

For Your Health



BY DR. RICHARD N. WALDMAN

It's no surprise that the American diet needs work. Our portion sizes are out of control, our calorie intake is too high—and it shows. More than 64 percent of adult women in the U.S. are overweight or obese. But despite eating more, we are getting less nutrition.

Many women are deficient in nutrients such as iron, potassium, and dietary fiber. This is under-

standable when you consider that the typical American gets roughly 35 percent of her daily calories from added sugars and solid fats (such as butter and shortening).

The top five sources of calories for the average adult (in order) are grain-based desserts such as cakes and cookies; yeast breads; chicken and mixed chicken dishes; soda and energy/sports drinks; and alcoholic beverages.

These and other low-nutrient foods are loaded with excess calories, sugar, solid fats, and sodium. Overconsumption of these types of food contribute to some of the main causes of death and chronic illness in the US, including heart disease, diabetes, and high blood pressure.

To help get us back on track, the U.S. Department of Agriculture just released revised dietary guidelines. They offer specific advice on how to eat a healthier diet and maintain a healthy weight

to reduce the risk of chronic disease and promote overall wellbeing.

The recommendations include: Balance the calories you eat with the calories you burn. Depending on age and individual activity levels, women should eat between 1,600–2,400 calories each day. For example, a 35-year-old woman who gets 30–60 minutes of daily exercise should eat roughly 2,000 calories a day. Women who move less should eat less.

Reduce salt intake. According to the Guidelines, no one should consume more than one teaspoon (2300 milligrams) of salt each day. African Americans, children, people age 51 and older, and those with high blood pressure, diabetes, or chronic kidney disease should consume 1,500 mgs or less each day.

Replace solid fats with oils such as canola and olive.

Eat more vegetables, fruits, fat-free and low-fat dairy products, and whole grains.

Cut back on added sugars and refined grains.

Drink more water and avoid beverages sweetened with added sugars.

Increase seafood servings in your diet by choosing it instead of some meat or poultry servings.

Sticking to these guidelines may be challenging at first, but once you become used to eating fresh, tasty, and healthy foods, it will start to become second nature. Give it a try—your body will thank you now and in the future!

Dr. Richard N. Waldman is president of the American Congress of Obstetricians and Gynecologists.

Ditch the junk and whip your diet into shape



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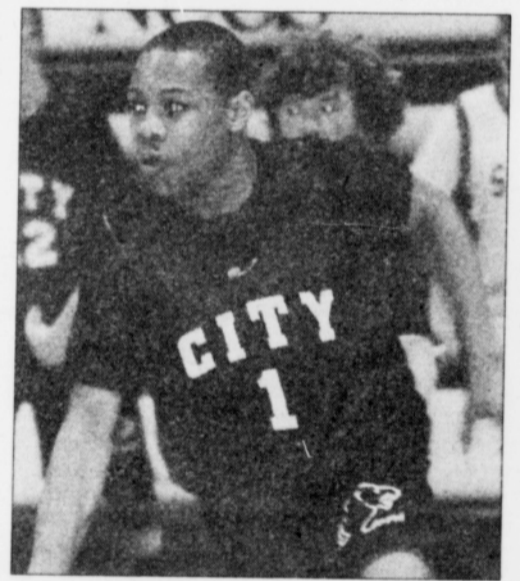
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SPORTS

8th grader leads team to playoffs

Saadiq Calhoun, an 8th grader at City Christian School, has had an outstanding basketball season, helping lead his junior high team to the playoffs for the second year.

As a seventh grader, Saadiq helped lead the Lions to the Metro Christian Junior High League Championship game. This year, Saadiq averaged a league high 34 points per game while leading the Lions to the semi-finals of the league playoffs. Saadiq also holds a league record for scoring 42 points in a regular season game.



Saadiq Calhoun

SPORTS BRIEFS

BY CLIFF PFENNING
THE PORTLAND OBSERVER

Timbers Begin Season

After a decade as a minor league team, the Portland Timbers begin their inaugural season in Major League Soccer Saturday against the Colorado Rapids in Denver. The Timbers play their first game in Portland on March 29 at Merlo Field on the campus of the University of Portland.

PSU Women Earn Berth

Portland State fell one game short of its second trip to the NCAA women's basketball tournament, but the Vikings earned a spot in the Women's National Invitational Tournament. PSU will play

at Wyoming on Wednesday, March 16 at 6 p.m.

Hall of Fame Nominating

The Oregon Sports Hall of Fame is accepting nominations through March 31 for its annual induction class. Candidates are considered on the basis of their accomplishments and character. Last year, former Trail Blazer Terry Porter headlined the eight-member induction class.

Soccer Club Name Change

The Alameda Soccer Club, which practices on fields in northeast Portland, recently changed its name to Northeast United Soccer Club. The new name is meant to reflect the club's expansion from the Alameda neighborhood.