

Promoting a Healthy Lifestyle Through Diet and Exercise for Cancer Survivors

Volume 1, Issue 1

POWER IN NUTRITION KNOWLEDGE

Iowa State University

What is PINK?

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PINK stands for Power In Nutrition Knowledge. PINK focuses on teaching breast cancer survivors how to reduce dietary fat intake and improve their diet and exercise, to promote a healthy lifestyle. Various topics are chosen and presented the last Saturday of each month from 10-11 a.m. at the Nutrition and Wellness Research Center at the ISU research park. A webpage (www.fshn.hs.iastate.edu/isupink) and e-newsletter for the participants was also created.

Iowa State University created an independent study course for Dietetics and Kinesiology students. Ruth MacDonald, PhD, RD, Jean Anderson, MS, RD, LD, Sally Barclay, MS, RD, LD all from the Food Science and Human Nutrition Department and Greg Welk, PhD from Kinesiology, all from Iowa State University and Laura Elliot, MS, RD, LD from Mary Greeley Medical Center created the community service learning course for students. It was made possible by grants from the



PINK focuses on teaching breast cancer survivors how to reduce dietary fat intake...to promote a healthy lifestyle.

American Cancer Society Midwest and the Lance Armstrong Foundation. The American Cancer Society (ACS) grant is to be used to focus on

Story continued on page 3—PINK

Special points of interest:

- * What is Power In Nutrition Knowledge
- * Information about previous sessions
- * Information about upcoming sessions
- * Nutrition during the Summer
- * Directions to the NWRC
- * Contact Information

MyPyramid Tracker

During the first session held on the last Saturday in February, MyPyramid and MyPyramid Tracker were discussed. The participants were able to log onto the internet us-

ing laptops and learn how to use MyPyramid to track their fat intake along with their fruit, vegetable, grains, dairy, and meat and bean intake. According to MyPyramid tracker,

“MyPyramid is an online dietary and physical activity assessment tool that provides information

Story continued on page 3—MyPyramid

Facts About Fat

The second session held on March 29th discussed lowering fat content in everyday meals. Fat is an important nutrient, that when consumed in the right form and amount is required for optimal health.

FAT IN THE BODY

Fat functions as an insulator to preserve body heat and pro-



Different types of fats have differing effects on health.

tect organs in the body. Fat soluble vitamins A, D, E, and K are dependent on fat for absorption.

FAT IN THE DIET

Fat intake should contribute no more than 30% of the total daily caloric intake to promote health and well-being. For breast cancer survivors, some evidence

shows that lowering fat intake to 20% of the total daily caloric intake may help prevent recurrence.

INFO ABOUT FATS

Saturated fats are usually solid at room temperature and originate primarily from animal sources, such as butter, whole milk, yogurt, cheese, and meat.

Story continued on page 6—Fats

Exercise and Sport Drinks

The final presentation for the Spring semester will be held April 26th. The students will discuss walking shoes, various exercises, and sport drinks. All participants will receive a free pedometer!

You don't have to run a marathon to benefit from exercising. Walking is a good choice for all ages.

Walking on a regular basis has been shown to reduce anxiety and tension, aid in weight loss, improve cholesterol profile, and help

"Walking has been shown to reduce anxiety and tension, aid in weight loss...to name a few."

control hypertension to name just a few. Start at a level that is comfortable and check with your doctor before you begin any exercise program. Be sure to include a warm-up and cool-down before and after your exercise.

Story continued on page 3—Exercise

Continuation of PINK

ISU has high hopes to continue PINK into the summer and fall semesters. The sessions are held the last Saturday of each month from 10:00-11:00 A.M. at the Nutrition and Wellness Research Center (NWRC) at the ISU Research Park. Directions and address for the NWRC are on page 6. The next session is planned for

June 28th. If you have any questions about previous or upcoming sessions please contact Registered Dietitian Kristi Chipman at khepner@iastate.edu or 515-294-8337. We hope to see you at our future sessions!



Please call about previous or future sessions!

Check out our website!
www.fshn.hs.iastate.edu/isupink

The website contains all PowerPoint's and handouts from previous sessions as well as past newsletters.

Exercise

The next step to begin a walking program is to choose the right shoe. You want to choose a specially designed shoe to accommodate the heel-toe action of walking. Look for adequate cushioning to absorb the repeated shock from walking, a reinforced heel counter, and a flexible, curved sole able to bend a full 45 degrees towards the front, not the middle.

What if I don't like walking?
What other exercises could I do?

Other moderate level activities include bicycling, dancing, golfing, hiking, or water aerobics. Be sure to include moderate physical activity for at least 30 minutes every day. Once your fitness level improves aim for 60 minutes of moderate activity or 30 minutes of vigorous (running, swimming) activity every day.



