

Get With It



Sponsored by the Women's Wellness and Maternity Center and the **Get With It Collaborative**

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January is National Blood Donor Month

January 1—31 is National Blood Donor Month.

To learn about blood donation opportunities, visit www.redcrossblood.org or call 1-800-GIVE-LIFE (1-800-448-3543)

Every minute of every day, someone needs blood. That blood can only come from a volunteer donor, a person like you who makes the choice to donate. **Currently only 3 out of every 100 people in America donate blood.**

From its beginning, the American Red Cross formed a community of service, of generous, strong and decent people bound by beliefs beyond themselves. Please join them in their mission to maintain a safe and stable blood supply by making your appointment to donate blood today.

Want to know if you are able to give blood? Review the donor eligibility guidelines below.

ELIGIBILITY REQUIREMENTS:

Blood Donors Must:

Be healthy*

Be at least 17 years old in most states, or 16 years old with parental consent if allowed by state law.

Weight at least 100 lbs. - additional weight requirements apply for donors 18 years old and younger and all high school donors.

***NOTE:** Healthy means that you feel well and can perform normal activities. If you have a chronic condition such as diabetes, healthy also means that you are being treated and the condition is under control.

Other aspects of each potential donor's health history are discussed as part of the donation process before any blood is collected. Each donor receives a brief examination during which temperature, pulse, blood pressure and hemoglobin (or hematocrit) are measured.

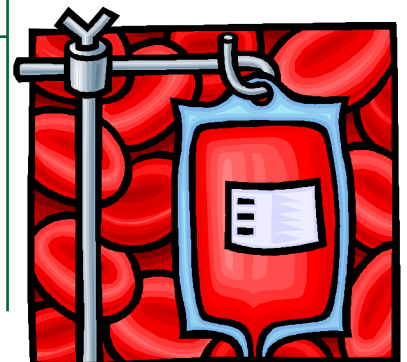
Making donations for your own use during surgery (autologous blood donation) is considered a medical procedure that requires a written prescription and the rules for eligibility are less strict than for regular volunteer dona-

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Special points of interest:

- Chair Exercise begins Jan 20 from 12:15 to 1 p.m. at GWI Studio
- Arthritis Workshop starts Jan 22 10-11 a.m. at GWI Studio.
- Tai Chi begins Jan 22 from 11—noon at GWI studio.





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Website: www.getwithitwomen.org

If you have a comment or would like to share recipes for one of our upcoming newsletters, call our office at one of the numbers above or email Debra at dlindaman@getwithitwomen.org.

January Recipe— Orange Dream

Dietitian's tip:

Whip up this frothy cooler in minutes—it tastes like an old-fashioned Creamsicle. For best results, start with ice-cold soy milk and use freshly squeezed orange juice. Creamy, custard-like silken tofu adds extra body. For additional calcium, use calcium-fortified orange juice.

Ingredients:

- 1 1/2 cups orange juice, chilled
- 1 cup light vanilla soy milk (soya milk), chilled
- 1/3 cup silken or soft tofu
- 1 tablespoon dark honey
- 1 teaspoon grated orange zest
- 1/2 teaspoon vanilla extract
- 5 ice cubes
- 4 peeled orange segments



Directions:

- 1: In a blender, combine the orange juice, soy milk, tofu, honey, orange zest, vanilla and ice cubes. Blend until smooth and frothy, about 30 seconds.
- 2: Pour into tall, chilled glasses and garnish each glass with an orange segment.

Nutritional Analysis (per serving):

Calories 105, Protein 3 g, Carbohydrate 20 g, Total fat 1 g, Saturated fat <1 gm, Mono-unsaturated fat <1 gm, Cholesterol 0 mg, Sodium 18 mg, Fiber 1 g, Potassium 249 mg, Calcium 109 mg.
Source: "The New Mayo Clinic Cookbook"

ANTIOXIDANT—CONTAINING FOODS

When it comes to boosting antioxidant intake, recent research indicates there is little benefit from taking diet supplements. A better way is eating a diet rich in antioxidant-containing foods.

Research is increasingly showing that those who eat antioxidant-rich foods reap health benefits. A supplement may contain a single type of antioxidant or even several. However, foods contain thousands of types of antioxidants, and it's not known which of these substances confer the benefits.

Some of the better food sources of antioxidants are:

- * Berries: Blueberries, blackberries, raspberries, strawberries and cranberries
- * Beans: Small red beans and kidney, pinto and black beans
- * Fruits: Many apple varieties (with peels), avocados, cherries, green and red pears, fresh or dried plums, pineapple, oranges, and kiwi
- * Vegetables: Artichokes, spinach, red cabbage, red and white potatoes (with peels), sweet potatoes and broccoli.
- * Beverages: Green tea, coffee, red wine and many fruit juices
- * Nuts: Walnuts, pistachios, pecans, hazelnuts and almonds
- * Herbs: Ground cloves, cinnamon or ginger, dried oregano leaf and turmeric powder
- * Grains: Oat-based products
- * Dessert: Dark chocolate

Though supplements containing antioxidants are generally considered safe, two recent studies have suggested that taking higher than recommended doses of supplements such as vitamin E over time may actually be harmful and possibly toxic. In contrast, many foods higher in antioxidants offer an array of health benefits, such as being high in fiber, protein and other vitamins and minerals and low in saturated fat and cholesterol.

Eating a variety of foods low in saturated fat, trans fat and cholesterol will provide a natural source of these vitamins, minerals and fiber. At this time, the scientific evidence supports a diet high in food sources of antioxidants and other heart-protecting nutrients, such as fruits, vegetables, whole grains and nuts instead of antioxidant supplements to reduce risk of cardiovascular disease, macular degeneration, Alzheimer's disease and cancer.