



By Alice Henneman, RD, UNL Extension Educator

Here's a fun way to drink milk and eat some fruit at the same time during June Dairy Month. The following recipe is courtesy of 3-A-Day of Dairy (www.3aday.org) and provided by Jennifer Meyer, RD, LMNT, Director of Nutrition Education, American Dairy Association and Dairy Council of Nebraska.

Bone Appetit Banana Smoothie

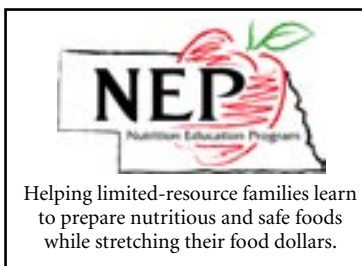
(Makes 2 servings)
Prep time: 5 minutes

- 1 medium banana, peeled, broken into pieces
- 2 cups fat free milk
- 1 package fat free, sugar-free instant vanilla pudding mix

In a blender, combine banana, milk and pudding mix. Cover and puree until smooth. Pour into two tall glasses and serve.

Nutritional facts per serving for individual food: calories: 180; fat: 0 g; saturated fat: 0 g; cholesterol: 5 mg; sodium: 330 mg; calcium: 30% daily value; protein: 9 g; carbohydrates: 37 g; dietary fiber: 2 g.

Getting Past the Nutrition Headlines



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Recently, a research study was released based on the Women Health Trials. The initial results of the study were reported in all the major media outlets. The basic headline stated eating a low-fat diet did not help prevent certain diseases. The problem was most people did not read the entire study and based their conclusions on the headline alone. Nutrition experts were put on the hot seat and the public began to wonder if they could believe any nutrition information.

The study presented in the article was accurate, but the headline misled readers to

believe something that may not necessarily be true. The research presented in the article was only preliminary data and more research needs to be done before any strong conclusions should be made. Another limitation of this research is the participants involved were all postmenopausal women, therefore a low-fat diet may still be beneficial for younger woman to follow.

Why does the media jump on reports like this? Nutrition misinformation is unfortunately part of life. A trends study conducted by the American Dietetic Association found doctors and registered dietitians are consumers' most valued source of nutrition information. However, doctors only provide 11 percent and dietitians 1 percent of consumer nutrition information. Unfortunately the public's number one source of nutrition information is the media.

Here are some things to watch out for as you hear or read nutrition reports:

- If the study promises a quick fix, especially quick weight loss.

- If it recommends changing the dietary guidelines based on one single study.
- If it contains urgent warnings of danger from one single product.
- If it makes claims that are too good to be true.
- If it promotes a dietary recommendation that eliminates an entire food group.
- If it lists good and bad foods. All foods can fit into a healthy diet as long as you use moderation, balance and variety.
- If it is based on a study, you need to ask yourself, "Does this study really apply to me (gender, age, health condition, etc.)?"
- Does the study use absolute statements, such as "proves" or "causes"? Remember just because two things are associated does not necessarily mean one causes the other.
- Who paid for the study? Could that affect the results?
- If you are unsure, talk to your doctor or a registered dietitian.

Walk Nebraska!

Linda Boeckner, PhD, RD,
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"A man's health can be judged by which he takes two at a time — pills or stairs."
—Joan Welsh

The new MyPyramid guidelines for nutrition and physical activity suggest most adults receive health benefits if they are moderately active for at least 30 minutes on most days of the week. Walking is a simple, pleasurable and inexpensive way to be physically active. Explore our beautiful Nebraska scenery on foot AND do something good for your health at the same time.

Moderate levels of physical activity can boost your energy levels, plus give you an overall sense of well-being. Regular physical activity has these direct physical benefits:

- improves strength and endurance
- builds stronger bones and muscles
- assists in weight management
- improves blood pressure

Beginning your Walking Program

To start off on the right foot (pardon the pun!), here are a few simple tips to help you start a walking program.

Check your readiness. If you have not been physically active on a regular and consistent basis for more than a year, check with a medical care provider. Also, if you have high blood pressure, diabetes, experience dizziness or chest pain upon exertion, talk with your medical provider before

you begin a walking program. **Get the right equipment.** Since walking is so easy, you don't need much to get started. During the summer, you will want to wear light, loose clothing that will allow you to cool down if you work up a sweat. During cooler weather, wear layers of clothing to keep yourself warm but not overheated.

The shoes you wear are the most important equipment for a walking program:

- Your shoes should be flexible and give you enough room for your foot to expand while walking.
- A flat sole with little difference in height from the toe to the heel of the shoe is best. Many folks find a good running shoe also works well for walking and gives needed flexibility and support.
- Replace shoes about every six months if you are a daily walker.
- Wear clean, comfortable socks inside your shoes to prevent blisters.

Hats and sunglasses are important for protecting your eyes and skin. Wear sun screen when it is appropriate.

Check your walking style and stride. Walk tall and straight without arching your back or leaning forward:

- Keep your eyes focused ahead of you and hold that smile!!
- You can swing your arms at about a 90° angle as you walk but keep your elbows close into your body. You don't need to pump your arms wildly into the air.
- Use a heel to toe walking step so you hit the ground first with your heel and push off with your toe.

- Watch the length of stride. Smaller steps are better than striding out too far. Your stride should be comfortable to you and not overtire your legs and muscles.

Tips for Planned Walks

Here are some tips to help you enjoy and stay with a walking program:

- Begin with a slow pace for about five minutes before you move into the walking pace that you will continue through the rest of the walk. This will allow your muscles to warm up. At the end of your walking time, use a five minute slow down to cool yourself down. Also, stretch your leg muscles as a part of a cool down period.
- Purchase a walking meter (pedometer) to count the number of steps or measure the distance you have gone. Walking meters have the advantage of giving you a tool that will measure all of your steps in a day. Clip it on for the entire day and you will record the steps you get in your normal daily activities as well as your planned walks.
- If you don't wish to use a walking meter, you can go on planned walks according to the clock. Gradually aim for an accumulation of at least 30 minutes of planned walking each day. If you are already close to 30 minutes each day, it's okay to increase your time beyond 30 minutes.
- Consider making walking arrangements with a friend or a walking group.
- Scout your community for walking paths and other safe



The South Platte here at North Platte joins the North Platte just east of North Platte to form the Platte River.

places to walk.

- Walk at the time of the day most convenient for you. Walking time can be in the morning, mid-day or evening. For some, it will be easier to break up your walking time throughout the day and that is okay, too.
- Think through how you will handle walking when the weather is bad. Check if a nearby school, church, mall or other facility will allow you to walk there during bad weather.
- If walking doesn't work out for you on one day, pick it up again the next day. Keep it fun rather than a chore.

A "Virtual" Walk Through Nebraska

If you can't visit these Nebraska sites in person, visit <http://www.walknebraska.org>. This Web site, developed by the University of Nebraska-Lincoln Extension, encourages walkers to complete a "virtual walk" on five different trails in the State of Nebraska. At key points along each trail 'walkers' receive helpful tips to learn more about how to take

care of themselves nutritionally, how to protect themselves from the sun or how to use their physical activity to their best benefit. As they reach trail milestones, they see notable Nebraska landmarks and learn a little more about this beautiful state.

As you enter this Web site, you will receive instructions for recording your walking activities that will translate into miles that will help you travel along a Nebraska trail of your choosing. As you continue to walk each day, you will be able to check your progress on your trail.



Chimney Rock, near Scottsbluff, was one of the most famous landmarks on the Oregon Trail.