

TH I P HEALTH

The Health Promo



By Cara Rosenbloom, RD

Dietary fat is an essential part of our diet. But, some types of fat are better for you than others. Here's what you need to know about the omega fatty acids.

We need omega-3 fats for our bodies to function properly. We have to get omega-3s from food, since our bodies can't make them.

Here are 3 main types of omega-3 fats:

DHA and EPA from "fish such as salmon and trout (eat 2 to 3 times a week), and ALA from plant-based sources such as walnuts, flax and canola. Because there are limited sources for omega-3, many people do not get enough in their diet.

>> Adequate omega-3 intake is associated with less inflammation. Lowering inflammation is important if you have an inflammatory condition such as Crohn's, colitis, rheumatoid arthritis, gout or psoriasis. Chronic inflammation is also linked to an increased risk of cancer.

>> Omega-6 fats are also essential for good health. However, they're in many foods, so North Americans don't tend to be short on omega-6s. Food sources include: all vegetable oils (grapeseed, sunflower, corn, soybean, etc.), nuts, seeds, salad dressings, dairy, meat, whole grains and any foods made with oil.

>> Omega-9 fats are neutral or beneficial for health. They are monounsaturated fats and are plentiful in olive, canola and avocado oils.

The single most important thing you can do to improve your omega fat ratio is to switch your oils. Instead of omega-6-rich sunflower, corn or soybean oils, switch to olive, canola or avocado oils, which are higher in omega-9 fats, and use omega-3-rich flaxseed oil for salads.

• In health there is freedom.
Health is the first of all liberties. Ž

... Henri-Frederic Amiel



September is Whole Grains Month.

Ancient Grains for Modern Tables

By Cara Rosenbloom, RD



Farro, millet, quinoa and sorghum are all *ancient grains*, which is the name for cereal crops that have been largely unchanged in the past several hundred years.

These grains are a good source of fiber, which may help reduce the risk of heart disease and cancer. They also contain antioxidants that may help protect against chronic diseases.

September is Prostate Cancer Awareness Month.

Q: Prostate cancer risks?

A: Cancer of the prostate is the most common cancer in U.S. men, and the third leading cause of cancer death. It occurs in the walnut-shaped prostate gland beneath the bladder in men. Older age ranks as the No. 1 risk factor; all men older than 50 are at increased risk for developing prostate cancer. A family history of prostate or breast cancer also elevates the risk.

Several other factors may contribute to prostate cancer. For unknown reasons, the cancer starts earlier and occurs more frequently in African-American men. Research also has linked a diet high in fat and low in vegetables to prostate cancer and excess weight to more aggressive disease.

Best ways to reduce risk: Eat plenty of vegetables and fruits, lose excess weight and get moderate exercise most days of the week. Ask your health care provider about screening for prostate cancer.

By Beth Smoots, MD



Smart Moves toolkit is at www.personalbest.com/extras/17V9tools.