

CANFIT Connection

The Quarterly Newsletter of the California Adolescent Nutrition and Fitness Program

In this issue...

- Latest health report sets new fitness goals
- Tips on making wise choices at the mall food court
- Emphasis on weight causes more harm than good
- Youth Insert: Announcing the P.H.A.T. Video, PLUS How Junk Food Sellers Try to Pimp You!

Plus... meeting reminders, recipes, and much more!

Food for Thought...

- Red bell peppers contain more Vitamin C and nine times more beta carotene than green ones.
- Half a cup of cooked, dry beans like pinto or kidney beans offers an average of 5 to 7 grams of total fiber.
- To reduce the amount of oil for frying, heat the pan and oil to a high temperature before adding the food. The hotter the oil, the shorter the cooking time and the less fat absorbed by the food.

Great New Sites for Kids!

www.Smart-Mouth.org

www.bam.gov

CONFERENCE EDITION 2002

New Goals for Improving Health

A recent report released by the National Academies' Institute of Medicine (NAIM) highlights new goals for eating and exercising to improve health. Given all the media attention around soaring obesity levels and poor diets of Americans, it appears as if the old ones hadn't helped to improve people's choices. But have no fear; these new goals have been created to make things easier for us to make healthier and more realistic choices.



An hour a day will keep you feeling the right way.

Yes, you read right. An entire hour is now recommended daily for both adults and children. It's important to keep in mind that all forms of activity, both low-intensity (stair climbing, housecleaning, walking) and more vigorous exercise (running or cycling), count, and that activity can

be completed either throughout the day in shorter increments or continuously.

What about fat?

Some fat in the diet is needed for energy and absorption of vitamins. However experts agree that saturated fat (found in meats, baked goods, and full-fat dairy products) and trans fat (found in cookies, crackers, dairy products, and fast foods) are not required in the diet. Now, we all know that it's hardly realistic to expect people to follow a saturated and trans fat-free diet. Therefore, new goals recommend keeping consumption as low as possible and focusing on maintaining a nutritionally balanced diet.

Sugar do or sugar don't.

Experts now agree that the latter is wiser and no more than 25% of total calories should

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From the Executive Director

I don't know about you, but every year around this time, as the days get shorter and the weather colder, I start thinking about how to keep up my level of physical activity. I usually switch from outdoor activities like walking, hiking, and jogging to more indoor pleasures like swimming, weight training, and salsa dancing. I also use the winter months to try out a new fitness class or two. This year I'm looking forward to seeing what Bikram yoga is all about, last year it was Chi Gong. I encourage all of you to take the new NAIM guidelines to heart and make a plan for how to fit your 60 minutes of physical activity a day into your life. You also have an opportunity to make a difference in the lives of youth involved in your after-school programs by offering two or three 5-10 minute physical activity breaks each day. If you do, you will probably kiss the "winter blues" goodbye. Wishing you a peaceful and happy holiday season.

- Arnell J. Hinkle, RD, MPH



Work the Food Court!

During this holiday season, you will probably endure at least one marathon day battling hundreds of other shoppers at the mall. It's hard enough worrying about nutrition when you're exhausted and starving, and even harder when the only nourishment you can find is at the food court. While food courts are convenient and offer something for every taste, the food is often loaded with fat and calories. Here are some tips for healthy dining at the food court. (Each item is followed by number of calories and grams of fat, respectively.)

Food	Go For It!	Watch Out!
Chinese (Panda Express)	<i>Steamed Rice:</i> 220 cal/ 0 g <i>Chicken w/ Mushrooms:</i> 170 cal / 9 g	<i>Vegetable Fried Rice:</i> 410 cal/ 19 g <i>Sweet and Sour Pork:</i> 370 cal/ 20 g
Italian (Sbarro)	<i>Spaghetti w/ Marinara:</i> 630 cal/ 18 g	<i>Sausage & Pepp. Stuffed Pizza:</i> 880 cal/ 44 g
Mexican (Rubio's Baja Grill)	<i>Two Soft Chicken Tacos:</i> 420 cal / 22 g	<i>Beef Burrito:</i> 830 cal/ 40 g
Pretzels (Auntie Anne's)	<i>Original, no butter:</i> 340 cal/ 1 g <i>Marinara Sauce:</i> 10 cal/ 0 g	<i>Parmesan Herb, with butter:</i> 440 cal/ 13 g <i>Strawberry Cream Cheese:</i> 110 cal/ 10 g
Sweets (Cinnabon, Mrs. Fields, Haagen Dazs, etc)	<i>Triple Berry Low Fat Muffin:</i> 260 cal/ 4 g <i>Strawberry Yogurt w/ Granola:</i> 230/ 4 <i>Sorbet:</i> 120 cal/ 0 g	<i>Cinnabon:</i> 670 cal/ 34 g <i>White Chunk Macadamia Cookie:</i> 270 cal/ 16 g <i>Cookie Dough Chip Ice Cream:</i> 310 cal/ 20 g



For more information, visit www.restaurantconfidential.com.

Weight Emphasis: Of "Heavy" Concern

Media portrayals bear a strong influence over our understanding of health and beauty, posing a potential danger to adolescent health and body image. The dieting and cosmetics industries also play a role by capitalizing on various media to exploit the vulnerability of adolescent girls and boys by idealizing thinness and brawniness, respectively. Unfortunately, sometimes even health professionals contribute by placing a strong emphasis on weight as an indicator of health. The cumulative impact of all these influences is fat phobia.

Why Fat Phobia is Dangerous

Many advertisements for weight loss products are outright fraudulent, while others are more subtle in their manipulation. For example, Body Solutions, a product widely advertised through testimonies of popular radio personalities, is comprised of "safe and effective" ingredients including collagen protein and Aloe Vera, a laxative when ingested. Fitness experts speculate that Jell-O and Ex Lax would have the same effect.

