

LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiveson

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BUILDING BONES

The Skeletal System consists of 206 bones and provides the shape and form for our bodies. It is the “hanger” for our muscles, tissues, ligaments and nerves. The skeletal system helps us move, produces blood for the body, and stores minerals. In essence, it supports and protects our bodies.

Since the skeletal system plays such a large role in our lives, we ought to consider the importance of our bone health and what we can do to maintain it. Bones are living tissue and in order to thrive and continue living they need to be fed and exercised. Proper nutritional habits and physical activity promote the formation of new tissue and make bones stronger and denser. They also reduce the risk of Osteoporosis.

Osteoporosis is a disease that causes bones to become more thin and fragile and thus, more likely to break. Known as “porous bone” Osteoporosis is more prevalent in women than men. Those with a family history of this disease, a personal history of fracture, small body size and who are physically inactive are more inclined to develop it. Calcium is very important in the preteen and teen years when girls are growing. At age seventeen, most teens finish their growth spurts and have established 90 % of their bone mass. Since bones become weaker as we age, it is important to encourage the children we are in contact with to start good habits early!

There are many types of exercise we can do that will be beneficial. Walking, running, dancing, doing squats, jumping rope and even climbing stairs carrying shopping bags (they act as weights) are examples of weight bearing exercises. These activities make you move against gravity while standing upright. High impact exercises are best for building bones in people who don't have low bone mass and aren't frail. Low impact exercises help build bone and are safer for people who have certain medical conditions and/or limitations. Examples of low impact exercises are walking, working out with light dumbbells and using machines such as ellipticals or stair masters.

(continued)

Exercise helps improve our balance and posture. It can reduce the occurrence of rounded, hunched shoulders and it can also decrease the risk of falling and breaking bones. Exercise improves how well and fluidly we move and keeps us more healthy and fit mentally and physically!

We all know how important it is to include Calcium in our daily diet. Calcium is a mineral our bodies need for healthy bones and teeth. It is also necessary for our hearts, muscles and nerves to function properly. It is recommended that we have a daily allowance of 1,000 – 1,200 mg each day. Menopausal women should try to have 1,500 mg per day. Calcium must be absorbed through food since the body cannot produce it itself. Good sources are low fat dairy products such as milk, cottage cheese, yogurt and curd cheeses. You can add 290 mg of Calcium by mixing two tablespoons of non-fat powdered milk into soup, scrambled eggs, or any dish you see fit. Greek yogurt is a good substitution for sour cream in dips and dressings and can even be used as a topping for fruit when mixed with ½ envelope of Splenda and one teaspoon of Vanilla extract.

Calcium is not only about dairy. Non-dairy sources such as fish with small, soft, edible bones are good choices. Examples include canned salmon and sardines (450-570 mg). Dark, leafy vegetables such as bok choy, broccoli, kale, turnip and mustard greens are best for calcium absorption but spinach, rhubarb and beet greens are beneficial also. Nuts and almonds, though high in calories and fat are calcium-rich too.

For the lactose intolerant and vegetable hater and for those who don't eat dairy and vegetables, there are calcium fortified foods such as tofu, soy milk, orange juice and certain cereals. Read labels because you don't want to have too much Calcium either!

Calcium supplements should be the last resort; the two types are calcium carbonate and calcium citrate. Calcium carbonate (Oscal) needs to be taken with food to help absorption. Calcium citrate in Citrical has the least Calcium but seems to be the easiest tolerated and can be taken on an empty stomach. If you are going to take Calcium pills, don't take more than 500 mg at one time. It is wise to spread them out during the day. Also, be certain to check with your doctor or pharmacist to make sure none of your prescription or over-the-counter medications contraindicate taking calcium supplements.

Vitamin D is also important in helping the body absorb Calcium. Milk is fortified with Vitamin D and it is also present in salmon. Vitamin D is nicknamed the “sunshine vitamin” because the skin makes it from ultraviolet rays. Ten to fifteen minutes of sunshine is easy at this time of year – and it's gardening season right now – a good excuse to be outside! Recent research says that older women who take a Vitamin D supplement in addition to Calcium preserve their hip-bone density for a longer time than those just taking Calcium.

As you can see, through wise management of our food intake and activity output, we are able to positively influence our own bone health. So my challenge to you is that we disprove the expression, “My weary bones.” Let's start now to “un-weary” the bones!

CHILEAN SEA BASS WITH VEGETABLES

INGREDIENTS:

11/2 lbs Chilean Sea Bass
1/2 lb. asparagus, cleaned and sliced
3 carrots, peeled and thinly sliced
2 fennel bulbs, sliced thinly
1/2 c. fresh basil, chopped
2 garlic cloves, grated
2 Tbsp olive oil
1/2 c juice from fresh orange
Zest of orange
Sea salt and pepper as desired



DIRECTIONS:

1. Divide fennel into two equal portions and put half on each of 2 pieces of Aluminum foil brushed with olive oil.
2. Combine carrots and asparagus in a bowl and season with salt and pepper as desired.
3. Place Chilean Sea Bass on fennel and top with vegetable mixture.
4. In a separate bowl, mix together orange juice and zest, garlic, basil and additional salt and pepper if desired. Spoon over sea bass and vegetables.
5. Seal Aluminum foil by folding it tightly at edges.
6. Refrigerate for 2-4 hours for optimal flavor
7. Place Aluminum foil packets in a shallow dish and bake for approximately 15 minutes in an oven pre-

Linda Says...

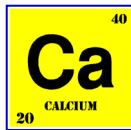
**“Sticks and stones
may break your bones
BUT
Calcium will help
make them
strong!”**



Trivia Corner

Do you know as much as you think you know? Check answers below!

1. What carries nutrients to the body's cells?
a) glucose b) blood c) oxygen
2. Where can you find colorful beta carotene?
a) Dark green leafy vegetables and orange fruits and vegetables
b) Brown rice and black beans c) Red meats and pink shellfish
3. About how much food does it take to fill the average adult's stomach?
a) 3 cups b) 1 cup c) 6 cups
4. What inhibits our body's absorption of Calcium?
a) Sodium b) Exercise c) Caffeine
5. What does the "vita" in vitamin mean?
a) Health b) Strength c) Life
6. What's the best source of Vitamin C?
a) Meat and dairy products b) Fruits and vegetables c) Whole grains



REMEMBER:

Calcium is essential for the formation and maintenance of bones and teeth, blood clotting, normal heart beat and hormone secretion.

FIVESON'S FOOD!

Tastes absolutely fabulous!
FREE of gluten, sugar, flour and preservatives!

Formulated from my "own" personal recipes since 1989

CHOOSE FROM:

Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak, chicken, turkey, veal and seafood entrees, various soups, squash fries, turnip latkes, soufflés and other vegetable dishes, mousses, custards, puddings, cakes, cookies, and fruit options...

Over 100 menu choices! New items added often!

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ANSWERS TO TRIVIA

STAY AWAY FROM SUGAR!

That means read labels and know that sugar is also known as:

- ◆ Corn syrup
- ◆ Dextrose
- ◆ Fructose
- ◆ Fruit juice concentrate
- ◆ Gluco-fructose
- ◆ Glucose
- ◆ High fructose Corn Sweeteners
- ◆ Honey
- ◆ Lactose
- ◆ Maltose
- ◆ Maple Syrup
- ◆ Molasses
- ◆ Sucrose

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"You are what you eat."

Do you have a question or suggestion?
A personal strategy that you use?
Please let us know—we'll consider it for a future edition!
You may send an email to:

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