

HEALTHY COLUMBUS

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THE CITY OF
COLUMBUS
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DEPARTMENT OF
HUMAN RESOURCES

healthy **COLUMBUS**
CITY EMPLOYEE WELLNESS PROGRAM

FRESH **FOOD**
PERSPECTIVE



FALL EATING: SUPPLEMENT SMARTS

It seems everyone is talking about supplements these days- from Dr. Oz promoting the latest miracle weight loss pill to news stories issuing warnings about supplement safety. This can make figuring out what you should (or should not) be taking confusing. To make a smart and safe supplement decision, it is important you understand all potential risks and benefits to you as an individual as there is no one-size-fits-all approach with supplements.

Supplement Overview

The FDA defines supplements as products taken by mouth that contain a “dietary ingredient” intended to add further nutritional value to the diet. These ingredients can be vitamins, minerals, herbs, yeasts, bacteria, fungi, or other plant/animal products (i.e. amino acids, enzymes) and can be taken in the form of tablets, capsules, powders, drinks, and even energy bars. In America supplements are big business with more than 50% of the adult population taking them and sales exceeding \$32 billion annually.

Supplement Risks - Medical

The impact of a supplement on the body can vary greatly between individuals and can be beneficial, harmful or even both. Many

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Fall Events

October 18th

Healthy Columbus 5k Health & Wellness Expo

9:00am, *Wolfe Park*

Start your weekend on the right foot! Lace up your walking or running shoes and join the fun. This non-competitive event features a 1 mile and 5k course as well as music, snacks, a fitness expo, chair massages and more.

Registration is free for employees and one additional person.

October 26th

Making Strides Against Breast Cancer Walk

Get a free t-shirt and other great prizes for supporting our team in the fight against breast cancer.



To register for an event or for additional information contact btkimbro@columbus.gov

FALL EATING CONTINUED: SUPPLEMENT SMARTS

Supplement Risks - Medical (continued)

factors influence the safety of a supplement including dose, timing, interactions with other health conditions or medications, and even supplement-supplement and supplement-food interactions. To date there are over 2000 known dangerous supplement-drug interactions. Always check with your medical team before starting a new supplement but do the research yourself as well to make sure you are protected. (see box for listing of evidenced-based supplement resources)

Supplement Risks - Regulatory

Because regulation of supplements by the FDA is limited, many products go on the market untested. They are only pulled from the shelves if enough serious events occur indicating they are unsafe. Several weight loss and body building supplements have been pulled in the past few years because they were found to cause liver failure and death!

Other dangers from inadequate supplement regulation have to do with their purity and potency. Some supplements on the market are contaminated with lead, mercury, PCB's and other harmful chemicals. Others provide inaccurate ingredient amounts which can have deadly results. In 2008, two-hundred people fell ill after being poisoned by a multi-vitamin that had 40,800 mcg of selenium instead of the 200 mcg listed!

Fortunately, several companies conduct third-party testing on supplements to help you determine which are safe in terms of purity and potency (see resource box for more information).

Supplement Benefits

When taken safely and appropriately, supplements can offer many health benefits. Examples include turmeric for reducing inflammation, red yeast rice

for reducing cholesterol, fish oil for heart health and depression, probiotics for gut health, ginger for nausea, and the list goes on. Supplements may even be necessary for some groups of people who are unable to meet their nutrient needs due to trouble consuming or absorbing nutrients. Examples include:

- People over the age of 50 who have trouble absorbing naturally occurring vitamin B12
- Strict vegans who consume no animal foods at all
- Pregnant women (increased need for folic acid)
- Individuals who are dark-skinned, elderly, obese, rarely outdoors and/or live in northern latitudes may require vitamin D

Bottom Line

Just because a supplement can be effective does not mean it is safe for you! Always check for any potentially dangerous interactions and educate, yourself on the safe dose and brand to take, and keep your medical team current with your intake.

Supplement Resources

For More Information:

Office of Dietary Supplements

Contains fact sheets, recall information, FAQ's and other important information on supplements:
<http://ods.od.nih.gov/>

Tools to Track and Share Supplement Records:

App - MyDS (from ODS)

Allows you to keep lists of your supplement intake and history that can be easily printed or mailed to your medical providers.

