

Get With It

Inside this issue:

<u>Title</u>	<u>Page</u>
July's article: Multivitamin or Not!	1
July's article continued	2
July's Recipe of the Month	2

Announcements:

- **FREE** GWI workshop "Women of Wisdom" with GWI Psychologist Dr. Julia Russell. Join us for this lively chat and have fun sharing your story with other women like yourself. This FREE event will be held on Monday, July 6, 2009 from 10:00-11:00am at the Cora Veal Center in Downtown Madisonville on College Street. For more information about this event contact GWI at 1-877-420-3991.
- Join us for the **FREE** GWI Family Field Day on Saturday, July 18th from 10:00am until 1:00pm at the Lenoir City Park. This FREE event is for everyone. We will have games and snacks for the entire family.
- On Friday, July 24th join us at the GWI Studio (on College Street in Madisonville) for country line dancing. Bring your boots, your tennis shoes, and your family and friends, and join in on BootScootin' Fun!
- Upcoming Event: Yoga Retreat at Meadowbrook (TBA)

To Take a Multivitamin or Not? That is the Question!

With so many dietary supplements (such as vitamins) on the market it's not easy knowing which ones to choose. If you have ever visited a local supplement store or visited the vitamin aisle at your local grocer you will find a long line of choices. There are single vitamins and minerals sold in individual bottles, and there are multivitamins sold under different brand names. Some of these multivitamins are sold targeting people of a specific age group. Well with all of these choices how do you know just what supplement is right for you? One way you can tell if you are in need of a dietary supplement is to look at the foods you eat. Try keeping a food diary for 3 days and write down everything you eat including all of your meals and snacks that you eat. Then visit your local healthcare provider or a nutritionist to discuss your food diary and with their help you can determine what nutrients you diet might be missing.

If you are wondering whether or not to take that multivitamin, then maybe you should look at your needs...

Not meeting your nutritional needs?

⇒ Studies show that some foods have an increased benefit when eaten with other foods, such as broccoli and tomatoes. Studies show we can reap an increase health benefit from eating these foods together verses eating them as separate side dishes. It is important to always aim for a colorful plate at every meal. Select a healthy diet that contains foods from ALL of the Five Basic Food Groups to help ensure that your body is getting all of the essential nutrients. The Five Basic Food Groups include: (whole) **Grains**, (Protein sources) **Lean Meats and Legumes**, (low-fat) **Dairy**, **Fruits**, and **Vegetables**. Select foods low in salt and low in saturated and *trans* fat.

Need more energy?

⇒ Foods rich in B vitamins are important because they help to release stored energy for the body to use. Many B vitamins are needed to break down carbohydrates into sugar which also provides the body with energy. Vitamin B2 (riboflavin) is important for energy. Riboflavin can be found in food products such as milk, organ meats (such as liver, kidney and heart), almonds, mushrooms and green leafy vegetables. Vitamin B1 (thiamine) helps the body turn carbohydrates into energy. Thiamine is added to foods such as breads, cereals, pasta, whole grains (especially wheat germ), lean meats, dried beans and soybeans. Soybeans and whole grains serve as a source of riboflavin as well. B vitamins also aids in maintaining healthy skin, hair and eyes.



Get With It

116 College Street (GWI Studio)

Madisonville TN 37354

Phone: 423-420-3991

Toll Free: 1-877-420-3991

Website:

getwithitwomen.org

If you have a comment about the newsletter or would like to share a recipe, email your suggestions and comments to our Newsletter Coordinator, Erika Haire at erikah@getwithitwomen.org.

July's Recipe of the Month....Colorful Edamame Salad

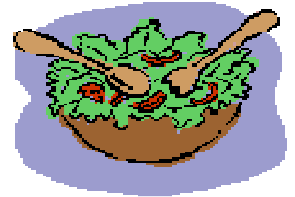
Ingredients:

2 cups cherry tomatoes
1 cup shredded carrots
4 cups romaine lettuce, washed
1-1/2 cups shelled edamame, cooked
1 cup sliced cucumber
1/2 cup chopped red onion

Directions:

1. Gather all ingredients (prep time about 15 minutes).
2. To cook edamame, bring 3 cups water to a boil.
3. Add shelled edamame and cook 4 minutes. Drain and rinse with cold running water to cool.
4. Prepare all other ingredients and combine with the edamame in a large salad bowl. If desired, toss with a low or non-fat dressing of your choice. Serves 4.

*This recipe provides an excellent source of Vitamin A and C, and excellent source of dietary fiber. It is low in sodium (salt), good source of calcium and iron.



*recipe adapted from fruitsandveggiesmatter.gov

(continued from front page)

- ⇒ Iron is also needed to help our body create energy. Women tend to lose iron because of monthly menstruation and tend to have lower intake of iron. Select iron-rich foods such as (lean and low-fat) red meat. Beware: processed meats have added sodium (salt). Look for the nutritional facts label and read the ingredients. Aim to limit your sodium intake.
- ⇒ Additionally, other B vitamins such as B6, B12 and folic acid may help boost your mood. Foods rich in folic acid include green leafy vegetables, sunflower seeds, soybeans, beets, and oranges.

If you are not getting the nutrients that your body need from the foods you eat then you may need a multivitamin. With bad food choices and busy schedules many people are not getting all of their nutritional needs, therefore taking a multivitamin may help meet those nutritional needs. Some vitamins can be unsafe depending on your health history and may cause a bad interaction with any other medications you may be taking. If you are elderly, have any health problems or taking prescription medications, talk to your doctor first!

*source: Medline Plus and the American Academy of Family Physicians

-by Erika Haire, MPH, CHES

