

# HEALTH NEWS

December, 2002, Vol. 2 OAKWOOD CHIROPRACTIC Dr. R. L. DaSo

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**Did You Know???**

**American Food:**

It has been no secret that the standard American diet (SAD) is less than optimal. Unfortunately, many countries are starting to pick up some of our bad habits. The U. S. Department of Agriculture keeps statistics on the amount of food sold in this country each year. The following numbers are estimates per person per year:

**Sweetened Beverages (includes soda and sweetened fruit drinks)**

1970: 25 gallons  
1997: 61 gallons

*(continued next column)*

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**Fruit Juice**

1970: 5 ½ gallons

1997: 9 ½ gallons

**Coffee**

1970: 34 gallons

1997: 24 gallons

**Sugars (including table sugar, high fructose corn syrup, dextrose and honey)**

1970: 121 pounds

1997: 154 pounds

**Flour (white, wheat)**

1970: 104 pounds

1997: 138 pounds

**Flour (pasta)**

1970: 6 pounds

1997: 13 pounds

**Rice**

1970: 6 pounds

1997: 20 pounds

**Salad and Cooking Oil**

1970: 15 pounds

1997: 28 pounds

**Shortening**

1970: 17 pounds

1997: 21 pounds

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**Recent Events in the News**

*Journal of the American Medical Association (JAMA) publishes article that recommends supplementation with a multivitamin.*

While it is probably safe to say that 100% of the readers of this publication understand the importance of supplementing the diet with additional nutrients in the form of a multivitamin, the traditional medical community has been very slow at realizing the need for and making the recommendation to take a multivitamin. It has generally been the position of the traditional medical community that supplemental vitamins are unnecessary and that we can obtain all the nutrients we need from a healthful diet. While we

have never agreed with such a position, it has taken quite some time for others to begin to see the credence of our position. In the June 19, 2002 issue of JAMA, Drs. Fletcher and Fairfield make the case for multivitamin supplementation in the general public. These authors note that, "the high prevalence of suboptimal vitamin levels implies that the usual US diet provides an insufficient amount of these vitamins." This realization is a large departure from the "party line." The authors go as far as recommending, "...that all adults take one multivitamin daily. This practice is justified mainly by the known and suspected benefits of supplemental folate and vitamins B<sub>12</sub>, B<sub>6</sub>, and D in preventing cardiovascular disease, cancer, and osteoporosis and because multivitamins at that dose are safe and inexpensive." Unfortunately, these authors stop at recommending only one multivitamin a day and foil short of realizing the benefits of higher dose supplementation. Hopefully the traditional medical community will continue to recognize the benefits of nutrition beyond what can be obtained in a healthful diet.

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**Continuing Scientific Support for Antioxidants**

*Researcher reports link between plasma vitamin E concentration and carotid atherosclerosis*

A study published in the September 2002 issue of the American Journal of Clinical Nutrition examined the link between carotid artery plaques and the intake and plasma

concentrations of vitamin E in 310 women from Italy. Interestingly, the occurrence of carotid plaque as measured by ultrasound was inversely correlated with increasing intake of vitamin E. Even after vitamin E levels were adjusted for plasma cholesterol, a significant inverse association was found between higher intake of vitamin E from the diet and the percent of individuals with carotid plaque. The risk for carotid plaques in those with a diet low in vitamin E was particularly strong in postmenopausal women. This study is significant as it is the first study to measure both dietary intake of vitamin E as well as plasma levels and correlate those values with carotid plaques. We should remember that dietary vitamin E does not consist only of alpha-tocopherol, but also contains the other tocopherols including beta, delta, and gamma.

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**New Recommendations for Healthy Eating**

The National Academy of Sciences' Institute of Medicine (IOM) has issued a report with new Dietary Reference Intakes (DRIs) for macronutrients. The full report, "Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids (Macronutrients)" gives new recommendations for healthy eating. While everyone has different philosophies and practices regarding what they consider to be a healthful diet, it is interesting to keep up with what the Institute of Medicine is reporting. Earlier guidelines recommended that adults get 50% or more total calories from carbohydrates, 30 percent or fewer total calories from fat and 10-35% from protein. The new guidelines now recommend 45-

65% percent of total calories from carbohydrates, 20-35% of total calories from fat and the protein recommendation remains unchanged.

	Old Recommend	New Recommend
Carbo-hydrates	50% or more total calories	45-65% of total calories
Fat	30% or fewer total calories	20-35% of total calories
Protein	10-35% total calories	10-35% of total calories (unchanged)

Ranges for protein, carbohydrates and fat were established to help people make healthier choices in diet and activity, since unbalanced diets (high-fat, high-carbohydrate, etc.) can cause serious health problems, including obesity, as well as an imbalance in the ratio of HDL (high density lipoprotein, "good" cholesterol) and LDL (low density lipoprotein, "bad" cholesterol).

Exercise plays a great role in healthy living as well. Previously, it was recommended that people get at least 30 minutes of moderate exercise (such as brisk walking, swimming, or cycling) every day. Currently, it is now recommended that adults get at least one hour of moderate exercise a day to maintain a healthy weight and proper cardiovascular fitness.

The report gave additional recommendations:

- Intake of carbohydrates equal to at least 130 g/day for adults and children. This recommendation is based on the minimum amount of carbohydrate needed to produce sufficient glucose for the brain to function properly. The report also recommends that added sugars (found in soft drinks, pastries, cookies, candy, and other foods) comprise no

more than 25 percent of total calories.

- Consumption of as little saturated and *trans* fat as possible. Both saturated fatty acids and *trans* fatty acids increase risk of heart disease by raising serum DL-cholesterol levels. They are not essential and provide no known health benefit. Saturated Fat can be found in whole milk, meat, butter and other products. Trans fat is found in margarine, cookies, crackers and fast food, and is listed on the label as partially hydrogenated oils.

- Both women and men should still have a protein intake of 0.8 g/kilogram body weight/day. For the first time, the report also makes recommendations for intake of all nine essential amino acids found in dietary protein.

- Fiber should be consumed every day. For adults under 50, males and females require 38 and 25 grams of total fiber, respectively. For adults over 50, males and females require 30 and 21 grams of total fiber, respectively. The report also provides a definition of fiber, noting the existing lack of a uniform definition of fiber for regulatory purposes. "Total fibers is defined as the sum of "dietary fiber" and "functional fiber." "Dietary fiber" is the edible, non-digestible component of carbohydrates and lignin naturally found in plant foods. "Functional fiber" is fiber that has been shown to have similar health benefits to dietary fiber but which are isolated or extracted from natural sources or are synthetic (e.g., pectin extracted from citrus peel).

*For additional information, The National Academies website is: [www.nationalacademies.org](http://www.nationalacademies.org).*

## ***Product Spotlight***

### ***“Vi-Min Caps” Daily Multiple***

A unique multiple vitamin and mineral blend in capsule form. Capsules offer a more efficient absorption rate over the typical tablet form. Vi-Min Caps were developed to be taken in a morning and evening dose (2 capsules per day) for balanced absorption throughout the day. Vi-Min Caps are high in all the B vitamins, vitamin A, Beta Carotene, Folic Acid and an array of other essential and important vitamins, minerals and nutrients.

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STAFF FOR ASSISTANCE IN THIS MATTER...

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**HAVE A VERY MERRY CHRISTMAS AND A  
HAPPY AND SAFE NEW YEAR !  
MAY THERE BE PEACE ON EARTH !**