



Well-Being Walkabout

NEPAL

Quest For The Summit



Mount Everest

WEEK 2 – Healthy Food Choices

Make Healthy Food Choices

A good diet coupled with regular exercise is the essence of a healthy lifestyle. In addition to increasing your steps each day, make healthy food choices. The following are recommendations from www.americanheart.org.

Know and Limit Your Fats

Unsaturated fats do not contribute to your cholesterol level the way saturated and trans fats do, but you should still consume them in limited amounts.

Cut Back on Foods Containing Partially Hydrogenated Vegetable Oils

- Use liquid vegetable oils and soft margarines in place of hard margarines or shortening.
- Limit cakes, cookies, crackers, pastries, pies, muffins, doughnuts, and French fries made with partially hydrogenated or saturated fats.

Select Fat-free, One-percent, or Low-fat Dairy Products

- Minimize your daily intake of whole-fat dairy products such as butter and whole milk or 2 percent full-fat dairy products (yogurt, cheeses).
- If you drink whole or 2 percent milk or use full-fat dairy products, gradually switch to fat-free, low-fat, or reduced fat dairy products.
- Look for fat-free or low-fat cottage cheese, part-skim milk mozzarella, ricotta and other fat-free or low-fat cheeses.
- Eat at Least Two Servings of Fish Each Week
- Fish can be fatty or lean, but is still low in saturated fat. Recent research shows that eating oily fish containing omega-3 fatty acids (for example salmon, trout and herring) may help lower your risk of death from
- Coronary artery disease.
- Prepare fish baked, broiled, grilled, or boiled rather than breaded and fried.

Cholesterol, Fiber, and Oat Bran

Fiber is classified as “soluble” or “insoluble.” When regularly eaten as part of a diet low in saturated fat and cholesterol, soluble fiber has been shown to help lower cholesterol and may also help reduce the risk of diabetes and colon and rectal cancer. The American Heart Association recommends that you eat at least 25-30 grams of dietary fiber, in both soluble and insoluble forms, every day. The more calories you require to meet your daily needs, the more dietary fiber you need. Try to eat at least 14 grams of fiber per 1,000 calories you consume.

Here are some tips to help you add more fiber to your diet:

- Foods high in soluble fiber include oat bran, oatmeal, beans, rice bran, barley, citrus fruits,
- Strawberries, and apple pulp.
- Foods high in insoluble fiber include whole wheat breads and cereals, wheat bran, cabbage, beets, carrots, Brussels sprouts, cauliflower, and apple skin.

Read Labels for a Healthy Heart

Make reading food labels a habit. This will help you choose foods more wisely. Many foods have saturated fat or trans fat that can raise your cholesterol. Some may be high in sodium, which can increase blood pressure in some people. Also, watch for these key terms and know what they mean.

- “Free” has the least amount of a nutrient.

- “Very Low” and “Low” have a little more.
- “Reduced” or “Less” always means the food has 25 percent less of that nutrient than the reference (or standard) version of the food.

Choose Lean Meats and Poultry

Whenever possible, choose lean meats and poultry without skin, and prepare them without added saturated and trans fat. Most meats have the same amount of cholesterol, roughly 70 milligrams in each three-ounce cooked service (about the size of a deck of cards). The American Health Association recommends eating no more than six ounces of cooked lean meat, poultry, fish, or seafood a day.

- The leanest beef cuts usually include sirloin, chuck, loin, and round. Choose “choice” or “select” grades rather than “prime.” Select lean or extra lean ground meats.
- Lean pork cuts include tenderloin or loin chops.
- The leanest lamb cuts are from the leg, arm, and loin. o Remove visible fat from meat and poultry before cooking. o Remove skin from poultry before eating.
- Choose white meat more often when eating poultry.
- Duck and goose are higher in fat than chicken and turkey.
- Grill, bake, or broil meats and poultry.
- Organ meats—such as liver, sweetbread, kidneys and brains—are very high in cholesterol.
- Cut back on processed meats that are high in saturated fats and sodium.
- Cut Back on Beverages and Foods with Added Sugar

Sugar Intake

Many snacks and beverages have added sugars. Cut back on added sugars to lower your totally calorie intake and help control your weight. These foods also tend to be low in vitamins and minerals, and the calories add up quickly. Drinking calorie-containing beverages may not make you feel full. This could tempt you to drink more than you need and gain weight.

