

## The Power of Protein

### *Get the Skinny on Lean Beef*

— By Kansas Beef Council, 2010

Did you know there are 29 cuts of beef that meet the government labeling guidelines for lean? Many are cuts you are probably already eating, such as flank steak, T-Bone steak, and sirloin steak.



According to government guidelines, a serving qualifies as “extra lean” if it has less than 5g of total fat, 2g or less of saturated fat and less than 95mg cholesterol per 3.5oz. serving. A serving qualifies as “lean” if it has less than 10g total fat, 4.5g or less saturated fat and less than 95mg cholesterol per 3.5 oz. serving.

## Why Wellness?

Sedgwick County Health Department

- Health care costs are rising.
  - In 2007, health care spending in the United States reached \$2.3 trillion, and is projected to reach
- Children and adults are overweight and obese
  - 61% of Kansans are overweight or obese
  - 24% of those are considered obese
- Preventable diseases are rising
  - The Center of Disease Control and Prevention (CDC) reports preventable lifestyle-related illnesses account for 70-90% of all healthcare costs

## CONGRATULATIONS USD 373

The district has been dedicated to improving the health of our students and recently has joined with the Kansas Coordinated School Health council.

### The district has received a planning grant!

In the near future, look to see your building working on structural details. These may include performing the CDC Health Index and forming individual school Wellness Councils.

## How Many Calories Are You Drinking?

### *Sneaky Calories in Beverages Really Add Up!*

They go down easily and can be found anywhere and everywhere. Water, tea, milk, juice, soda, flavored waters, coffee, energy drinks, smoothies. This list touches just a few of the many categories of beverages but doesn't even delve into the different brands, sizes, flavors, and varieties. Plus, with the billions of dollars spent to make drinks look...way cool, it's hard to resist them! Let's skip counting the dollars spent on marketing these drinks and go straight to the number that matters most if you're watching your weight: **400**.

That's the average number of calories Americans drink on a daily basis, according to a recent study in the *American Journal of Clinical Nutrition*, which showed that around 37 percent of our total daily liquid calories come from sugar-sweetened drinks.

**Soda** is the most-discussed beverage that sneaks calories into your day...Soda can rack up to 250 calories per 12 ounces...When these sugary liquids are sold in 20 ounce, 48 ounce, 1 liter, and 2 liter bottles, it would be easy to work up to 800 calories in drinks a day if you're not being conscious of your choices!

**Coffee**, by itself, is calorie free, which makes it seem innocent. But with all the enticing additives offered...the numbers rise sharply. An 8 ounce latte made with whole milk is about 130 calories, but add flavored syrup, sugar and whipped cream now tops 200 calories.

**Energy drinks** may look tiny and taste light, but they can have up to 112 calories per cup. **Sports drinks**, like Gatorade, come in at about half that...but watch out: the bottles they come in can contain up to 32 ounces...which adds up to 240 calories per bottle.

So often we focus on what we're eating when we want to lose weight, but don't forget about liquid calories. Be aware of how much you are drinking when designing your healthy eating plan.

By Sarah Haan, Registered  
[www.sparkpeople.com](http://www.sparkpeople.com)



## Pumpkin Pie Dip

www.dailycandy.com

SERVINGS: 6-8 servings

### Ingredients:

8 oz. block of cream cheese  
2 cups of powdered sugar  
15 oz. can of pumpkin  
Pumpkin pie spice mix  
Apple slices  
Gingersnaps



1. Beat the cream cheese and powdered sugar together until smooth and creamy.
2. Add pumpkin and mix until blended.
3. Add pumpkin spice mix until blended.
4. Serve in a scooped-out mini pumpkin with apple slices and gingersnaps

Adjust ingredients to low fat or fat free for a healthier option.

## RESOURCES

### Fit Day: (online food journal)

<http://www.fitday.com/>

### Upcoming area races (run/walk/cycle):

[www.runwichita.org](http://www.runwichita.org)

### Center for Disease Control & Prevention:

[www.cdc.gov/HealthyLiving/](http://www.cdc.gov/HealthyLiving/)

### Local Wellness Activities:

[www.newtonrec.org/](http://www.newtonrec.org/)

### At Home Fitness

[www.centralhome.com](http://www.centralhome.com)

### The Daily Plate (through LiveStrong)

<http://www.thedailyplate.com>

### Dining Out

[www.menuutopia.com](http://www.menuutopia.com)

### Diet/Exercise Information



## Upcoming Events

- **Jingle Bell Run** (4mile and 1 mile)-Wichita  
December 4, 2010, 9:30am -Waterwalk
- **Urban Race: Cold Feet** (5k)-Wichita  
December 12, 2010, 8:00am -Exploration Place
- **Reindeer Run** (5k) -Mulvane  
December 18, 2010, 11:00am -632 Mulvane St.
- **Resolution Run** (5k) -El Dorado  
December 31, 2010, 5:00pm -El Dorado Civic Center
- **Cardio & Sculpt** classes-Newton Recreation Center  
Mondays, Tuesdays & Thursdays 4:30-5:30pm
- **Boot Camp** -Newton Recreation Center  
5:30-6:30am OR 7:00-8:00pm  
Session II: May 10-June 18  
Session III: June 21-July 30



## Eat this Grain to Reduce Belly Fat

realage.com

Ditching belly fat may be a simple matter of choosing the right rice or bread. And the choice to make? Whole grain. You probably already love whole grains for their heart-healthy, disease-defying superpowers. So new research on their belly-fat-busting abilities should vault whole grains to the top of your grocery list.

### A One-Grain Guy

In fact, the more whole grains you add to your diet in place of refined grains, the better off your waistline will be. In a new study where scientists reviewed the diets of close to 3,000 men and women, they found a strong correlation between belly fat and grain choice. The whole-grain lovers tended to have less belly fat than refined-grain buyers -- and had smaller waists, too. But eating more whole grains had a fat-curbing effect only when it was combined with a low intake of refined grains. So eating that whole-grain cereal at breakfast doesn't mean you can slack off and have the white-bread sandwich at lunchtime.

### The Magic Number

Just how many whole-grain servings do you need to stay slim? Researchers think at least three servings daily is good.