According to the California Poison Control System (CPCS), even dietary supplements labeled "natural" or "herbal" should be taken with caution; many contain active ingredients that can induce adverse reactions when combined with other medications.

In an attempt to avoid weight gain, adolescent girls who diet often turn to cigarette smoking. The smoking rate of girls now

surpasses that of boys, with the primary motivation being weight control for 40-50% of female smokers.

Also, weight cycling, defined as intentionally losing at least 10 pounds at least three times during one's life, can increase one's risk of cardiovascular disease by decreasing high-density lipoprotein cholesterol (HDL, the "good cholesterol") levels. A Harvard study in November of 2000 showed that individuals experiencing frequent weight fluctuations were significantly more likely to become overweight than those that never dieted.

Not Just a White Matter



While the thin ideal and related eating disorders have often been attributed to middle- or upper-middle class white girls, Becky Thompson, author of *A Hunger So Wide and So Deep*, argues that many socio-economically disadvantaged girls and women of color attempt to control their eating and weight as a coping mechanism over a past history of discrimination and possible abuse.

With a significant amount of dieting and body shaping taking place among African American celebrities and role models in recent years,

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What's Happening at CANFit...

- Congratulations to CANFit Grantee Lydia Floyd of Hands for Hope for receiving an Achievement Award from Avery!
- CANFit is starting a campaign for Asian/ Pacific Islander youth in the SF Bay Area. More info: blythe@canfit.org or (510) 644-1533 x 11.
- CANFit has created a new fast food presentation for youth! See back page of insert for a sample handout. More info: dboykin@canfit.org or x 14.
- Academic scholarship applications will be available in early January for the 2003-2004 school year.
- A youth award program (for 10-18 year olds) is being developed by CANFit. More details will be available in January.
- CANFit Grantee, Indian Health Council's 3rd annual Native Surf Gathering was featured in an article in the Fall 2002 edition of News From Native California Magazine. Each year, the gathering teaches American Indian youth associated with the South California Tribal Chairman's Association youth programs how to surf.

Weight (Cont. from p.2)

including Janet Jackson, Salt N' Pepa, and Toni Braxton, women of color are also facing increasing pressures to conform to the mainstream beauty ideal in the context of upward social mobility.

Meanwhile, masculinity is increasingly being associated with unrealistic amounts of muscle. Urban boys often over-exert themselves as a coping mechanism, engaging in unhealthy behaviors such as using supplements for muscle gain.

The Bottom Line

Weight is not always an accurate indicator of health, or even of clinical obesity. Caused by a variety of factors, including heredity, environment, metabolism, and physical activity, obesity has no single "cure". Although obesity is often correlated with health problems such as diabetes and heart disease, the "ideal weight" varies from person to person, as do the risks associated it. In American Indian populations, for example, obesity has only a modest influence on risk factors for coronary heart disease.

We must uncouple health from weight in order to critically acknowledge and dissolve barriers to healthy eating and physical activity. In addition to pressuring people who are healthy to lose weight, the emphasis may also influence a thin person to refrain from eating well or exercising due to his or her "ideal" weight. Dialogue that de-emphasizes weight and rejects media-imposed, gendered beauty ideals should be encouraged. Weight management should be viewed as a by-product of healthy behaviors rather than an end goal.

Meeting Calendar & Deadlines



- January 6-8, 2003: Childhood Obesity Conference at Marriott Hotel & Marina, San Diego. Call (800) 858-7743 or visit www.rce.csus.edu.
- January 31 & Feb. 1, 2003: African American Health Summit, Oakland Marriott City Center. Contact Bay Area Black United Fund (BABUF) at (510) 763-7270 or www.babuf.org.
- March 31, 2003: Deadline to submit applications for CANFit Academic Scholarships. Undergraduate and graduate students in nutrition, fitness, and culinary arts in the state of California are encouraged to apply. Stay tuned for details at www.canfit.org/html/scholarships.html.

New Goals (Cont. from p.1)

come from added sugar. To put this in simpler terms, the average adolescent who eats 2200 calories a day and drinks a 20oz bottle of Coke (250 calories all from added sugar) will have consumed 11% of his or her recommended added sugar intake without taking into account other sources of added sugar such as fruit drinks, cookies, cakes, and candy.

To read the full NAIM report Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids log onto www.nap.edu.

Support CANFit!

Your financial assistance will allow us to continue our mini-grants, scholarships, and training and technical assistance programs. All donations are tax-deductible; checks are payable to CANFit/ Tides Center.

Yes! I would like to support CANFit by donating:

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The CANFit Program is a non-profit organization that engages communities, and builds their capacity to improve the nutrition and physical activity status of California's low-income, American Indian, Latino, Asian/Pacific-Islander, and African-American adolescents 10-14 years of age.

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PERFECT FOR SNACKING

Here are some healthy peanut butter-based spreads that go well with apples. Spread them onto slices or use them as a dip!

- **Asian Spread**
Combine 1/4 cup peanut butter, 1 teaspoon minced green onion, 1/2 teaspoon soy sauce, 1/4 teaspoon sesame oil and a dash of hot red pepper sauce.

- **Peanut Butter Chutney-Spread**
Combine 1/4 cup peanut butter, 1 1/2 tablespoons chutney, and 2 teaspoons minced green onion.

- **Gorp Spread**
Combine 1/4 cup peanut butter, 2 teaspoons honey, and 1 tablespoon raisins.

- **Mexican Peanut Spread**
Combine 1/4 cup peanut butter, 2 teaspoons chopped green chillies, and 2 teaspoons chopped fresh cilantro.

- **Sweet Pickle Spread**
Combine 1/4 cup peanut butter with 2 teaspoons minced sweet pickles.

