
19.1 AASK Recommendations for Life Style Modifications - Dietary Fat Reduction

1. Choose lower fat meats in place of high fat meats. Examples of high fat meats include bacon, fried meats, marbled meats, regular hot dogs and luncheon meat, tuna canned in oil, ribs, organ meats. Examples of lower fat meats include baked or broiled meats, fish, chicken or turkey without skin, lean ground beef.
2. Trim visible fat from meat. Remove skin from chicken or turkey.
3. Reduce the amount of fat used in food preparation. Bake, broil, steam, or boil foods in place of frying.
4. Keep the addition of butter, margarine, or oils to a minimum. Each teaspoon of fat adds an average of 45 calories.
5. Add or substitute herbs, spices, "sprinkle on" butter substitutes in seasoning foods rather than adding fat.
6. Skim the fat of meat juice before adding to stews, soups and gravy.
7. Choose lower fat milk and dairy products. A 1% fat milk contains almost half the calories of regular or whole milk.
8. Limit the amount of "burgers," "Dues" and "shakes" from Fast Food Restaurants. Instead choose the salad bar limit salad dressings), broiled meat, lean roast beef sandwiches, a baked potato limit sour cream and butter).
9. Choose lower fat baked and commercial products. Many reduced fat or fat free products are now on the market.
10. Choose lower fat snack foods in place of higher fat ones. For example, choose an oil-free tortilla chip instead of regular corn chips. Choose a low fat Dozen yogurt rather than regular ice cream.

19.2 AASK Recommendations for Life Style Modifications - Dietary Sodium Reduction

1. Do not salt food at table or decrease the amount used. Use salt-free seasonings.
2. Avoid adding salt in preparation of foods or decrease the amount you use. Choose herbs, spices or other salt-free condiments in seasoning foods.
3. Most fresh fruits, vegetables, and meats are low in sodium. Plain frozen fruits and vegetables as well as canned fruits are usually low in sodium.
4. Avoid cured or processed meats such as ham, bacon, sausage, frankfurters or luncheon meats or reduce the amount you usually eat.
5. Reduce the number of commercially prepared products that you usually eat such as frozen entrees, canned soups or entrees as these are usually quite high in sodium.
6. Be aware of foods "eaten out." These are often high in sodium.
7. Certain foods should be avoided such as olives, pickles, etc. These are quite high in sodium.
8. Check the label on salt substitutes. Some of these contain sodium.
9. Many snack-type foods are high in sodium such as potato chips. Choose those that are lower in sodium or reduce the number of snacks.
10. Read labels; be aware that some additives to foods are high in sodium. Some examples are monosodium glutamate or MSG, sodium saccharine (a sweetener), sodium phosphates (emulsifiers, stabilizers), sodium citrate (a buffer), sodium caseinate (a thickener and binder) and sodium benzoate or nitrite (preservatives).

Nutrition

1. Make a decision to change your eating habits that are not healthy.
2. Learn to eat differently and enjoy a new way of eating. Substitute those high calorie, high fat foods with low calorie, low fat foods. Example: substitute baked, skinless chicken for hot dogs.
3. Decrease portion sizes.
4. Eat fruit for dessert rather than desserts that are high in fat and sugar such as pies and cakes.
5. Eat regular foods. Avoid the pitfall of choosing "diet" foods thinking they have no calories and they will help the pounds go away. Read the label.
6. Eat less fat and sugar. Example: substitute regular calorie sodas for diet sodas or other low calorie beverages. Omit extra sugar and candy from the diet.

Exercise

7. Burn more calories! Check with your physician before beginning an exercise program. After getting the ok, start exercising!
8. Start slowly and enjoy a daily walk. For example, begin to work toward a 45 minute walk at least three times per week.
9. Be more active. Walk to the store or post office. Park farther away and walk some. Take the stairs instead of the elevator.
10. Turn off the TV and find an "activity" to do.

