La Crosse County Employee Health

HealthBits

June 12, 2009

Nutrition in the News

"Eating For Two" Has Consequences For Mom And Baby

There is more medical evidence that pregnant women should steer clear of advice to "eat for two."

Alison Stuebe, M.D., assistant professor of obstetrics and gynecology at the University of North Carolina at Chapel Hill School of Medicine, reviewed data for more than 1,300 women and found that those who consumed extra calories, as well as fried foods and dairy products, were more likely to gain more than is recommended during pregnancy that's 35 pounds or more for a woman with a normal body mass index, or BMI.

Stuebe found that eating an extra 500 calories a day increased the odds of gaining too much by 10 percent. "That's the number of calories in a muffin or a bagel with cream cheese at Dunkin Donuts," Stuebe says. "It doesn't take much for the calories to add up."

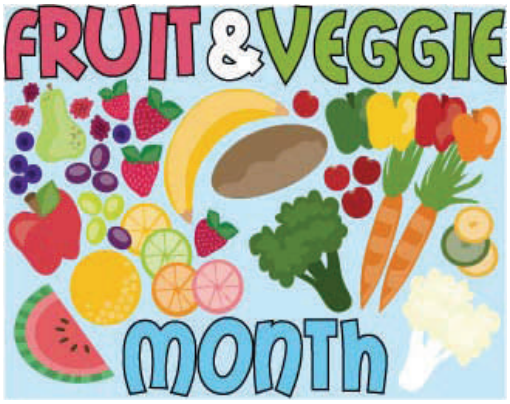
Source: http://www.medicalnewstoday.com/articles/151185.php

Upcoming Events

Become a Picture of Health with…

EXERCISE AMERICA
National Parks

Activity Challenge Coming Soon! Starts June 30th
Get yourself, family & coworkers ready to have some fun!



Fresh Fruit and Vegetable Season is Here!
See the attachments for two great produce resources.

Shop at the Farmers Market!

The Farmers' Market is a great way to find fresh produce at a great price, and you'll be supporting local farmers too! Farmer's Markets often have great bargains. As a regular visitor, farmers may give you a special deal. Often farmers don't want to take their produce home with them so be sure to look for reduced produce or end of the day specials.

Shop in Season at the Market

June

- Vegetables– Corn, lettuce
- Fruits– Watermelon, strawberries, cantaloupe, cherries, blueberries, peaches, apricots.

July

- Vegetables– cucumber, tomato, summer squash, corn, green beans , lettuce.
- Fruits- watermelon, strawberries, cantaloupe, blueberries, peaches, apricots, kiwi, raspberries, plums.

August

- Vegetables– cucumbers, corn, eggplant, tomatoes, summer squash, green beans, lettuce.

Click Pick

(Recommended Website)

Make healthy choices while dining out.
Searchable by geographic location.
http://www.healthydiningfinder.com/

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