



Health focus

JULY 16, 2008
WEEK SEVEN
SAN FRANCISCO

Controlling Your Appetite

Food is good (obviously) and because of this sometimes it's hard to know when to stop. Our digestive system is an amazing track or tubes and organs that breaks down the food we eat so we can use it. But it can be a little slow letting us know when we've had enough.

Research shows (CDC, DHHS) that people get full based on the volume of food they eat, not the amount of calories taken in. Based on this, one of the best ways to control your appetite is to **eat foods that have a low energy density**.

Energy Density is the number of calories in a specific amount. For example, desserts often have high energy density. A little bit has a lot of calories. Vegetables have low energy density, or you can eat larger portions with fewer calories. If you eat foods that are low energy dense, you can eat a larger portion, feel full, but not have consumed a lot of calories.

Foods that have a low energy density tend to be high in water and fiber. These both add volume without the calories. Fiber also takes a longer time to digest so you

feel full longer. Good options include fruits, vegetables, whole grains carbohydrates, and lean protein like beans, legumes, fish, low-fat/non-fat dairy products, egg whites, or skinless white meat chicken.

Eating carbohydrates and protein are also good because they slow the production of a hormone called ghrelin. **Ghrelin is the hormone that stimulates the appetite** and makes you want to eat.

There is another hormone important to digestion called Peptide YY. **Peptide YY inhibits appetite** and is released when food is in the digestive tract. Appetite is also inhibited by the actual physical stretching of your stomach when it is filled up with food.

It can take 20 minutes for you to feel full so **eat slow and take your time**. Give your digestive tract a chance to signal you that it is done. You may find that you really didn't need that second helping.

Before you know it you'll be eating less without feeling hungry at all.

TRIVIA

So You Think You Know About the Bay Area?



Question: The tallest building in San Francisco, at 853 feet, is the Transamerica Pyramid. What is the tallest building in the world?

Answer: Depending on your parameters, either the Taipei 101 at 1,671 feet or the Burj Dubai at 1,680 feet. The Burj Dubai building is still under construction.

The Transamerica Pyramid was completed in 1972 and got its unique design based on zoning restrictions in the financial district. Designers wanted it to be taller than an adjacent building but were limited by the number of square feet of office space that could be built. The pyramid shape of the building allowed designers to follow guidelines yet keep the height.

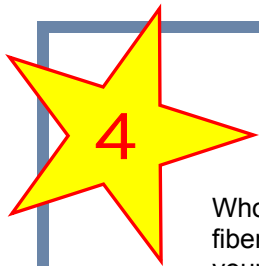
Question: What visual effects company was based in San Rafael and how many Academy Awards has it won?

Email your answer to: pmielbeck@uhs.berkeley.edu and get entered into the prize drawing. Good luck!

Announcements



- ◆ Turn in your Weekly Tracking Log for weeks 1-6 to be entered in to the mid-point raffle. You can:
 - Fax to 510-642-7411
 - Email to pmielbeck@uhs.berkeley.edu
 - Mail to Patricia Mielbeck, Health*Matters, University Health Services, 2222 Bancroft Way Mail Code:4300
- ◆ Log is due by Wednesday, July 23.



Nutrition Challenge: Whole Grains

Make half of your grains Whole Grains

Whole grains are an important part of a healthy diet because they include many complex carbohydrates, fiber, minerals, vitamins, and fiber, and they are naturally low in fat. They also have been shown to reduce your chance of stroke, type 2 diabetes, and heart disease, and help to manage weight.

So the question is: What are Whole Grains and how do they differ from other grains? Let's look at some definitions.

Whole Grains: They are called "whole" because they include the entire grain seed or kernel; the bran, germ, and the endosperm. These are the best source of grain.

Refined Grains: These are grains that have been processed and had the bran and germ removed. This process removes some of the fiber and nutrients.

Enriched Grains: This describes refined grains that have had the stripped nutrients added back in, like folic acid and iron. They don't have as many nutrients as whole grains. White bread and rice are often enriched.

Fortified Grains: These are enriched grains that have had other nutrients added in, like calcium.

Because whole grains are so nutritious for you, you should try to choose whole grain options as much as possible, but at least 1/2 of your total grain intake should be whole grains.

Make sure to look at the nutrition label when determining if a product is whole grain or not. Wheat or multigrain products don't necessarily mean they are whole grain. Some examples of how whole grains may be listed under the ingredients include: brown rice, whole wheat, whole rye, whole oats, whole-grain corn, wild rice, bulgur, or buckwheat. If you're not sure, you can always look for the Whole Grain Stamp from the Whole Grains Council. You can find this stamp on thousands of products in your supermarket.



Healthy Recipe of the Week

Sunshine Rice

Serves 4

Ingredients

- 1 1/2 Tbsp vegetable oil
- 1 1/4 cups celery with leaves, finely chopped
- 1 1/2 cups onion, finely chopped
- 1 cup water
- 1/2 cup orange juice
- 2 Tbsp lemon juice
- dash hot sauce
- 1 cup brown rice, uncooked
- 1/4 cup almonds, slivered.

1. Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.

2. Add water, juices, and hot sauce. Bring to a boil. Stir in

rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed.

3. Stir in slivered almonds.

4. Serve immediately as a side dish for a fish entrée.

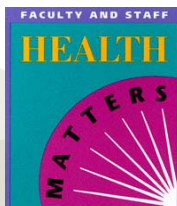
Nutrition Information

Serving Size 1/3 cup

Amount per serving

Calories 276
 Total Fat 6g
 Saturated Fat <1g
 Cholesterol 0g
 Sodium 52mg
 Total Carbohydrate 50g
 Dietary Fiber 5g
 Protein 7g

-Department of Health and Human Services



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