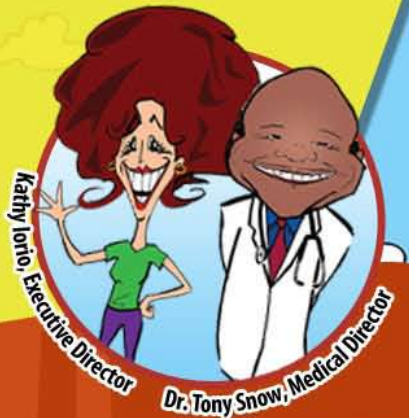


Wellsville

Get fit and have fun at Wellsville!™

We're making healthy choices!



Counting By 3s

Today we're counting by 3s! We're talking about the Omega 3, 6 and 9 fatty acids.

Here's the good news first: Omega 3 fatty acids (like EPA and DHA) can reduce inflammation, protect us against cardiovascular disease, and improve glucose metabolism, arthritis, skin conditions and mood-related disorders. These fatty acids are called essential because our bodies cannot manufacture them on their own. And so we must get them from the foods we eat.

This is where the bad news comes in. The American diet is sorely lacking in Omega 3-rich foods, which are...salmon, mackerel, flaxseed, walnuts, anchovies and green leafy vegetables.

As a result, we have a real deficit of these essential fatty acids. Compounding the problem is that we have too much of another class of essential fatty acids, the Omega 6s.

Omega 6s help our bodies construct hormones that actually have opposite effects of the Omega 3s. Ideally, we should have a balanced ratio of Omega 3s and Omega 6s. But we don't. Because Omega 6s are found in eggs, poultry, cereals, vegetable oils, baked goods and margarines typically used in most snack foods, cookies, crackers, sweets and fast foods that many Americans love, we are overloaded with 6s, and the sources from which we get them are generally not healthy ones.

Bottom line: increase Omega 3-rich foods in your diet and cut down on the Omega 6 refined foods.

You can take a high quality Omega 3 supplement, but check first with your health care provider to get a balance of Omega 3s and 6s and so that any medications you take or health issues you have are not adversely affected.

And we can't forget Omega 9s. These fatty acids are the most abundant in nature and manufactured by our bodies; therefore, they are not essential like our Omega 3s and 6s. In other words, our bodies make them just fine; therefore, they are not in short supply! Omega 9s have heart benefits and can improve the immune system. The healthiest source of Omega 9 is found in olive oil.

So, let's make sure we are getting a healthy balance of all the omegas, starting today!





Bread: The Problem With White Bread

Kids love white bread but know that white bread is white because it has been milled and bleached to remove the bran and wheat germ. This process lengthens bread's shelf life. It's good for business, but not for our bodies.

Why? In removing the bran and wheat germ, milling removes some of the fiber, iron, vitamins and minerals. To compensate, bread makers add some of these nutrients back in to the bread, hence the term enriched flour.

That's great, right? Take out the good stuff. Put it back in? No.

Because even though the bread is now enriched, your body does not absorb it as it does unrefined whole grains. Changing the chemistry of the flour and taking out the fiber makes it more like a sugar.

Here's how it works: refined flour turns to glucose (sugar) faster, and so the body releases insulin into the body faster. This glucose is then quickly sent into the

bloodstream and used as energy.

Since the glucose is absorbed so quickly, there is sharp increase in blood sugar levels. For a short time, there is a burst of energy and then, as the sugar is absorbed and the insulin is decreased, there is a quick drop in energy

In essence, we're giving our kids something converted quickly to sugar, which does not keep them full very long. So they are hungry sooner and want to eat more.

When eating whole grain bread, which is higher in fiber, these grains break down much more slowly. This means that a child's belly will remain fuller longer, reducing overeating.

Besides being more filling, the fiber found in whole grains has other benefits: it maintains digestive health and helps reduce the risk of coronary heart disease. Studies also suggest whole grains help reduce your risk for type 2 diabetes and obesity. Whole grains are also rich in antioxidants,

which are thought to be a key element in reducing illness.

In fact, a serving of whole grains has the same amount of antioxidants as a serving of broccoli or spinach!

Who knew? We're not suggesting giving up fruits and veggies for whole grains, but we are making the point that a serving of whole grain should not be underestimated.

One caveat: just because the label SAYS it's wheat or whole grain, doesn't mean it's necessarily 100% whole wheat. You want a label that says "100% stone ground whole wheat", "whole wheat flour" or "white whole wheat."

A good first step to going whole grain is to make whole grain bread, bagels or rolls with your kids. Who doesn't want to try what they've made, especially when it's right out of the oven?

And you don't have to stop at bread: pasta, rice, oatmeal, breakfast cereals, all have 100% whole grain options.

The information in the newsletter is for educational purposes only, and does not make any medical recommendations or claims, nor does it serve as a substitute for medical advice. Please consult your healthcare provider for any health concerns you may have.





High Omega-3 Recipe

High Fiber Omega-3 Rich Granola

Recipe obtained from: <http://drgily.com/recipes/granola-fiber-omega3.php>

Ingredients

- 2 ripe bananas (fresh OR frozen and thawed are OK to use)
- 6 c. old-fashioned rolled oats
- 1 c. pitted dates
- 1 c. wheat bran
- ¾ c. water
- ½ c. ground flaxseed
- 1¼ t. salt
- 1 c. chopped walnuts
- 1 c. coconut flakes

Method

1. Heat dates and water together. Blend until smooth in blender with bananas and salt.
2. Combine remaining ingredients in large bowl. Add blended mixture and mix well. It should form large clumps.
3. Bake on two non-stick cookie sheets in oven overnight at 100-Degrees F. In the morning raise oven temperature to 200-Degrees F for 30 minutes to brown slightly.

Serve with fruit and applesauce, with soy or nut milk, or as a topping over pudding or frozen banana smoothies.

Nutritional Information Per Serving (1/4-cup): Calories 143, Total Fat 6g, Cholesterol 0mg, Sodium 101mg, Carbs 20g, Fiber 4.3g, Calcium 22mg, Iron 1.96mg, Omega 3 .64 grams; Omega 6 1.79 grams.

Foods High In Omega 3, 6 and 9

- | | | | | |
|--------------------------|-----------------------------|---------------------------------------|---|---------------------------------|
| ■ Vegetable Oil | ■ Pork | ■ Halibut | ■ Oysters | ■ Sardines |
| ■ Safflower Oil | ■ Anchovies | ■ Herring (Both Atlantic and Pacific) | (Especially from the Pacific) | ■ Scallops |
| ■ Turkey | ■ Black Cod | ■ Mackerel (Especially Atlantic) | ■ Pumpkin Seeds (Also known as Pepitas) | ■ Soybeans & Soybean Oil |
| ■ Chicken | ■ Cabbage | ■ Mustard Seeds | ■ Salmon (Especially Farm Raised) | ■ Tofu |
| ■ Peanuts and Peanut Oil | ■ Canola Oil | ■ Oregano | | ■ Trout (Especially Lake Trout) |
| ■ Walnuts and Walnut Oil | ■ Cauliflower | | | |
| ■ Pecans | ■ Cloves | | | |
| | ■ Flax seeds & Flaxseed Oil | | | |