Effectiveness and Interaction Checkers:

For fee sites which offer comprehensive and scientifically backed supplement effectiveness and interaction checkers:

Natural Medicines Comprehensive Database

Natural Standard

Finding a Safe Brand: Third-Party Testing

USP and NSF International are companies that test the purity and potency of supplements to ensure they are not contaminated and they contain the listed amount of ingredients. Look for their seal of approval on supplement labels.



ASK THE RD

Q: I am having an argument with my spouse about which is healthier, fat-free or sugar-free. Can you set us straight about which one we should be choosing?

A: My answer to your question is actually neither. When food companies take one ingredient out, they often load up on the others (or choose unhealthy replacements) in order to preserve the taste.

Many fat-free items have more carbohydrates and just as many or more calories than the original full-fat version. Eating these fat-free, high carbohydrate foods causes spikes in blood sugar. Over time this can increase your risk for obesity, diabetes and metabolic syndrome. Instead I say go for the full fat items but consume less. Try to have most of your fats come from healthy sources (i.e. nuts, olive/canola oil, fatty fish, avocados) and limit the fat from less healthy sources (i.e. the saturated fats from dairy, meat, and other animal products).

Most sugar-free items try to preserve the sweet flavor by using artificial sweeteners that are packed full of chemicals. Research shows that these still impact our blood sugar levels and may raise our risk for diabetes and stroke. Because we build up a tolerance to sweet tastes, I suggest sticking with real sugar items but weaning off how much sweetness you think you need for something to taste good.

Submit Ask The RD questions to: aharris@freshfoodfreshperspective.com.



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Ashley has a Masters Degree in Human Nutrition from The Ohio State University, is a Registered Dietitian, and is a Certified Specialist in Oncology. She is passionate about providing education on the healing powers of food and on how to make nutritious eating part of everyday life by choosing simple, healthy foods that

TIP CORNER: THE ABC'S OF OHIO APPLE PICKING

Apple season has arrived in Central Ohio! Apples are one of the easiest fruits to pick and store. They can also be enjoyed in many ways (eating fresh, baking, sauces) but it is important you pair the right apple with the best use.



When to Go

Prime apple harvesting time in Ohio is September 1st- October 25th. Most farms have picking schedules with only a few days per apple type. Make sure you check in advance when and where your favorite apple varieties will be available.

How to Store

If stored properly, apples can last several weeks in the refrigerator. First, get rid of any bruised or damaged apples as they release a gas that makes the other apples nearby go bad. Next, place the apples in a crisper drawer and cover with a damp paper towel. Apples with a thin skin, like Red or Golden Delicious, will not last as long so eat those up first.

APPLE TYPE	FLAVOR & TEXTURE	BEST USES
Gala	sweet & crisp	eating fresh, sauces
McIntosh	tangy & tender	all
Honeycrisp	sweet/tart & crisp	eating fresh, pie
Jonathan	spicy/tangy & tender	all
Red/Gold Delicious	sweet & crisp	eating fresh
Cortland	tart & tender	all
Empire	sweet/tart & crisp	eating fresh
Granny Smith	tart & crisp	all
Fuji	sweet & firm	eating fresh

TIMES 4: HEALTHY TAILGATING

FOUR GUILT FREE WAYS TO ENJOY GAME DAY FAVORITES

1. Loaded Sweet Potato Skins

(Adapted from *Everyday Foods*)

Ingredients:

- 4 medium sweet potatoes
- 1 Tbsp. olive oil
- 1/4 cup low-fat buttermilk
- 1/4 tsp. sweet paprika + some for garnish
- 4 slices nitrate-free bacon
- 1/4 cup reduced-fat sour cream
- 1 scallion, sliced
- salt & pepper to taste



Instructions: Preheat oven to 450°F. On a rimmed baking sheet rub sweet potatoes with oil. Bake until tender (-40-45 min) then let cool. Halve potatoes lengthwise, scoop out 1/3 cup flesh from each half & place in medium bowl. Add buttermilk and paprika to bowl, mash until smooth. Stuff sweet-potato skins with filling. Bake until edges lightly browned (-15 min). Cook bacon in skillet until crisp (-5-8 min), drain grease & crumble. Stir together sour cream & 2 Tbsp. water, drizzle over skins. Garnish with bacon, paprika & scallion. Cut in half to serve.