19.4 AASK Recommendations for Life Style Modifications - Potassium

Increasing Potassium in the Diet

The following ten foods are good sources of potassium. To increase the amount of potassium in the diet include more servings of these foods.

<u>Food</u>	<u>Amount</u>	<u>Potassium (mg)</u>
1. Baked potato		
2. Tomato juice		
3. Broccoli, spear, raw		
4. Orange juice		
5. Banana		
6. Corn, yellow, boiled	1 each (2" x 4")	844 mg 534 mg
7. Grapefruit juice	8 fl. oz.	491 mg 472 mg
8. Coleslaw w/dressing	1 spear	451 mg 408 mg
9. Roast Beef sandwich	8 fl. oz.	376 mg 357 mg
10. Mixed vegetables, froz.	1 med (9" long)	332 mg 308 mg
	1 cup	
	8 fl. oz.	
	1 cup	
	1 regular order	
	1 cup boiled	

Decreasing Potassium in the Diet

To decrease potassium in the diet, first review the foods in the list above. Omit those foods or similar items and replace as follows:

<u>Food</u>	<u>Amount</u>	<u>Potassium (mg)</u>
1. Rice, long grain		
2. Cranberry juice		
3. Green beans, froz.		
4. Grape juice		
5. Grapes		
6. Squash, yellow		
7. Peach nectar		
8. Jello salad		
9. Pizza		
10. Lettuce salad		
	1 cup	0 mg 68 mg 151
	8 fl. oz.	mg 56 mg 93 mg
	1 cup, cooked	34 mg 104 mg 0
	8 fl. oz.	mg 272 mg S8
	10 each	mg
	1 cup, cooked	
	1 cup	
	1 cup	

2 slices (1/8 of med)
1 cup

February 21, 1996

Section 19 / Page 4

19.5 AASK Recommendations for Life Style ModiTications - Calcium

Increasing Calcium in the Diet

The following ten foods are good sources of calcium. To increase the amount of calcium in the diet include more servings of these foods.

<u>Food</u>	<u>Amount</u>	<u>Calcium (mg)</u>
1. Yogurt, low fat	1 cup	388 mg
2. Milk, skim	1 cup	302 mg
3. Cheese, cheddar	1 oz.	204 mg
4. Pudding, milk, diet	1 cup	320 mg 76
5. Cottage cheese	1/2 cup	mg
6. Salmon, canned	3 oz.	216 mg
7. Sardines, canned	3 oz.	375 mg
8. To5i	2" x 1"	154 mg
9. Spinach, collards	1 cup, cooked	150 mg
10. Okra	1 cup, boiled	100 mg

Decreasing Calcium in the Diet

To decrease calcium in the diet, first review the foods in the list above. Omit those foods or similar items. Also see the following general recommendations:

1. Limit or omit regular milk. Choose instead soy milk or rice milk as these are lower in calcium.
2. Choose fruit ices, imitation ice creams in place of ice milk, frozen yogurt, or ice
CICQQL.
3. Replace creamers such as half and half with nondairy liquid cieamers.
4. Avoid cheese or choose imitation cheeses, or processed cheeses in place of natural cheeses.
5. Decrease the amount of spinach, broccoli, collard greens, turnip greens, kale, etc. since these do provide some calcem in the diet.
6. Avoid those caaned fish products such as sardines and salmon that contain bones as these contain calcium. Choose instead a fresh fish.

The following food groups are generally high in phosphorus. Increasing these foods in the diet will increase the amount of phosphorus in the diet.

1. Dried peas and beans. Examples are pinto beans, navy beans, lentils, white or navy beans. In general, a 1/2 cup serving of cooked beans has 145 mg. of phosphorus.
2. Dairy products. Examples are milk, cheese, yogurt, cottage cheese, or frozen dairy desserts. In general, a 1 cup serving of milk or yogurt contains 300 mg of phosphorus.
3. Whole grain breads and cereals. Examples are bran cereal, raisin bran, whole wheat bread, waffles, or cornbread. A single serving such as a slice of bread or a 1/2 cup serving of cereal contains from 100 to 150 mg of phosphorus.
4. Nuts and seeds. Examples are peanuts, pecans, walnuts, sunflower seeds, or pumpkin seeds. In general, an ounce portion contains from 100 to 300 mg of phosphorus.
5. Meats, fish and poultry. In general, a mesh cut of meat, fish or poultry contains 50 mg of phosphorus per ounce.