- Examples of added sugars are sucrose, glucose, fructose, maltose, dextrose, corn syrups, high fructose corn syrup, concentrated fruit juice, and honey.
- Read the ingredient list. Choose items that do not have added sugar as the first four listed ingredients.

Choose and Prepare Foods with Little or No Salt

Foods low in salt lower your risk for high blood pressure and may help you control it. Aim to consume less than 2,300mg of salt or sodium per day. Some people— including African Americans, middle-aged and older adults, and people with high blood pressure—should have less than 1,500mg per day.

- Compare the sodium content of similar products (for example, different brands of tomato sauce) and choose the products with less sodium.
- Choose frozen foods, soups, cereals, baked goods and other processed foods that are labeled “reduced-sodium.”
- Limit high-sodium condiments and foods such as soy sauce, steak sauce, Worcestershire sauce, flavored seasoning salts, pickles, and olives.
- Replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest, or hot chilies to add flavor.
- Try rinsing certain foods, such as canned tuna and salmon, feta cheese, and capers to remove some of the sodium.

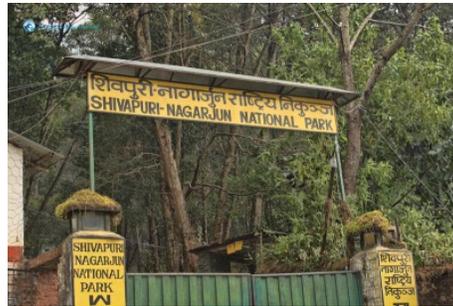


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Shivapuri National Park

Ninth national park in Nepal and was established in 2002. It is located in the country's mid-hills on the northern fringe of the Kathmandu Valley and named after Shivapuri Peak of 2,732 m (8,963 ft) altitude. It covers an area of 159 km² (61 sq mi) in the districts of Kathmandu, Nuwakot and Sindhupalchowk, adjoining 23 Village Development Committees. The area has always been an important water catchment area, supplying the Kathmandu Valley with several hundred thousands cubic liter of water daily. In 1976, the area was established as a protected watershed and wildlife reserve. The park includes some historical and religious sites, and a popular hiking route for local people and tourists. Shivpuri is described in the Skanda Purana's Nepalmahatmya as "auspicious place of Lord Shiva, filled with Shivalingams



Kopan Monastery

Kopan Monastery is a Tibetan Buddhist monastery near Boudhanath, on the outskirts of Kathmandu, Nepal. It is a member of the Foundation for the Preservation of the Mahayana Tradition, an international network of Gelugpa dharma centers, and once served as its headquarters. The monastery was established by the FPMT's founders, Lamas Thubten Yeshe and Thubten Zopa Rinpoche, who bought the property from Nepal's royal astrologer in 1969. Its name comes from the name of the hill on which it was built. Kopan has become especially famous for teaching Buddhism to visiting Western foreigners. The first of what would become annual month-long (November–December) meditation courses was held in 1971. These courses generally combine traditional Lam Rim teachings with informal discussion, several periods of guided meditation, and a vegetarian diet.



Boudhanath

The Buddhist stupa of Boudha Stupa dominates the skyline; it is one of the largest stupas in the world. The influx of large populations of refugees from Tibet has seen the construction of over 50 gompas (Tibetan convent) around Boudha. As of 1979, Boudha Stupa is a UNESCO World Heritage Site. Along with Swayambhu, it is one of the most popular tourist sites in the Kathmandu area. The Stupa is on the ancient trade route from Tibet which enters the Kathmandu Valley by the village of Sankhu in the northeast corner, passes by Boudha Stupa to the ancient and smaller stupa of Chā-bahī named Charumati Stupa (often called "Little Boudhanath"). It then turns directly south, heading over the Bagmati River to Lalitpur. Tibetan merchants have rested and offered prayers here for many centuries. The Stupa is said to entomb the remains of Kassapa Buddha.

