

Wellsville

Get fit and have fun at Wellsville!

We're making healthy choices!



Vitamin D ~ Important for Good Health

Most people understand that we need exposure to the sun to make vitamin D and that it's a necessary nutrient for healthy bones. But you may not know that D is key to maintaining hormonal balance and a healthy immune system.

Research shows a link between vitamin D deficiency and many health problems such as obesity, insulin resistance, heart disease, certain cancers, depression, musculoskeletal and joint pain, sleep problems, thyroid problems and more.

How do you know if you have a deficiency? A simple blood test is all it takes. Ask your health care provider to see if he or she should order it for you, but make sure to check with your insurance as such a test may not be covered.

Who is most at risk for D deficiency? People who live in the Northern Hemisphere, those who use SPF 15 or higher sun block, dark-skinned people, the elderly, and people who are overweight or obese.

A recent study in the journal Pediatrics says that a whopping 70 percent of American kids aren't getting enough vitamin D, and such youngsters tend to have higher blood pressures and lower levels of good cholesterol than their peers. Low vitamin D levels may increase a child's risk of developing heart disease later in life and of having high blood pressure and lower levels of good cholesterol -- factors that are considered major risk factors for heart disease later in life. A visit to your child's health care provider can provide you with more information on what levels are best for your child.

If you are deficient or want to prevent a deficiency, you can get extra D from foods that are fortified with D or that have it naturally, like salmon and other fatty fish. You can also take D supplements. Check with your health care provider for the right amount for you. Research suggests taking 1,000 IU of D3 during summer months and up to 2,000 IU a day in winter for adults who do not live in the "sunbelt." Due to so many people being deficient in Vitamin D and the need for an increase in this important vitamin, the recommended daily allowances will probably be changing in the near future.

Foods Rich in Vitamin D

Currently, the recommended daily allowances of Vitamin D for children, men and women is the same: 400 IU (international unit).

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| Fish oil = 2217 IU | Kellogg's All-Bran = 219 IU |
| Canned salmon = 989 IU | Milk, nonfat (includes skim) = 216 IU |
| Silk brand plain soymilk = 338 IU | Silk brand chocolate milk = 200 IU |
| 1% low-fat milk = 248 IU | Quaker instant oatmeal = 188 IU |
| Canned tuna = 238 IU | Cheddar cheese = 61 IU |

References: [Vitamin D Sources](#) and [Recommended Dietary Allowances](#)





Fish Facts for Feeling Fantastic

As we noted in the cover story of this issue, fish is an excellent source of Vitamin D. It's also considered brain and heart food; however, many people are concerned about the contaminants in fish (such as mercury) and tend to avoid it. However, don't leave the fish floundering...it is still an excellent health choice.

According to the American Heart Association, you should consume fish twice a week because of its high protein, vitamin and nutrient content. Fish is also loaded

with omega-3 fatty acids, which provide protection from heart disease, and is a great brain food for you and your children. The key is to make smart choices and choose fish low in mercury, Polychlorinated Biphenyls (PCBs), and other contaminants.

The Washington State Department of Health published a guide on eating fish safely. Below are a few of the fish and related foods that are either listed as safe to eat 2-3 times a week, only once a week, or to avoid entirely.

Safe

(These can be eaten 2-3 times a week)

Anchovies
Butterfish
Catfish
Clams
Cod (Pacific) (Atlantic)
Crab (Blue, King, Snow) (US, Canada) (imported King)
Crab-Imitation
Crayfish (imported farmed)
Flounder/Sole (Pacific) (Atlantic)
Herring
Mackerel (canned)
Oysters
Pollock/Fish sticks
Salmon (fresh, canned)
Sardines
Scallops
Shrimp/Prawns (US, Canada) (imported)
Squid/Calamari
Tilapia (US, Central/South America) (China, Taiwan)
Trout
Tuna (canned light)

Limit

(These can be eaten 1 time a week)

Black sea bass
Chilean sea bass
Chinook salmon (Puget Sound)
Croaker (white, Pacific)
Halibut (Pacific) (Atlantic)
Lobster (US, Canada) (imported Spiny Caribbean)
Mahi mahi (imported longline)
Monkfish
Rockfish/Red snapper (trawl-caught)
Sablefish/Black cod
Tuna, Albacore (fresh, canned white) (WA, OR, CA troll/pole) (longline - except Hawaii)

Avoid

(These should be avoided due to high mercury content)

Mackerel (King)
Marlin (imported)
Shark
Swordfish (imported)
Tilefish (Gulf of Mexico, South Atlantic)
Tuna Steak
-Bluefin
-Bigeye (imported longline)
-Yellowfin (imported longline)

For more information on safe fish and the health benefits of eating fish, visit:
The Washington State Department of Health



Cooking With Salmon

Parmesan Baked Salmon

Salmon is loaded with Vitamin D as well as essential omega-3 fatty acids. Encourage your family's healthy eating habits without them even knowing. This bountiful and beautiful salmon fillet is coated with cracker crumbs and Parmesan cheese, so it's crispy on the outside yet tender on the inside.

Ingredients

- 6 pieces of salmon
- ¼ cup mayonnaise
- 2 tablespoons shredded Parmesan cheese
- 2 teaspoons lemon juice
- ½ teaspoon lemon pepper
- ⅛ teaspoon crushed red pepper (optional – spicy)
- ¼ cup crushed crackers

Method

1. Preheat oven to 400°F.
2. Spray 9 x 13 pan with non-stick coating.
3. Lay 6 pieces of salmon in pan
4. In small bowl, combine:
 - mayonnaise
 - shredded Parmesan cheese
 - lemon juice
 - lemon pepper
 - crushed red pepper
5. Spread mixture evenly on top of salmon.
6. Sprinkle crushed crackers over salmon
7. Bake uncovered 15-20 minutes or until salmon flakes easily with a fork. (Cooking times may vary due to differences in ovens.)



Recipe obtained from Super Supers: www.sseriepa.com.

Nutritional Information: Servings 6. Serving Size 5 oz. Calories 220, Calories from Fat 110, Total Fat 12g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 90mg, Sodium 200mg, Carbs 2g, Fiber 0g, Sugars 0g, Protein 24g.

Fun Fish Facts

- The largest fish is the great whale shark which can reach fifty feet in length; the smallest The smallest fish is the Philippine goby that is less than 1/3 of an inch when fully grown.
- There are over 25,000 identified species of fish on the earth; and it is estimated that there may still be over 15,000 fish species that have not yet been identified.
- There are more species of fish than all the species of amphibians, reptiles, birds and mammals combined.
- 40% of all fish species inhabit fresh water, yet less than .01% of the earth's water is fresh water.