Decreasing Phosphorus in the Diet

1. First, be aware that many foods contain phosphorus. Review the list of foods that have higher amounts of phosphorus above and try to limit those items.
2. Fruits. With the exception of dried fruits, almost all fruits are low in phosphorus and contain less than 20 mg per serving.
3. Vegetables. Please note that again, dried vegetables such as peas and beans contain a higher amount of phosphorus. Most other vegetables, in general, are lower in phosphorus and contain less than 50 mg per serving.
4. Breads, cereals and pastas. Products that are refined such as white spaghetti, white rice, white bread, cornflakes, grits, or oatmeal are usually less in phosphorus and contain less than 50 mg.
5. Limit the amounts of "cola-type" carbonated beverages or soft drinks. These contain, in general, 50 mg of phosphorus per 12 fl. oz.
6. Be aware that some processed foods contain phosphorus or phosphate additives.

19-7 AASK Recommendations for Life Style Modifications - Protein

Decreasing Protein in the Diet

1. Eat more meatless meals.
2. Eat no more than 3 oz. of meat, fish or poultry per day.
3. Eat no more than 1 serving of milk or dairy products per day. Examples are 1 cup of milk, 1 oz of cheese, 1/2 cup of cottage cheese or 1/2 cup of yoga.
4. Substitute low protein snacks such as jelly beans, dried fruit, apple chips, applesauce, etc. for higher protein snacks.
5. Use nondairy creamer for coffee. Also, these nondairy creamers may be used on cereal or in soups in place of regular milk products.

Increasing Protein in the Diet

1. Increase the portion size of meat at meals.
2. Include a serving of meat, fish, poultry, eggs, cheese or yogurt at each meal.
3. Increase the amount of beverages containing protein during the day. Examples would be to include products such as milk or milkshakes daily.
4. Use higher protein containing baked products. In general, whole wheat or whole grain breads, cereals or pastas contain more protein than refined products.
5. When preparing, or having prepared mixed dishes, include more cheeses, meats, dried peas, beans in order to increase the protein of the dishes.

1. Increase the amount of fat in your diet. Use more liquid or tub margarines. Also use more vegetable oils such as corn, safflower, sunflower, canola.
2. Eat larger portion sizes. Increase the amount of foods eaten at meals and snacks.
3. Eat between meal snacks. Try to make them nutritious. Examples are a bowl of cereal, a piece of fruit, a peanut butter sandwich, etc.
4. If eating large amounts of food at one time is a problem, eat five or six small meals.
5. Add these extra carbohydrates to your meals: honey or sugar to tea or coffee, fruit juices in place of diet sodas, sugar and/or fruit to cereal.
6. Add these extra fats to your meals: tub or liquid margarine to vegetable, rice, noodles, or breads. Saute vegetables in place of boiling or steaming. Use liquid nondairy creamers for coffee or in making cream soups, gravies, puddings or desserts.
7. Choose higher calorie foods when shopping or meal planning. Examples are using fruits packed in heavy syrup instead of light syrup, juice or water; using tuna or salmon packed in oil instead of water; and drinking regular sodas instead of diet sodas.
8. Add desserts to your meals. Also, extra calories can be added to these desserts in the form of fruit sauces to cakes or frozen nondairy dessert topping to pies or cakes.
9. Drink liquids between meals. That way more calories can be consumed at the meal.
10. Add powdered nonfat dry milk or nondairy creamers to casseroles, milkshakes, soup or cereals. These add calories without much volume.

