

FT New York City

“A merry heart maketh a cheerful countenance.”
Proverbs 15:22

Spring Break Guide to . . .

Staying Happy and

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It's been cold, you've been busy since the New Year began and now it's time for a break. With the Spring Break season upon us, it's time to let our hair down and enjoy ourselves. Here are a few tips for keeping safe this spring break season

Plan a successful trip.
 If you are going on a trip, be prepared. Are vaccinations required? Are there special food, destination/environmental, or other issues you need to consider ahead of time? If you are taking medications, do you have enough for the trip? Know what's happening at your travel destination and be aware!

Watch your step.
 Be sure to use appropriate safety gear such as seat belts, life vests, or knee pads. Remember that unintentional injuries kill more Americans in their first four decades of life than

any other cause of death. In fact, injuries—both unintentional and those caused by acts of violence—are among the top ten killers for Americans of all ages.

Avoid excessive exposure to the sun.
 After a long cold winter, it's tempting to stay in the hot sun all day. Protection from sun exposure is important all year round. UV rays can cause skin dam-



age during any season or temperature and UV exposure appears to be the most important environmental

factor in the development of skin cancer and a primary factor in the development of lip cancer.

Although getting some sun exposure can yield a few positive benefits, excessive and unprotected exposure to the sun can result in premature aging and changes in skin texture. Always wear a broad-spectrum (protection against both ultraviolet A and ultraviolet B rays) sunscreen and lipscreen with at least SPF 15.

Sustain your body with fuel – eat healthily.
 Having fun takes energy and fuel. There's no secret to healthy eating. Be sure to

Supplementing Your Diet

Vitamins, Minerals and Beyond



The world of dietary supplements is getting more and more complicated. People aren't just taking vitamins and minerals anymore. Now, things like glucosamine, saw palmetto, black cohosh and ginkgo biloba are crowding onto shelves beside old standbys like vitamin C, calcium and iron. How do you sort through it all?

Dietary supplements include a broad range of vitamins, minerals, herbs and other substances meant to improve upon your diet. They can come as pills, capsules, powders and liquids. The U.S. Food and Drug Administration, which regulates dietary supplements, treats them more like foods than like drugs. Dr. Paul M. Coates, director of NIH's Office of Dietary Supplements (ODS), says, "Dietary supplements are generally regarded as safe based on a long history of human use, unless proven otherwise. By contrast, drugs are not assumed to be safe until extensive testing has been done to prove their safety."

Supplements can play an important role in your health. Some doctors advise patients to take a multivitamin-mineral supplement to make sure they're getting enough of all the nutrients they need. While this may provide some insurance, Carol Haggans, a consultant with ODS, cautions, "People shouldn't feel they can make up for an unhealthy diet by taking a multivitamin-mineral supplement." A combination of all the vitamins and minerals together in foods provide the greatest health benefit, she says. "In general, if you eat a healthy diet, you shouldn't need to supplement it with extra nutrients."

However, some people might need more of certain nutrients. Doctors often advise women of child-bearing age to take folic acid, for example. Many people don't get enough calcium. According to some surveys, 44% of boys and 58% of girls age 6-11 don't get enough-and the numbers get even higher as people age. It's probably best to eat 2-3 servings per day of calcium rich foods like dairy products. But if you have trouble eating dairy products because they upset your stomach and you don't get enough calcium in other foods, a supplement might help.

Since some supplements may help you, it's easy to go a step farther and think that taking more would be even better. This can cost a lot and may not provide the benefit you expect. It can also be risky.

"Almost all of the nutrients have tolerable upper intake levels-the amount it's recommended you stay under each day," Haggans says. Amounts above these levels can be toxic. Too much vitamin A, for instance, can cause birth defects, liver problems, weak bones and nervous system disorders. Too much calcium can cause kidney problems and block your ability to use other minerals in your diet. On the other hand, NIH has several studies under way to look at whether high doses of certain supplements can prevent disease.

Dietary supplements beyond traditional vitamins and minerals have also become popular. In one study, about 19%, or 1 out of every 5 people surveyed, used natural products such as echinacea, ginseng, glucosamine and ginkgo biloba. But since they're regulated more like foods than drugs, in a lot of cases we don't know how or even if these supplements work as their supporters claim.

