



# HEALTHY YOU

March 2008

UK Health & Wellness Program  
116A Seaton Center • Lexington, KY 40506-0219  
[www.uky.edu/HR/wellness](http://www.uky.edu/HR/wellness) • (859) 257-WELL (9355)

## Ask the Expert: The “Eternal Truths” of Nutrition



**Q** It seems like popular nutrition advice changes every day. Are there any nutrition fundamentals that have stood the test of time?

**A** Great question! March is National Nutrition Month, so it is the perfect time to discuss healthful eating. Yes, it certainly seems that what we know about nutrition changes on a daily basis. Consumers are understandably confused and frustrated about the mixed messages they receive about food and health. But there are some “eternal truths” that stand the test of time:

- Eating right doesn't have to be complicated. A healthful diet focuses on whole grains, fruits and vegetables, lean protein, low fat dairy products, and healthy fats. Visit [MyPyramid.com](http://MyPyramid.com) to develop a personalized eating plan.
- Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. It is very difficult to achieve long term weight loss or improve your health by focusing on food and not exercise, or vice versa.
- Think about food in terms of what nutrients it provides and avoid labeling foods as “good” or “bad.” The majority of your food choices should be packed with vitamins, minerals, fiber, and other nutrients, and be low in calories. But there can and should be room in your diet for occasional treats - they add fun to your diet and prevent you from feeling deprived!
- Look at the big picture and understand that no single food or meal makes or breaks a healthful diet. Your overall diet and general eating patterns should be the focus.
- When it comes to weight control, keep in mind that it is not always about what you eat, but how much you eat. Our culture favors large portions, but most people underestimate how much they are eating. You can train your body to eat less by gradually decreasing your portion sizes and learning how to make lower calorie food choices.
- Become an educated consumer! Learn how to read food labels so that you can make smart choices quickly and easily. If you eat out, do some research online to determine the best choices.
- The best nutrition advice is based on science. Try to follow guidelines that have been established for some time and that come from reliable sources, such as the American Dietetic Association. When you have nutrition questions, consult with a registered dietitian who can help you translate the science of nutrition into practical advice you can use every day. (Adapted from: Top 10 Nutrition Facts, American Dietetic Association, [www.eatright.org](http://www.eatright.org).)

— Karen Bryla McNeese, Ed.D., R.D.



Have a fitness or nutrition question? Ask our experts! We'll feature selected questions and answers in the newsletter. E-mail us at [healthandwellness@email.uky.edu](mailto:healthandwellness@email.uky.edu).



# HEALTHY YOU

## Calendar

### Walking Wednesdays Continue

Meet fellow Wildcat walkers at the corner of Rose and Washington every Wednesday at 12:10. Program runs through March 19.

### March 26, WOW (Health Screening)

WOW is a free mobile health screening provided by the UK Health & Wellness Program. The next WOW is **March 26, from 8:00 a.m. to noon**, at Blazer Parkway. Register at [www.uky.edu/HR/wellness/healthscreening.html](http://www.uky.edu/HR/wellness/healthscreening.html)

### Treat yourself to a chair massage

The cost is just \$5 for 10 minutes or \$10 for 20 minutes (no refunds). Reservations required. The next chair massage is **April 15, from 11 a.m. to 3 p.m.**, at the Seaton Center. To make an appointment, call (859) 257-9355.

### Lunch & Learn

Attend our three FREE Focus on YOU: Lunch & Learn Sessions this spring. The first session, "Focus on Stress Relief: The Importance of Good Humor and Good Sleep," is March 19, from 12:10-12:50 p.m., at 127 Wethington Bldg. Register at [www.uky.edu/HR/wellness/lunchandlearn.html](http://www.uky.edu/HR/wellness/lunchandlearn.html).

### March is National Nutrition Month

Celebrate by playing our Nutrition Bingo Game for your chance to win prizes! To print a bingo card, visit [www.uky.edu/HR/wellness/nmm.htm](http://www.uky.edu/HR/wellness/nmm.htm).

**For more information on these events and all of the UK Health & Wellness programs offered to you, please visit [www.uky.edu/HR/wellness](http://www.uky.edu/HR/wellness)**

## Capoeira Specialty Class



What is Capoeira? A Brazilian dance form incorporating self-defense maneuvers. It's a great total body workout.

UK Health & Wellness is offering a six-week session, Wednesday nights, at 6:00 p.m., from March 19-April 23, at 132 Seaton Center.

The cost is \$30 per person. All UK employees, retirees, and spouses/sponsored dependents are eligible to participate. You do NOT have to be a Body Shop member to participate. To register, visit [www.uky.edu/HR/wellness/capoeira.html](http://www.uky.edu/HR/wellness/capoeira.html).



The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.