19.9 American College of Sports Medicine Guidelines for the Quantity and Quality of Training for Developing and Maintaining Cardiorespiratory Fitness, Body Composition, and Muscular Strength and Endurance in the Healthy Adult

1. Frequency of Training: 3-5 days/week
2. Intensity or Vigorousness of Training: 60-90% of maximum heart rate or 50-75% of maximum oxygen uptake.
3. Duration of Training: Ideally 20-60 minutes of continuous aerobic activity. Duration is dependent on the intensity of the activity. Because of the potential hazards and compliance problems associated with high intensity activity, lower-to-moderate intensity activity of longer duration is recommended for the non-athletic adult. In addition, short-term, non-continuous activity is of value, especially as a regular exercise routine is initiated.
4. Mode or Type of Activity: Any activity that uses large muscle groups has the potential to be maintained continuously and is rhythmical and aerobic in nature is considered acceptable (e.g. walking, hiking, running, jogging, cycling, cross-country skiing, dancing, rope skipping, rowing, stair climbing, swimming, skating, and various endurance/recreational games).
5. Resistance Training: Strength training of moderate intensity, sufficiency to develop and maintain fat-free weight should be an integral part of an adult fitness program. One set of 8-12 repetitions of 8-10 exercises that condition the main muscle groups at least 2 days/week is the recommended minimum.

19.10 Incorporating Exercise Into Day-to-Day Life

1. Become a stair person by taking the stairs for at least a few flights instead of relying entirely on the elevator.
2. Stand instead of sitting.
3. Walk the longer distance near your home, work, etc. rather than taking a short cut.
4. Park the car farther away from your workplace or the shopping center and walk the distance.
5. If you use public transportation, get off a stop earlier and walk the extra distance.
6. If you have a pet, walk the pet farther, faster or more often.
7. Walk or cycle to nearby stores rather than driving.
8. When playing golf, walk instead of ride.
9. In department stores take the stairs instead of an escalator.
10. Take a walk rather than sitting down for a coffee break.
11. Take a 15-20 minute casual walk following your evening meal.
12. Develop a "Fit and Active" mindset.

19.11 Smoking - Quitting Tips

1. Stay positive and picture success. When you wake up in the morning, promise yourself that you won't smoke a cigarette all day. Plan ahead and think of how you'll deal with stressful situations without lighting up.
2. Throw out all cigarettes by breaking them in half and wetting them down. Clean out all ashtrays in your home, office, or car and put them away. Discard matches; hide lighters.
3. Give yourself a special present for staying off cigarettes. Consider a "smoke-free stocking"-full of snacks and gimmicks to keep your hands busy. In any case, don't forget to treat yourself in an extra special way this Christmas, as a celebration of your accomplishment.
4. If you had a weak moment and find that you've slipped – maybe you could resist one or two cigarettes-don't throw in the towel! Remember that slips and stumbles aren't calamities; just remind yourself of your commitment to quit, and look forward to your smoke-free future.
5. If you drink alcohol, ice up and water down your drinks. Choose a nonalcoholic drink as your first of the evening. Keep busy. Play bartender, help serve snacks, or greet and meet guests. Take plenty of photographs.
6. Exercise to help relieve tension. Climb stairs rather than take the elevator, park the car a block or two from your destination and walk the rest of the way. At home, practice touching your toes, jog in place, do jumping jacks.
7. Keep your hands-and mind-busy. Work on a crossword puzzle, knit a sweater, balance your checkbook, fix something around the house, shampoo the dog.
8. Eat three meals. This maintains constant blood sugar levels, thus preventing urges to smoke. Avoid sugar-laden foods and spicy items that can trigger a desire for cigarettes.
9. Change your habits connected with smoking. Leave the dinner table soon after eating to avoid the desire to light up. When answering the phone, reach for gum rather than a cigarette.
10. Work out; exercise, such as swimming, running, and racket sports, helps relieve tension and your urge to smoke. Also, you'll enjoy holiday feasts without having to worry about dieting later.