3. Parmesan-Crusted Chicken Tenders

(Adapted from *Eating Well*)

Ingredients:

- canola or olive oil cooking spray
- 1/4 cup all-purpose flour
- 2 large eggs
- 1 pound chicken tenders
- 1 Tbsp. Italian seasoning
- 1 tsp. garlic powder
- 1/4 tsp. salt
- 1 cup coarse dry breadcrumbs (whole wheat if available)
- 1/2 cup finely shredded Parmesan cheese
- 1 cup marinara sauce, heated (for dipping)



Instructions: Preheat oven to 450°F. Place large wire rack on baking sheet & coat with cooking spray. Place flour in shallow dish. Lightly beat eggs in another shallow dish. Combine Parmesan and breadcrumbs in third shallow dish. Toss tenders with Italian seasoning, garlic powder & salt in a medium bowl. Coat each tender in flour, shaking off excess. Dip in egg and let excess drip off. Then roll in breadcrumb mixture. Place tenders on prepared rack. Coat top of each tender with cooking spray & bake for 10 minutes. Turn tenders over, coat with cooking spray and continue baking until crisp (-10 more min). Serve with marinara.

2. Slow-Cooker Turkey Bean Chili

(Adapted from *Two Peas & Their Pod*)

Ingredients:

- 1 Tbsp. olive oil
- 1 lb. 99% lean ground turkey
- 1 medium onion, diced
- 1 red & yellow pepper each, diced
- 2 (15 oz) cans tomato sauce
- 2 (15 oz) cans diced tomatoes
- 2 (15 oz) cans black beans, rinsed & drained
- 2 (15 oz) cans red kidney beans, rinsed & drained
- 1 (16 oz) jar deli-sliced tamed jalapeño peppers, drained
- 1 cup frozen corn
- 2 Tbsp. chili powder
- 1 Tbsp. cumin
- salt & pepper to taste



Instructions: Heat oil in skillet over medium heat. Place turkey in pan and cook until brown. Pour turkey into slow cooker. Add onion, peppers, tomato sauce, diced tomatoes, beans, jalapeños, corn, chili powder & cumin. Stir and season with salt & pepper. Cover and cook on high for 4 hours or low for 6 hours.

4. Spinach and Artichoke Dip

(Adapted from *Cooking Light*)

Ingredients:

- 2 cups (8 oz) shredded part-skim mozzarella cheese, divided
- 1/2 cup fat-free sour cream
- 1/4 cup (1 oz) grated fresh Parmesan cheese, divided
- 1/4 tsp. black pepper
- 3 garlic cloves, crushed
- 1 (14 oz) can artichoke hearts, drained & chopped
- 1 (8 oz) block 1/3-less-fat cream cheese, softened
- 1 (8 oz) block fat-free cream cheese, softened
- 1/2 (10 oz) package frozen chopped spinach, thawed, drained & squeezed dry
- 1 (13.5 oz) package baked tortilla chips (-16 cups)



Instructions: Preheat oven to 350°F. Combine 1 1/2 cups mozzarella, sour cream, 2 Tbsp. Parmesan, black pepper, garlic, artichoke hearts, sour cream & spinach in a large bowl, stir until well blended. Spoon mixture into a 1 1/2-quart baking dish. Sprinkle with remaining 1/2 cup mozzarella and 2 Tbsp. Parmesan. Bake until bubbly and golden brown (-30 min). Serve with chips.



FALL HEALING FOOD: PUMPKINS

HEALTH BENEFITS:

- Pumpkins get their bright orange color from beta-carotene, a potent cancer fighting nutrient that helps skin stay healthy and wrinkle free too! They are also a rich source of fiber, vitamin C and potassium
- Pumpkin seeds contain the mood-enhancing amino acid, tryptophan

HOW TO USE: Scoop out seeds and roast in oven with olive oil & salt for a tasty treat. Microwave, steam or cover and roast sliced pumpkin until tender. Scoop out pulp/seeds and mash to blend into soups, to stuff ravioli or for baking pumpkin pies and treats. Substitute pumpkin puree in place of butter or oil when baking (3/4 cup pumpkin in place of 1 cup fat).