

LIVE WELL WORK WELL

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Grocery Store-Based Nutrition Education Improves Eating Habits

Hypertension affects over 60 million adults in the United States, and less than half have their condition under control. A new study published in the *Journal of Nutrition Education and Behavior* found that grocery store-based nutrition counseling was effective in changing dietary habits of patients being treated for hypertension.

“Primary care providers face multiple barriers when delivering nutrition information to patients, including lack of training on how to provide lifestyle behavior counseling combined with lack of time to interact with the patient,” said lead author Rosanna P. Watowicz, PhD, RDN, LD, Department of Nutrition, Case Western Reserve University, Cleveland, OH, USA. “This study’s aim was to evaluate the effectiveness of a nutrition counseling program provided by a registered dietitian in the familiar setting of a grocery store.”

This study recruited patients from three primary care offices that were part of an urban academic medical center. Thirty adults aged 18-60 years diagnosed with hypertension participated. Study participants represented a diverse demographic in regard to sex, race, education, and employment.

Participants received individual counseling at one of three local grocery stores from two registered dietitians trained to provide lifestyle modification information based on the Dietary Approaches to Stop Hypertension (DASH) diet. Three counseling sessions, provided free to the patients, occurred over 12 weeks. The first visit was 60 minutes long followed by two 30-45-minute sessions. Following each session, a recap of the visit and patient’s progress towards goals were provided to the primary care provider to be included in the patient’s records.

Following the education, patients’ eating habits significantly improved in regard to total fruit, whole fruit, greens and beans, whole grains, fatty acids, refined grains, and empty calories. Sodium, saturated fat, discretionary solid fat, and total fat intake decreased significantly as well. Intake of added sugar also decreased, although not to the same extent as the other categories.

“Providing education at the grocery store offers a convenient location on a schedule with more flexibility than a primary care office and reinforces dietary changes in the environment where food decisions are made,” said Dr. Watowicz. “This strategy should be researched with other health conditions.”

Elsevier. “Grocery-store based nutrition education improves eating habits.” *ScienceDaily*. www.sciencedaily.com/releases/2019/02/190211131517.htm (accessed February 19, 2019).



Your Body May Need a Break

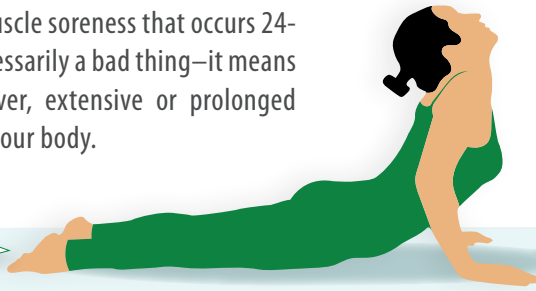
When it comes to exercising, there's a difference between pushing yourself to your limits and overexerting yourself. Oftentimes, this difference is very small, which is why it's so important to know when your body needs a break:

- 1. You're always tired.** If you're constantly fatigued, even after getting enough sleep, chances are you're working your body too hard.
- 2. You're always sore.** A little bit of muscle soreness that occurs 24-48 hours after your workout isn't necessarily a bad thing—it means your workout was effective. However, extensive or prolonged soreness means you're overtraining your body.

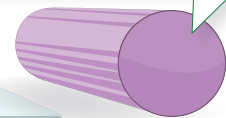
3. You're feeling stiff. Doing the same exercises, particularly running on hard surfaces, can wreak havoc on your joints. This is especially true if you don't give yourself enough time to recover. That's why having a rest day is so important. For more information, talk to your doctor.

Two Ways to Make the Most of your Rest Day

1 Do yoga or stretch to relieve soreness and increase flexibility.



2 Use a foam roller to release built-up lactic acid and increase blood flow to your muscles.



Don't Let Spring Allergies Get You Down

More than 50 million Americans suffer from allergies every year. In particular, springtime allergies are an annual nuisance for many people. As plants begin to bloom and neighbors start to cut their grass more frequently, allergy sufferers nationwide start sniffing and sneezing. What's more, mold growth blooms both indoors and outdoors, making it almost impossible to escape allergy triggers.

Spring Allergy Alleviation Tips

To reduce your allergies, be sure to take the following steps:

- Wash your bedding every week in hot water to help keep pollen under control.

- Wash your hair before going to bed, since pollen can accumulate in your hair.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Make sure the rugs you have are washable.
- Wear an inexpensive painter's mask and gloves when cleaning, vacuuming, or painting to limit skin exposure and dust and chemical inhalation.
- Vacuum twice a week.
- Change air conditioning and heating air filters often.

Treating Allergies

Treatment for most allergies is available both over-the-counter and by prescription. Talk to your doctor to find out what treatment method is right for you. If your allergy symptoms are severe or chronic, you may need a series of allergy shots. Contact your physician or allergist to determine which treatment option is best for you.



5 Tips To Boost Your Health

It's no secret that the average American diet isn't considered very healthy by industry expert standards. In addition to eating too many calories from fat, sugar, and refined grains, many Americans do not eat enough fruits, vegetables, or whole grains.

When you consider how important a healthy diet is for overall health and disease prevention, this is pretty alarming. Improving your diet could extend your life span and reduce the chances of costly chronic diseases like heart disease, stroke, and diabetes.

If you want to improve your diet but are wondering where to start, look no further. Listed below are some simple ways to get started on your healthy eating journey.

1. Eat breakfast every day. Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration, and better problem-solving abilities.

2. Plan as many home-cooked meals as you can. They usually have fewer calories and cost less than meals eaten from restaurants.

3. Eat plenty of fruits and vegetables. Half of your plate at each meal should be vegetables or fruits.

4. Beware of sweetened drinks. Sodas and sports drinks are high in calories. Keep in mind that the calories in juice can also quickly add up.

5. Choose food sensibly when eating out. Restaurants are often required to make nutrition information readily available. If you do not see brochures sitting out or nutrition information is not listed on the menu, ask.

March Recipe Veggie Chow Mein

- 6 ounces rice noodles
- 4 tsp. oil
- 1 onion (medium, finely chopped)
- 2 garlic cloves (finely chopped)
- 1 cup carrot (grated)
- 2 tsp. chicken bouillon
- 1 tsp. hot pepper sauce
- 1 cup broccoli (cut into small pieces)
- 1 cup celery (chopped)
- 1 cup bell pepper (finely chopped)
- 4 tsp. soy sauce

Prepare noodles according to package directions. Drain and set aside. Sauté onion and garlic with oil in a skillet for 1 minute over medium/high heat. Add carrot, chicken bouillon, and pepper sauce. Stir. Add broccoli, celery, and bell pepper and continue to stir. Reduce heat to low, and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes. Add salt and pepper to taste.

Yield: 6 servings. Each serving provides: Calories- 163, Carbs- 30g, Protein- 2g, Fat-4g, Dietary Fiber 3g, Saturated Fat 1g, Sodium 399mg, Total Sugars 3g.
Source: USDA



This is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.

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