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Clarksburg WV

DATE: September 16, 04 L21

WEEKLY MEETING:

FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue
AGENDA – THURSDAY Sept 16, 2004

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
5. 7:30 Dinner MINARDS

EDITORIAL: By J.M. Hirsch.

Far from five fruits and veggies a day. More than 85 percent of consumers are not eating the federally recommended minimum of five servings of fruits and vegetables a day, according to a poll of 2,472 people.

The government recommends two to four servings of fruit and three to five servings of vegetables daily. Serving examples include three fourths of a cup of juice, a medium apple or a half-cup of chopped vegetables.

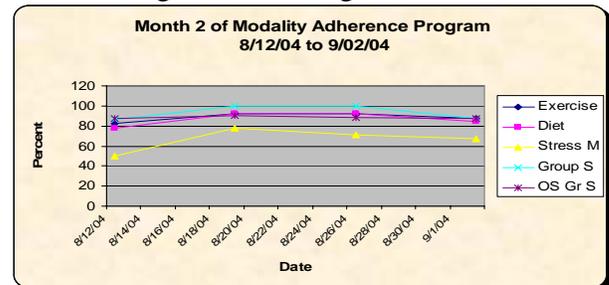
The government is updating those guidelines and is expected to raise the recommended servings of produce early next year.

Dr. George Blackburn associate director of Harvard Medical School’s nutrition division, said Americans’ lack of nutrition knowledge is an urgent crisis that contributes to disease and skyrocketing rates of obesity. He also said “People over report, even though it’s a pathetic number. We would be ecstatic if they (ate) what they say they did”. He said, “It’s amazing how many people go day in and day out with zero.”

According to the survey, 3 percent said they eat no produce.

Our Ornish program is the future let’s keep it going for better health for our selves and for future generations. LGM

SDC: Modality adherence is positive for the last three weeks with a low starting out this month. Good job on the second week with stress management at our goal of 80%.



Adherence Results Monthly Average:

MODALITY	RESULTS
Exercise	88.8
Diet	86.7
Stress Management	66.4
Group Support	93.5
Out Side Group Support	88.5
Not Attending Group	7
Number of Inputs	17

Calendar of Events: September 23 – The Morgantown SDC will join us for Thursday meeting. October 9 – Heart walk at RCB. October 16 – Annual SDC Meeting.

RECIPES: Bean Salad

From the Kitchen of Violet Stackpole

- 3 – 15 ounce cans any combination of beans (chickpeas, white beans, kidney beans, etc.)
- 1 cup diced zucchini. 1 cup diced tomatoes
- ½ cup red peppers, diced
- ½ cup green peppers, diced
- ½ cup sweet onions, diced. Salt and pepper
- 1 Garlic clove or 1 teaspoon garlic powder
- 4 tablespoons red wine vinegar
- 2 teaspoons basil or fresh basil leaves
- Combine and toss. You may add Fat free Italian dressing if you want (3 tablespoons).
- Use other veggies of your choice for variety.