

**Family Living
Focus**

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Whole grains, fruits and vegetables are the best foods for us with the most vitamins and minerals packed in. They also contain water and air which makes their volume more and naturally good for us and low in calories. They are very satisfying because they make you feel full. When you feel satisfied, you don't eat as much.

Choose plenty of whole grains and choose at least four a day. Whole grain products differ from refined grain products in the amount of processing of the grain itself. Refining flour removes the germ containing the fiber and the vitamins and minerals leaving only the starch. Some vitamins and minerals are then added back in during processing. Examples of whole grains are barley, brown rice, oats and whole wheat. Buying whole grains can be confusing, such that the word "whole" must appear on the label or it does not contain the whole-wheat grain. If it is just refined wheat flour it will only say wheat rather than whole wheat.

So to eat healthy choose many fresh fruit and vegetables.

Fruits and vegetables taste the best in season, so right now, in January, oranges are a great choice. Fruits and vegetables rarely have labels but they contain the highest amounts of vitamins and minerals and fiber in the foods that we eat. Consider buying frozen vegetables, because they come pre-cut and ready to cook or steam.

Plan meals around the plant products the whole grains, vegetables, and fruits because again they will make you feel full and consequently you will be eating less calories.

How you eat is important as well as what you eat.

**Dairy Products May Help
Weight Loss**

COLUMBUS, Ohio — I constantly crave the rich, creamy taste of dairy products like cheese and ice cream, but I don't want to get as big as a cow.

What can I do?

Eat those dairy products 'til your heart's content, say researchers, as long as they're low fat. The calcium in these foods may actually help you lose weight, not gain it.

Recent research conducted at the University of Tennessee found that increasing dietary calcium could increase the loss of weight and body fat by 50 to 70 percent. Results showed that a high level of calcium limits the ability of fat cells to acquire and store fat during periods of over-consumption (such as Christmas dinner) and accelerates fat and weight loss during caloric restriction (such as your New Year's resolution diet).

Researchers studied obese mice and put them on a calorie-restricted diet. The group of mice that were fed a low calcium diet actually gained weight faster, while the group fed a low-fat, high calcium diet had a 60 to 69 percent weight loss. These results were supported by research from the National Health and Nutrition Examination Survey that showed individuals who consumed large amounts of dairy products had a much smaller chance of being obese.

To get these weight-loss results, researchers suggest you get about 1,200 mg of calcium a day, which is about three glasses of milk or 3 to 4 servings of low-fat, calcium-rich foods. Conveniently, that's the same amount of calcium that the USDA already recommends for adult minimum consumption.

But don't start stocking up on Chunky Monkey just yet. Experts stress that low-fat calcium sources like skim milk and low-fat yogurt will provide the best weight-loss results. Calorie and fat content must still be taken into consideration when working dairy products into your diet.

Also, calcium-fortified foods such as orange juice and cereal may be convenient, but these synthetic sources of calcium are not absorbed as efficiently as nature's preferred calcium source — dairy products, which also deliver a whole host of beneficial vitamins and minerals from riboflavin to vitamins A and D. And to make good news even better, recent studies have shown calcium may reduce high blood pressure, ease PMS symptoms and possibly lower the risk of developing colon cancer.

Ahhh, the power of calcium.

Chow Line is a service of Ohio State University Extension and the Ohio Agricultural Research and Development Center.

A New Way to Look at Dieting
Many will resolve to diet this year. In the United States, we need to give credit to eating in a pleasant atmosphere. Many times eating correctly focuses on health but not on enjoying our food and mealtimes.

Today's hurry up mentality has "all of us," adults, children, and parents too busy to eat right. Mealtimes should be pleasant and shared. If you do need to eat alone, make your mealtime nice and enjoyable. Set up a nice place setting for yourself and listen to music or look out the window. When eating with others, make the conversation pleasant. Take time to eat.

Our "Lifestyle Diet" is more important than a short-term "diet."

It is also known that if a person loses a lot of weight in a short amount of time it is likely he or she will gain the weight back in fat and quickly. Here are some lifestyle diet suggestions. To make this lifestyle diet easy, become motivated by your own internal motivation to become healthier. Your chances of victory increase when you motivate yourself.