Get the right shoe for exercise being performed.

Now that your exercising, What about sports drinks? Sport drinks such as Gatorade are suitable for those who exercise longer than 60 minutes or are doing intense exercise in hot weather. If exercising under 1 hour, water will rehydrate you without the extra calories. Go to www.fitness.gov for more information.

PINK

community education for cancer prevention through diet and physical activity. The second grant, from the Lance Armstrong Foundation, is to be used to reach out to the cancer survivor community to raise awareness about the important role of physical activity and nutrition on cancer prevention and recurrence. The goal is

to improve the overall health and enhance the quality of life for cancer survivors. Using these grants, Power In Nutrition Knowledge was created. Kristi Chipman, RD, LD helps lead the students involved in PINK. The students meet weekly to learn about nutrition and exercise and their effect on cancer survivorship.

If you would like to hear more about PINK please call or email. Contact information on page 6.

"The overall goal is to improve the overall health and enhance the quality of life for cancer survivors."

MyPyramid

on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information." This will enhance the persons ability to actually see how their diet meets the 2005 Dietary Guidelines for Americans.

To created a free account for yourself go to

www.mypyramidtracker.gov

It is free to sign up and free to use. It is easy to get started. Register using a user name and password, enter some personal information, proceed to food intake or physical activity and begin entering your information. After everything has been imputed you can then analyze your food intake and

physical activity.



Go to MyPyramid.gov for more information on exercise and healthy eating.

You may use the 1 minute free tutorial to help you navigate the site.

Summer Fun!

Summer is just around the corner. The longer days and warm summer nights make for a great time of year! The fresh fruit and vegetables will soon be growing. Be sure to buy the fruits and vegetables when they are in season. Your local Farmer's Market will have many types of fresh produce for you to choose from. The increase in temperature and longer days increases the



Be sure to enjoy the warmth of the summer

chance of exercise. Whether you like to walk, bicycle, garden, go for a swim, or play a round of golf, this is a great time of year to add a little extra physical activity.

Many people may be driving to watch their children or grandchildren play baseball or softball in the park. Pack your lunch with you instead of eating from the concession stand all day. Grapes are a great replacement for the popcorn

and you could have a peanut butter and jelly sandwich and an apple in place of the hot dog and chips. Another favorite summer fun is the popsicle. Choose the 100% juice popsicles when you can.

The smell of the grill is another sign of summer. You can walk out of your door, smell the grill, and your mouth begins to water. When you grill your food just try not to char it. Otherwise enjoy!

Nutrition Survival for Summer Vacations

With all of the fast food places along the interstate it is hard to get something healthy to eat while driving to your vacation destination or once you get there. Whether you are going to watch your grandchildren play ball, going for a hike, or driving to an amusement park there are always healthy snacks you can take

along.

LONG CAR RIDES

- Fresh fruit
- Dried fruit

"Enjoying nutrition while on the road or at the vacation site can be easy with just a little planning."

- Ready-to-eat carrots
- Peanut butter and jelly sandwich on whole wheat bread
- Unsweetened applesauce
- Single serving canned fruits

FOR THE COOLER AT GAMES

- Low-fat yogurt

Continued on page 5—Vacations

Recipe of the Month

BANANA WALDORF SALAD - 4 SERVINGS

3 bananas, peeled and sliced
Pinch cinnamon
1 apple, cored and sliced, with peel
2 Tablespoons ground walnuts
4 cups nonfat vanilla yogurt

1) Mix all ingredients together in a large mixing bowl

2) Place in individual serving dishes and chill until ready to serve, up to 1 hour.

This salad/dessert looks great when topped with a sprinkle of ground cinnamon.

Recipe from Iowa State University

Extension—
www.extension.iastate.edu



Increase your fruit intake by enjoying a Waldorf salad

Vacations

- Water
- Baby carrots
- Fruit
- Individual 100% fruit juice cartons

EATING OUT AT RESTAURANTS

Breakfast

- Single serving cold cereal with fat free milk
- Bagel or English muffin with peanut butter or low fat cream

- cheese
- Low fat bran muffin

Lunch or Dinner

- Grilled chicken breast sandwich (no sauce or low fat sauce)
- Baked potato topped with broccoli or salsa (hold the butter)
- Veggie or turkey sandwich (use low fat mayo)
- Watch portions—ask to split or orders
- Make special low-fat requests to

omit butter, cream, oil, and ask for the sauce on the side.

Enjoying nutrition while on the road or at the vacation site can be easy with just a little planning.



Pack nutritious snacks while driving to your vacation destination.