"Be prepared to ask questions," Dr. Coates advises. "These products are available on drug store shelves, supermarket shelves and vitamin store shelves in packaging that makes them look like drugs, but they aren't regulated like drugs. Consumers have to realize that the drug rules don't apply." Haggans adds, "People assume if it's on the shelf it must be safe and we must know a lot about it, but that's not necessarily the case."

If you're considering taking a supplement, consult with your health care provider. Some supplements can interfere with other medications, so have a list ready of all the medications and supplements you're taking or considering.

If you decide that a particular dietary supplement is right for you, make sure you're buying a reliable brand. There are independent laboratories that test supplement products for quality and purity. "There are companies whose products are made to very high standards," Dr. Coates says, "but that's not always the case."

www.nih.gov



Our staff nutritionist, Colette Nelson, MS,RD,CDE will be giving her first informal nutrition seminar here at FT New York City. The Seminars will begin in May and we hope that you will all take advantage of this opportunity. This is the perfect environment to learn and ask questions.

February Client of the month

Coming Soon!

100 Calorie Snacks: 20 Choices

To get you started on the road to calorie-controlled snacking, Try these 100 Calorie Snacks!

1. Half an apple with 2 teaspoons of peanut butter
2. An orange and a few dry-roasted nuts
3. 10 cashew nuts
4. 10 almonds
5. 2 ounces of lean roast beef, Boars Head Turkey
6. Half a small avocado
7. 3 ounces cooked whole-grain noodles with 1 fresh tomato and 1/2 ounce hard cheese
8. 1 seven-grain Belgian waffle
9. 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
10. 3 ounces low-fat cottage cheese and 3 whole-wheat crackers
11. 1/4 cup fat-free ranch dressing with mixed raw veggies
12. 6 Wheat Thins crackers with two teaspoons of peanut butter (or any nut butter)
13. 1 small baked potato with 1/2 cup salsa and 2 tablespoons of fat-free sour cream
14. 1/3 cup of unsweetened applesauce with 1 slice of whole-wheat toast, cut into 4 strips for dunking
15. 1/2 cup frozen orange juice, eaten as sorbet
16. 2 large graham cracker squares with 1 teaspoon peanut butter
17. 3 handfuls of unbuttered popcorn, seasoned with herbs
18. 4-6 ounces of no-fat or low-fat yogurt
19. A 5-ounce tossed salad with lettuce, tomato, cucumber and 1/4 cup fat-free dressing
20. Half a "finger" of string cheese with 4 whole-wheat crackers
21. Shirataki Noodles – a Japanese style tofu noodle

New Clients

Client Anniversaries



Quote of the Month

"The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility and pushing their luck!"

-Author Unknown



RECIPE

Sirloin Fajitas with Mango Relish

Ingredients

- 12 flour tortillas
- 1/3 cup teriyaki sauce
- 1/3 cup pineapple juice
- 1/3 cup honey
- 4 cloves garlic, minced
- 2 Tbsp. olive oil
- Black pepper
- 1 mango, chopped
- 1 avocado, chopped
- 1 tomato, chopped
- 5 green onions, chopped
- 1/2 cup cilantro, chopped
- 2 jalapeno peppers, chopped
- Juice of 1 lime
- 2 Tbsp. rosemary, chopped (optional)
- 1 1/2 lbs. sirloin steak

Directions

Combine teriyaki sauce, pineapple juice, honey, garlic, 1 tbsp. olive oil and black pepper in a bowl. Keep refrigerated 1/4 cup of marinade for basting. Marinate meat in remaining marinade 6 hours.

Combine mango relish ingredients. Mix well.

Remove steaks from marinade. Discard marinade. Broil or barbecue steak to desired doneness, turning once and baste with reserved marinade. Carve steak across grain into thin slices.

To serve, place equal amounts of beef in center of tortillas; top with relish and roll up.

www.cdc.gov Servings: 6 (2 fajitas each)

Nutritional analysis per serving: Calories 480, Fat 16g, Protein 31g