According to the Mayo Clinic, "Smart weight management helps to boost self-esteem and increase energy, and can improve the control of blood pressure and diabetes."

Don't "work through lunch."

**Happy eating
makes for a happy
family life.**

Japanese Phrase
For Good Health.

Take time to eat. It is better to enjoy your food. The reason we should take time to eat is because we tend to not recognize the calories we eat while doing something else. We need to enjoy the opportunity of our mealtime.

Eat in moderation. Eat when you are hungry, and stop when you are full. Choose food because you enjoy it and it makes you feel good and healthy. A good diet goes hand in hand with exercise. For exercise do something fun, make exercise enjoyable.

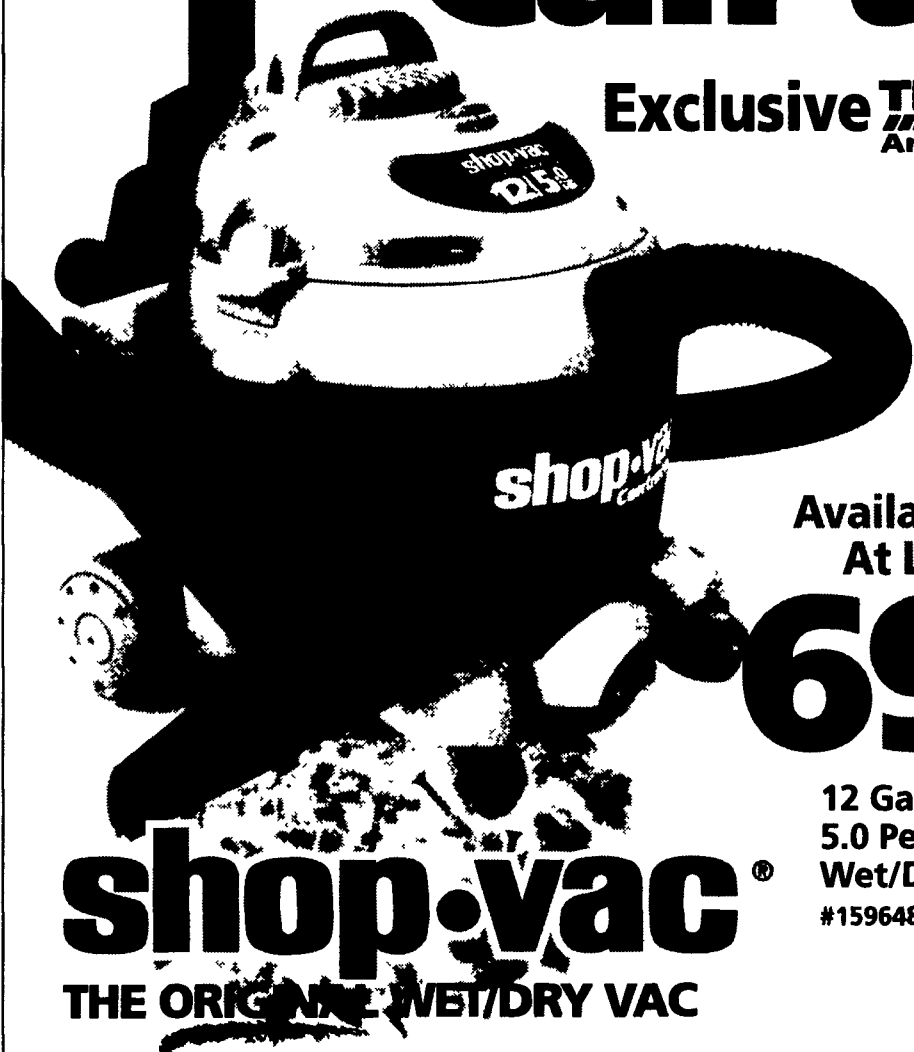
Don't forget the types of food we eat are still very important.

According to a Japanese phrase for good health: "Happy eating makes for a happy family life."

Sit down, eat together, and talk. Treasure favorite family foods and home cooking.

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