WHO) has estimated that by the year 2050 the number of individuals over age 65 will increase to approximately 2 billion? It has also been reported that in 2011 individuals over the age of 65 represented approximately 13% of the U.S. population and by the year 2040 it is estimated that individuals over age 65 will represent approximately 21%. As the population of aging adults grows, the term “healthy aging” has become increasingly popular. Factors influencing “healthy aging” and “active life expectancy” (the National Institute on Aging refers to active life expectancy as the time during late life that is free of disabilities) include the treatment and prevention of diseases and chronic conditions and promoting optimal health.

Of the many collaborative research studies being conducted at the University of Florida on aging, some of these studies are taking place right here in Marion County. During this past summer and early fall a research team led by Dr. Wendy Dahl and in collaboration with Nancy Gal and Julie Forehand, Nutrition Manager for Marion Senior Services, directed a community nutrition research study in Marion County. Over a period of a few months, researchers visited all the congregate meal sites in Marion County. The purpose of this study was to determine if measuring an individual’s handgrip strength could be used to screen for nutritional risk in community dwelling older adults. Malnutrition (defined as a nutritional imbalance) is a common concern among older adults and is strongly associated with reduced quality of life, increased recovery time, and is a key factor leading to hospitalization, increased care needs and mortality. Handgrip strength tests are currently being used by some health care professionals to measure the nutritional risk of older adults. Prior to this study, little research has evaluated the usefulness of handgrip strength in community-dwelling older adults.

Protein is a critical nutrient throughout life, especially in older adults. High protein food products are commonly marketed to older adults and can now be commonly found in your neighborhood grocery store. Many high protein foods are marketed for their potential effects on improving nutritional status and decreasing the risk of sarcopenia (age-related loss of skeletal muscle mass), a physical change that occurs with aging and decreasing strength is associated with functional impairment, disability, increased risks of falls, and increased hospitalization. Future research in Marion County may explore the health effects of higher protein intake.

# Meet the Agent

**Nancy Gal, Family and Consumer Sciences Agent IV, has been on the faculty of the University of Florida/IFAS Extension in Marion County since 1987. She teaches health, nutrition and food safety to adults and youth ~ promoting wellness and disease prevention. Her areas of specialty include type 2 diabetes, pre-diabetes, cardiovascular disease, weight management, and food safety. Nancy is well known for her diabetes education programs and has served on the Florida Diabetes Advisory Council and Florida Alliance for Diabetes Prevention and Care. Her professional accomplishments include international, national and state recognition for her work with Dr. Linda Bobroff, UF/IFAS Extension Nutrition Specialist, on the development of the UF/IFAS Extension's [Take Charge of Your Diabetes](#) program.**

## **What is Extension?**

**Extension is a partnership between state, federal and county governments to provide scientific knowledge and expertise to the public. The University of Florida, together with Florida A&M University, administers the Florida Cooperative Extension Service.**

**University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state, and county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences, and to making that knowledge accessible to sustain and enhance the quality of human life.**

**At the University of Florida, Extension is located in the Institute of Food and Agricultural Sciences (IFAS) and is called UF/IFAS Extension. The College of Agricultural and Life Sciences (CAL S) and the Florida Agricultural Experiment Station are also located at Extension.**



**[UF/IFAS Extension Marion County](#)**

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