February 21, 1996

Section 19 / Page 1 1

11. Arts and crafts: You've always wanted to master the kazoo, right? Many new ex-smokers take up hobbies to keep their minds and hands off cigarettes. For the holidays, you might want to make some gifts yourself; string popcorn, or try new, inventive ways to wrap gifts.
12. Use money you save from a day of not smoking: make a three-minute, long-distance phone call to an old friend; play three games of Pac Man; play three favorite songs on a juke box; take a chance on a lottery ticket.
13. When tempted to reach for a cigarette, think of a negative image about smoking. Select your worst memory connected with the habit – the time you burned a hole in your suit or when you were left completely breathless running for a bus that pulled away. Imagine this experience for 15 seconds whenever the urge occurs.
14. Cleanse your body of nicotine. Drink liquids – lots of them. Water (6-8 glasses daily), herbal teas, fruit juices, and caffeine-free soft drinks all fit the bill. Pass up coffee, caffeinated soft drinks, and alcohol, as they can increase your urge to smoke.
15. Try your best to stay away from alcoholic beverages; stick to club soda, nonalcoholic punch or spicy drinks (for example, apple cider with cinnamon or a Bloody Mary without vodka). This will curb the urge to light up while you're drinking, and will keep extra pounds off.
16. Eat rather than smoke, but stick to low caloric, high nutritional foods: fresh fruit; crisp, crunchy

vegetables. Substitute sugarless gum for a cigarette. Other temporary “pacifiers” to keep on hand: lemon drops, pumpkin or sunflower seeds, apple slices, carrot sticks, unbuttered popcorn. Avoid spicy foods that can trigger a desire for cigarettes.

17. Spend your day with friends who don't smoke. Visit places where smoking is prohibited: a library, theater, church, department store, or museum. Watch movies &om the “no smoking” section; travel in the “no smoking” car of your commuter train. Revisit places where you've illegally smoked in the past (elevators, supermarket) and enjoy not feeling guilty.
18. Get rid of smoker's breath by brushing teeth several times. Notice how much sweeter your mouth tastes when a cigarette isn't dangling from your lips.
19. Reward yourself with oral substitutes in the same way you may have used cigarettes. Good examples: sugarless gum, lemon drops, pumpkin or sunflower seeds, apple slices, carrot sticks, unbuttered popcorn.

February 21, 1996

Section 19 / Page 12

20. Scramble up your day and change habits connected with smoking. Drive a different route to work; eat lunch in a new place; leave the “scene of an urge.” At home avoid your “smoking chair” after dinner, reach for gum rather than a cigarette when answering the phone.
21. Treat your body and soul with kindness. Indulge in a bath, massage, nap. Listen to your favorite music. Enjoying these activities in the absence of smoking will help you realize that you don't need a cigarette to have a good time.
22. Take a breather. Relaxation exercises help relieve urges to smoke. Take a deep breath, hold it a second, then release it very, very slowly. Remember, urges to smoke are temporary.
23. Spread the word. Tell everyone you know that you've quit and are planning to stay off cigarettes for good. Your outward display of pride in yourself will reaffirm your commitment, and the support and encouragement you'll get from family and friends will be welcome. Also, if someone “adopted” you for the &eaCAmerican Smokeout, keep him or her involved in your progress and include your “adopter” in some of your weekend plans.
24. Nibble on low-calorie items, like carrot sticks, celery, and apples; suck cinnamon sticks or chew gum.
25. Sometimes, temptation strikes when you least expect it, just when people you rely on for support aren't around. If this happens to you, you might consider joining a local quit-smoking program. Or, for daily guidance, advice, friendly assistance or a shoulder to cry on, call your local Unit of the American Cancer Society. You're never alone when you're making such an important – and healthy – investment in your future.
26. Pat yourself on the back. Quitting smoking is hard and you deserve credit for your efforts.

Adapted from the American Cancer Society's “31 Quit Tips” for the Great American Smokeout.