

SPECIAL POINTS OF INTEREST:

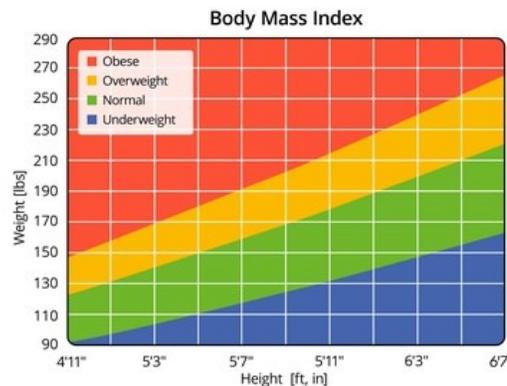
- **BMI**
- **Tips**
- **Guacamole**
- **Did you Know?**

**INSIDE THIS ISSUE:**

- Front Story** 1
- Tip of the Month** 1
- Recipe** 2
- Quote of the Month** 2
- Did you know?** 2
- Front Story** 3 cont.....

## What is BMI and Why does it Matter?

**What is BMI?** BMI stands for Body Mass Index. It is determined by taking a person's weight in kilograms and dividing it by the square of height in meters. These measurements can be made by simply weighing on a scale and measuring height with a ruler of some kind. Then the measurements can be converted or a chart like the one above can be used that is already converted. Use the chart above to find your weight in pounds on the left hand column. Then find your height on the bottom row. Now run put a finger on the weight row and move it to the right until you hit your height



Column. Some charts give the exact BMI, this one does not but it does give what BMI class you are in. A Normal BMI is between 18.5-24.9. Less than 18.5 or the blue area means you are underweight. More than 24.9 or the yellow area means you are overweight. The overweight category runs from 25-29.9 A BMI over 30 is considered obese. For this

chart this is the red area. **Is it accurate?** There is a strong correlation between the BMI and the amount of fat on the body. However there can be two individuals with the exact BMI who have different percentages of fat. One example of this would be an athlete or a body builder. This type of person will have

increased muscle mass and the BMI does not account for that. In this case the healthcare provider would use his or her best judgement as to whether or not that individual was obese or overweight. BMI is measured the same of teenagers and children however it is not interpreted the same way. It is used in conjunction with the growth chart that is sex dependent. (1,2,3).

## Tip of the Month

### Keeping your Weight Down

1. Weigh every day. Yes every single day. When you see it, you are less likely to ignore it.
2. Control your portions. A good rule of thumb is to consider a portion being the size of the palm of your hand.
3. Don't graze or watch TV while you eat. Sit at the table and have a conversation instead.
4. Drink a glass of water before your meal. This will help to fill you up.
5. Skip the soda or juice or that 500 calorie Starbucks. That will cut down on your caloric intake and help you lose weight. Have you ever calculated the amount of calories you drink a day? Do it once, you will be amazed. (1).



# Guacamole



Recipe from the book  
*Breaking the Salt Habit* by  
Erik Williams. (1).

## Ingredients:

3 Avocados  
2 Limes, Juiced  
1½ cup Red Onion, minced  
5 Tbsp. Fresh Cilantro, chopped  
2 Roma Tomatoes, finely diced  
2 Garlic cloves, minced  
1½ tsp. Cumin  
1 Jalapeno, seeded (optional)

## Directions:

1. In a medium bowl, mix avocados and limes.
2. Mix remaining ingredients.
3. Refrigerate for 1 hour.

## Health Information

Serving size 1 Tbsp.  
Servings 16  
Calories 59  
Total fat 5g  
Saturated fat <1g  
Cholesterol 0mg  
Sodium 9 mg  
Total fiber 2 g  
Protein <1g  
Carbohydrates 4 g  
Potassium 25 mg  
Sugar <1 g

**Quote of the Month:** “Never give up, for that is just the place and the time that the tide will turn.” Harriet Beecher Stow

## Did you Know?

Did you know that Big Mac you are about to eat has 540 calories. No that does not include your drink or fries. But let’s add those in. A medium coke has 220 calories and 57grams of sugar! A medium French Fries has 340 calories and 16 grams of fat. That is a total of 1100 calories. The point is not to pick on McDonald’s. The point is it is harder to make the decision to eat that meal if you are aware of how many calories are in it to start with. Most restaurants will have a nutrition menu posted or available. They may not have it in plain site but it is there. Just ask. It will help you to make a better decision and at least do the least damage. What about the Eggplant Parmigiana from Olive Garden? Probably a healthy option right? It has a vegetable in it. It has 1,060 calories and 54 grams of fat. Remember that does not

include the salad and breadsticks that came before the meal. A Starbucks Pumpkin Spice Latte size Tall has 300 calories and 11 grams of fat. Now, if you ordered a Pumpkin Spice Latte, changed the size to a short or small, held the whipped cream, and used non fat milk instead of 2 % milk then there would be zero fat and only 130 calories. That is a much better option and you still get to enjoy your Pumpkin Spice Latte. We all like to eat out from time to time. However, we have to be smarter about it. Sometimes all it takes is a small change in what you order to make a big difference in calories or fat. A couple tips is to order off the kids menu or eat half and take half home. Splitting a meal will also work. Order non fat when able and put sauces or dressings on side if possible. (5,6,7).



Sometimes another measurement of fat will be done to go along with the BMI to increase accuracy and that is a measurement of the waist size. Women with a waist size >35 inches and men with a waist size >40 inches are at the highest risk.

**What does a higher BMI mean?** A higher BMI, especially in the obese category, translates into higher risk of multiple health problems. These health problems include high blood pressure, heart disease, diabetes mellitus, high cholesterol, sleep apnea, breathing problems, gallbladder disease, osteoarthritis, stroke, depression, and several different types of cancers. The body stays more inflamed and it is harder to physically function on a daily basis. There is a higher rate of death from all causes. Just think about that for a moment. That is a lot of health problems that could possibly be prevented.

**Is losing weight really going to matter that much?** Yes!!! In overweight or obese adults, losing 5-10lbs can decrease the risk of diabetes mellitus by 30-60 percent. In people who already have diabetes, losing 5-10 percent of their weight can result in the HbA1C level dropping by 1 percent and their fasting glucose by almost 20 points. At around 6lb of weight loss, the triglycerides can drop on average 15 points, the LDL starts lowering and the HDL starts raising. Seriously, at only 6 pounds? Yes. In individuals that are overweight the risk of developing heart disease doubles and in individuals that are obese, the risk of developing heart disease triples. A decrease in BMI by 2 units or more over 10 years decreased the odds of developing knee arthritis by 50 percent. If the BMI is 30 or higher, the risk of death from all causes, especially stroke or heart attack, are increased by 50-100 percent.

**So where do I start?** Remember every little bit counts. Start with a small goal like 3-5 pounds. Then move to a goal of losing 3-5 percent of total body weight. A good long term goal would be 10 percent over a 6 month time period. There are many ways and strategies to use weight. Generally the most effective is whichever one you are going to stick with. So discuss options with your healthcare provider at your next appointment and set some goals. Good luck! (1,2,3).

