

Messages from Mandi

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What do successful weight-loss maintainers have to teach us?

Maintaining weight-loss can be very challenging. However, it is not hopeless. About one in twenty individuals who lose weight will keep the weight off. Ever wonder why some who ‘diet’ are successful while others are not? What is their secret?

The National Weight Control Registry is a database of over 6,000 successful weight-loss maintainers. Researchers use the Registry to see if there are commonalities among the participants that can help us better understand weight loss.

According to the National Weight Control Registry successful weight-loss maintainers: get plenty of physical activity, limit sedentary activities such as television watching, have a consistent eating plan, consume breakfast and monitor their weight.

Weight-loss maintainers get at least 200 minutes a week of moderate intensity exercise such as walking or swimming. They also limit television viewing to about 10 hours a week. “Another trait of weight-loss maintainers is consistency; they do not “splurge” because it’s the weekend, a holiday or because they are eating out,” said

Dr. Sharon Robinson, Nutrition Specialist and Registered Dietitian with the Texas AgriLife Extension Service. Sometimes when people want to lose weight they will stop eating breakfast. However, we know from the Registry that weight-loss maintainers eat breakfast daily. Also they monitor their weight by weighing themselves weekly and tracking their food intake daily.

Weight loss is not easy, said Robinson, but incorporating these positive lifestyle behaviors will increase the odds of being a success.

Source: Thomas, J., Bond., Hill, J., & Wing, R. (2011). The National Weight Control Registry: A study of successful losers. *ACSM’s Health & Fitness Journal* 15(2) 8-12

Should I be taking a vitamin and mineral supplement?

You and your doctor should decide if you need to take vitamin supplements. However,

here are some factors you may want to consider before talking with your doctor.

- Teen girls and women of childbearing age may need to take an iron supplement if they do not consume enough dietary iron. Heme-iron from meats is the best source of iron. Plant foods such as beans and spinach contain nonheme-iron and should be consumed with a source of vitamin C.
- Pregnant women and women of childbearing age should talk with their doctor about the need for folic acid. The best dietary source of folic acid is fortified foods such as breakfast cereals.
- Adults over the age of 50 years may need to consume vitamin B12 in supplement form if they do not consume enough dietary B12. The best dietary source of B12 is fortified foods such as breakfast cereals.
- Older adults and people with dark skin may need to get their vitamin D from supplements or fortified foods such as milk.

Other questions to consider are:

- Do you eat fewer than two meals a day?
- Do you take more than three prescription medicines a day?
- Do you have more than three alcoholic drinks a day?
- Have you lost more than 10 pounds without wanting to?

To find science-based information about vitamin and mineral supplements go to: <http://www.nutrition.gov>.

Make your own Re-usable Swiffer Dusters

If you love swiffer dusters, and are tired of buying new refills all the time, try making your own! These are washable and reusable until the cows come home, and are really easy to make. Microfiber seems to work the best, because it really grabs the dust. You

can usually find sheets of it in the car cleaning section. You can easily make swiffer mop covers too, just by measuring a rectangle about twice as long as the mop, folding over the ends to fit it and sewing them into place.

Why buy something over and over when you can easily make something reusable. Every little thing we can do to reduce waste is worth it...



www.littledeartracks.blogspot.com

Source: www.littledeartracks.blogspot.com

Hydration Water: The Forgotten Nutrient

The subject of hydration is somewhat controversial as there are no recommended guidelines as to the amount of water (beverages) people should drink. In the past a general rule of thumb was to consume about 6 to 8 eight-ounce glasses of water/fluids a day. However, the Dietary Guidelines does not make such a hydration recommendation. The Dietary Guidelines recommend that people allow their thirst to indicate how much water to drink.

What do we know about fluids? On average the typical adult male consumes about 10 cups of total water a day and the typical adult female consumes about 7 cups of total water a day. Of this, 20% comes from the food that is eaten and the remaining

80% comes from beverages (including caffeinated beverages).

Beverages not only add water, a necessary nutrient, to the eating plan but can also be a source of calories as well. Beverage recommendations are to consume three cups of milk (or an equivalent milk food) a day and to limit children's juice to ¾ cup a day. Drinking regular soda should be avoided; diet soda is a better choice.

Sports drinks help replace fluids, supply calories, and restore nutrients to the body that are lost through perspiration. If activities last longer than 60 to 90 minutes, sports drinks may be a better source of fluid replacement providing fuel (in the form of carbohydrates) for muscles, and sodium and glucose to help the body absorb the fluid better.

Can someone drink too much water/fluids? The answer is yes. This occasionally happens to athletes, college students or children forced to drink large amounts of water/fluids in a short period of time. Allowing thirst and reason to prevail will prevent water intoxication from happening.

Source: *Hydration Water: The Forgotten Nutrient*. Texas AgriLife Extension Service.

Ask-the-Doctor Checklist

To establish a more effective relationship with your health care, you may want to take this check list with you.

Before the visit:

- Take a list of the medications and record of last visit for similar problems.
- Write down the two or three questions you most want answered.

During the visit:

- State your main problem first.
- Describe your symptoms,
- Describe past experiences with the same problem.

Write down:

- Temperature: _____
- Blood pressure: _____
- The diagnosis (what's wrong) _____
- The prognosis (what might happen next) _____

- Your self-care plan (what you can do at home) _____

For drugs, tests, and treatments, ask:

- What's its name? _____
- Why is it needed? _____
- What are the costs and risks? _____
- Are there alternatives? _____
- What if I do nothing? _____
- (For drugs) How do I take this? _____
- (For tests) How do I prepare? _____

At the end of the visit, ask:

- Am I to return for another visit? _____
- Am I to phone in for test results? _____
- What danger signs should I look for? _____
- When do I need to report back? _____
- What else do I need to know? _____

For more information about Healthwise visit their website at

<http://www.healthwise.org>

Crock-Pot Chicken Enchiladas

Beat the heat this summer with this easy recipe for your crock-pot.

Ingredients

- 1 large can green enchilada sauce
- 4 chicken breasts
- 2 cans cream of chicken soup
- 1 can mild Rotel®
- 2 dozen corn tortillas
- 1 chopped onion
- 1 pkg. sharp cheddar cheese, grated

Directions

Cook chicken and shred. Mix soup, Rotel® and onions. Cut tortillas in wedges. Layer crock pot with sauce, tortillas, soup mix, chicken and cheese all the way to top, ending with cheese on top. Cook on low temperature all day in crock pot. Approx. 6-8 hours.

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Calendar of Events

- August 9 Diabetes Support Group,
6:00 p.m., First Presbyterian
Church
- August 19 *Good for You Grains* display,
United Supermarkets,
9:00 a.m. – 4:00 p.m.,
Littlefield
- Sept. 2 *Fruits and Vegetables, More
Matters* display, United
Supermarkets, 9:00 a.m. –
4:00 p.m., Littlefield
- Sept. 5 Labor Day
- Sept. 13 Diabetes Support Group,
6:00 p.m., First Presbyterian
Church
- Oct. 10 Columbus Day
- Oct. 11 Diabetes Support Group,
6:00 p.m., First Presbyterian
Church



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