Summer PINK Session

Sign up for:	Time	Price
<input type="checkbox"/> Summer PINK Session	10:00 AM	FREE
Total:		FREE

Name _____	Registration deadline for the summer session will be posted on the PINK webpage soon.
Address _____	

Email _____	
Phone _____	

Iowa State University

Nutrition and Wellness
 Research Center
 Iowa State University Research Park
 Building 6, 2325 North Loop Drive, Suite 6100
 Ames, Iowa 50010

Phone: 515-294-8337
 Fax: 515-294-7168
 E-mail: khepner@iastate.edu



Free Offer!

Summer Session

Come out this summer and learn about nutrition and its effect on cancer survivors. The session has not yet been decided, but you can be sure it will be educational and fun! Look to the PINK website for the summer session topic.

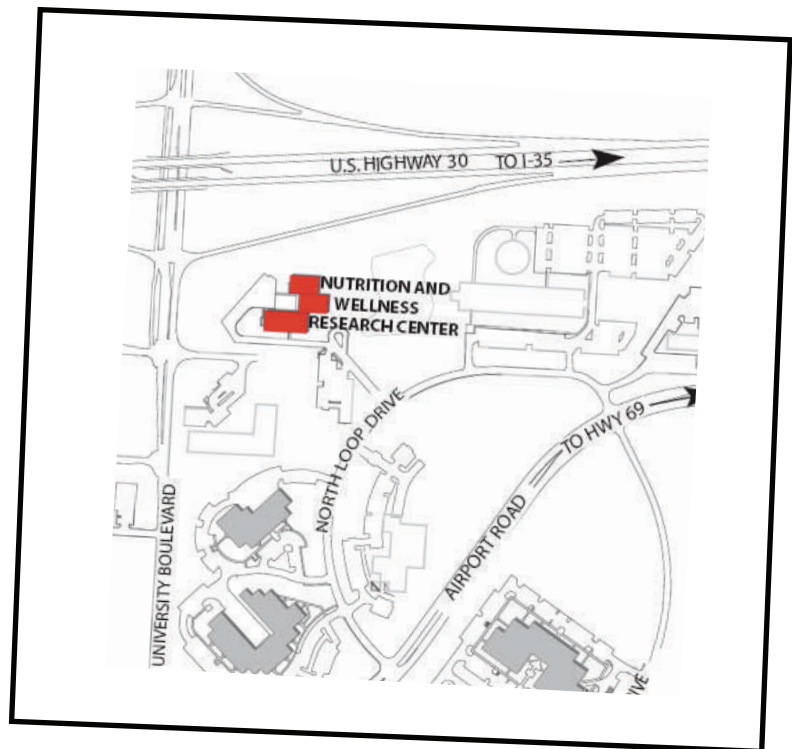
You may also register online at www.fshn.hs.iastate.edu/isupink.
 Registration form will be posted soon.

Iowa State University

Nutrition and Wellness Research Center
 Iowa State University Research Park
 Building 6, 2325 North Loop Drive,
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 Ames, Iowa 50010
 Phone: 515-294-8337
 Fax: 515-294-7168
 E-mail: khepner@iastate.edu
 Website: www.fshn.hs.iastate.edu/

Nutrition and Wellness Research Center

Power In Nutrition Knowledge



Fats

Some plant sources including palm and coconut oil also contain saturated fats. Saturated fats should be consumed in moderation because high intakes of saturated fat increases blood cholesterol levels. Unsaturated fats can be divided up into monounsaturated, and polyunsaturated fats. These fats usually come from plant sources and are liquid at room temperature. These include vegetable oils, olive oil, avocado, seeds, nuts, and fish. Unsaturated fats have been shown to provide health benefits for the heart, including lowering cholesterol levels. Trans fats are commonly found in margarine and processed foods. They can increase chole-

sterol levels and a person's risk for heart disease.

FAT SUBSTITUTION

If you are looking for a way to cut the fat from your favorite baked good recipes without losing taste then Think Fruit! Fruit purees, such as applesauce, can replace all or some of the fat in baked goods. Quick breads, muffins, dense cakes, and packaged cake mixes work

best when substituting fat. Baked goods that are meant to have a light, tender texture are more difficult to substitute fat in.

You may want to start by replacing only half the fat to begin with and work your way up to two-

thirds to all fruit puree.

For more information visit ISU Extension's website.

Fruit for Fat Substitution Rules		
Recipe Says...	Fruit Purée Amount	
Butter, Margarine or Solid Shortening	1/2 Recipe Amount	
Recipe Fat Amount	Fruit Purée Amount	Adjusted Fat Amount
1/2 cup	1/4 cup	and 1/4 cup
2/3 cup	1/3 cup	and 1/3 cup
1 cup	1/2 cup	and 1/2 cup
Recipe Says...	Use...	
Oil	2/3 or 3/4 Fruit Purée	

Information from ISU Extension. Visit www.extension.iastate.edu for more information