

# Health Journal Sept 2011

Celebration



The seats are now FULL!

Thank you for all your support!

## 10th ANNIVERSARY DINNER

Saturday, 29th October

6:30pm, Conrad Hotel

Dress code: Formal Attire

September 2010, you did the first challenge, Chest. Since then, you fought through all the challenges in sweat & pain. Here we are now, ONE year later, the Fitness Idol Contest is finally completed! We would like to say a huge THANK YOU to every participants! Your determination, effort & results were truly AMAZING!! The final results and trophy will be presented in the 10th Anniversary Celebration...get ready for this!!

## Good food for a Healthy Prostate

The prostate gland plays an important role in male reproductive system. Conditions that may affect the prostate include prostatitis, benign prostatic hyperplasia (BPH), enlarged prostate and prostate cancer.

A nutritious diet that promotes a healthy body weight can enhance the prostate health and help in prevent prostate related diseases.

### Colorful Fruits

The nutrients that give fruit their colors also provide potent antioxidant, or disease-fighting, benefits. According to the National Institutes of Health, increasing vegetable and fruit intake may lower the risk. Hence fiber-rich, relatively low-calorie foods, whole fruits may also enhance digestive function, appetite control and weight management.

#### Fruits rich in antioxidants:

- Berries
- Cherries
- Oranges
- Grapefruit
- Papaya
- Cantaloupe
- Kiwi
- Plums
- Red grapes
- Watermelon

### Vegetable

Vegetables, like fruits, supply rich amounts of antioxidants that help our body protect itself from infections and disease. Non-starchy vegetables, such as leafy greens, broccoli and bell peppers are some of the most nutrient-rich, yet low-calorie foods, therefore consuming ample amounts can still maintain or lose body weight.

#### Vegetables high in antioxidants:

- Red bell peppers
- Spinach
- Kale
- Broccoli
- Brussels sprouts
- Carrots
- Tomatoes
- Winter squash
- Sweet potatoes



### Whole Grains and Bran

Since whole grains contain all nutritious components of the original grain plant, they provide more fiber, nutrients and protein than refined grains. Bran is a particularly fiber-rich part of whole grains.

Whole grains also promote positive heart-health, digestive function and appetite control. For the ultimate benefits, consume 100% whole grain breads, pasta, cereals and brown rice in place of enriched wheat or white flour products. To incorporate bran into our diet, sprinkle powdered bran over cereals, mix bran into baked goods and/or consume bran-based foods, such as low-fat bran muffins and bran flakes.



### Lean Protein Sources

Protein supplies amino acids, which are the building blocks of lean tissue. However, protein sources are also often high in saturated fat, such as fatty red meat, processed meats and whole milk, may hinder prostate health and increase our risk for disease, particularly when consumed in excess. For rich protein source, the options are skinless white-meat poultry, egg whites, low-fat milk and yogurt, beans, lentils and fish. Fish, such as salmon, tuna, herring, halibut and sardines, provide omega-3 fatty acids that may help prevent or reduce inflammation associated with prostate conditions. When preparing protein-rich foods, use low-fat cooking techniques, such as baking and broiling, most often.



## Good food to Prevent Constipation

The American Dietetic Association (ADA) recommends consumption of 20-35g of fiber a day. In order for a high-fiber eating plan to work its magic, the following three key points are important.

- Reach the higher-fiber target (of 20-35g of fiber a day) almost every day.
- Spread the high-fiber foods throughout the day so it works better on your bowels.
- Drink plenty of water and other non caffeinated, noncaloric beverages throughout the day as well. Fiber works better in the intestines if there is plenty of water to go with it.

### Foods rich in fiber

- Unprocessed wheat bran
- Unrefined breakfast cereals
- Whole-grain bread and brown rice
- Fresh fruits
- Dried fruits (such as prunes, apricots and figs)
- Vegetables
- Beans (such as navy, kidney and pinto beans)



### Fruits

Many fruits are an excellent source of dietary fiber, along with a whole host of other nutritional benefits. People with constipation irritable bowel syndrome (IBS-C) report that eating fruits that have been cooked, stewed or dried is less irritating to their intestinal system.

#### Here are some good choices:

- Apricots
- Figs
- Papaya
- Peaches
- Pears
- Pineapple
- Prunes



### Vegetables and Legumes

Vegetables are also a wonderful source of many important nutrients in addition to providing a healthy dose of dietary fiber. As is the case with fruits, you may find that your body responds in a more comfortable way to cooked rather than raw vegetables.

- **Beans:** Canella, garbanzo, kidney, navy and pinto.
- **Greens:** Chard, kale and spinach.
- **Vegetables:** Artichoke hearts, asparagus, broccoli, Brussels sprouts, cabbage, carrots, green beans, peas and squash.



### Whole Grains

Be aware Multi or refined-grained are actually poor sources of whole grains.

Another caution should be applied to whole wheat products that contain bran. For some people, bran is irritating to the digestive system. You should carefully assess your body's ability to tolerate bran before using it as a source of dietary fiber.



#### Here are some examples of whole grains that may help to ease constipation:

- High fiber breakfast cereals (look for at least 8 grams of fiber per serving).
- Whole grain breads
- Brown rice
- Barley
- Millet



### Flaxseed

Flaxseed are the tiny, golden seeds from the flax plant. There is research to support that incorporating ground flaxseed into our diet can ease constipation, bloating and abdominal pain. Flaxseed also serves as an excellent source of omega-3 fatty acids, as well as of other important vitamins, minerals and phytoestrogens.