

Crestwood Behavioral Health, Inc.

Nutrition and Wellness

News



ISSUE 18



JULY 2018

Coffee and Cancer?!

INSIDE THIS ISSUE

*Teaching
Your Kids to
Cook* 2

*Dancing and
Brain Health* 3

*7-Minute
Workout
Update* 3

*Classic
Tomato
Sauce* 4



A judge in California recently ruled that coffee sellers must post a warning in their shops and on some of their products that coffee contains a known carcinogen, acrylamide. You may have already seen signs posted in coffee shops like Starbucks warning of the potential cancer risk in consuming coffee. So, is there a health risk in consuming coffee that has recently been discovered? What are these warnings about?

California's *Safe Drinking Water and Toxic Enforcement Act of 1986* requires businesses to warn customers if they could be exposed to any of 900 known carcinogens. Acrylamide is a chemical produced in the coffee roasting process, and in high doses, it has been linked to cancer in lab animals. It is found in small amounts in many fried and roasted foods, including French fries, potato chips, and even toasted bread. However, there have been no studies linking acrylamide to cancer in humans, and many scientists are objecting to the new warning labels, given the well-supported evidence that the health benefits of coffee probably far outweigh any potential risks.

In fact, even scientists from the American Institute of Cancer Research have called the ruling on the warning labels unfortunate, given the evidence that coffee may actually be protective against some cancers, such as endometrial and liver cancer.

There is also evidence that coffee can help reduce inflammation, improve insulin control, and improve mood. Coffee has been linked to lower risks of heart disease, diabetes, and suicide.

Researchers from the Harvard School of Public Health have criticized the ruling in part because the warnings appear similar to those that appear on tobacco, which has been shown overwhelmingly to have deleterious health effects. These warnings may cause consumers to equate the two, when coffee has been shown to have health benefits.

Coffee is a complex brew—pun intended—of many different compounds, and reducing it to one compound obscures the whole picture and confuses the public. Since the evidence almost overwhelmingly suggests that coffee is good for you, continue to enjoy your coffee, just don't pour in too much sugar and cream!



Teaching Your Kids to Cook

A recent study suggests that adolescents with good cooking skills have better nutrition and eating habits later in life. Researchers looked at a large population, over a period of ten years. Participants were asked to rate the adequacy of their cooking skills at the beginning of the study. Later, they were asked how often they cooked a meal that included vegetables, how often they ate a meal as a family, and how often they ate fast food.

The better the young people felt they were at cooking, the more likely they were later in life to cook meals with vegetables, eat together as a family, and eat less fast food.

Unfortunately, most kids don't learn cooking skills in school anymore, and many families don't have a lot of time in the evenings to spend time on food preparation. But clearly, teaching kids to cook can give them the skills they need to prepare healthier meals for themselves and their families later in life.

Here are a few tips to start including your kids in cooking:

Give them age-appropriate tasks.

Small children may only be able to do simple tasks, like mixing ingredients in a bowl, rinsing vegetables at the kitchen sink, or setting silverware and napkins out on the table. Later, they may be able to use a can opener, shuck corn and snap green beans, and crack eggs. Older kids can start to chop vegetables, oversee things as they cook on the stovetop, and learn to use potholders to remove things from the oven. Older teens can plan,



shop, and prepare entire meals on their own.

Teach them hygiene and food safety.

Teach kids to wash hands before they begin to cook, to pull long hair back, and how to be safe in the kitchen.

Older kids can learn about cooking foods to proper temperatures, keeping foods like raw meat and poultry separate from other foods, and proper food storage.

Give them a say in what you're cooking.

Everyone likes to have choices, and letting kids, especially picky ones, have some say in what you're cooking can make them more open to trying new foods. Letting picky eaters see what goes into a recipe also removes some of the mystery, which might make them more comfortable trying it. Give them a few reasonable options and let them choose what to make.



Have fun!

Cooking can be relaxing and fun to do together. Enjoy the quality time, and then sit down to do another activity that research has shown is great for kids...eat together!

Dancing and Brain Health



Everyone knows that exercise is good for the body. Regular exercise reduces the risk of developing heart disease, diabetes, and many types of cancers. It helps maintain a healthy weight, reduces the risk of depression, and can make you look and feel better.

Many studies have also shown that exercise is good for the brain. Regular exercise improves memory and thinking skills and can help stave off dementia.

What kind of exercise is best? Probably any aerobic exercise done for an extended period of time will work. In one study, participants walked briskly for one hour, twice a week. Breaking the exercise up into shorter periods of time more times a week, or exercising more vigorously would also be effective.

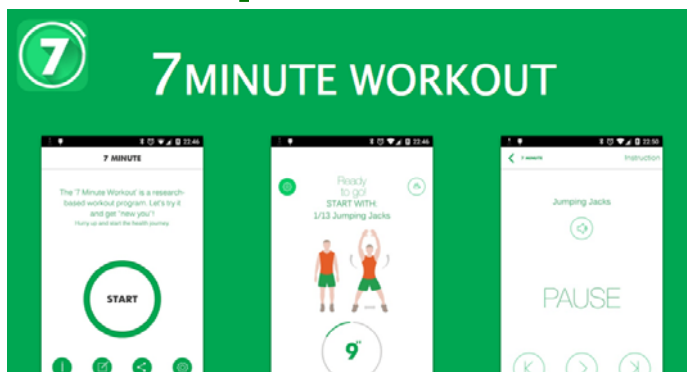
One interesting study showed that dance, especially social dance, in which people coordinate with others and learn new choreography, can actually improve the health of the white matter in the brain, which affects cognitive speed and processing. Compared to stretching and walking, dancing seemed to have more of an effect on brain health. Although the study focused on line dancing, the results suggest that Zumba may be similarly effective. Researchers think something about learning new choreography and being social resulted in greater benefits than the other forms of exercise studied.

We have Zumba instructors and Zumba classes at almost every single Crestwood facility, so encourage your clients to attend the classes, and join in as well!

7-Minute Workout Update

About four years ago, exercise researchers designed the 7-Minute Workout. The workout is meant to pack the biggest punch in a brief amount of time by targeting different muscle groups in a specific order, similar to circuit training. Since then, multiple apps have been created and the 7-Minute Workout has become incredibly popular. However, over the years, it has also become apparent that for many people, the workout is very difficult, if not undoable. For older people, people with specific injuries, or for those starting the workout while overweight, some of the exercises can be very challenging. So, the original creators have come up with multiple variations of the workout, and some pointers on how to modify it yourself.

Many of the 7-Minute Workout apps now have variations available, such as workouts designed for first-time users, older exercisers, and more advanced workouts for athletes. And individuals can modify the workout themselves, as long as they follow a few basic guidelines. The idea is to workout muscle groups intensely for 30 seconds, then rest for 5 seconds. Four areas are targeted in order: cardio, lower body, upper body, and core. Each muscle group is used 3 times. And the exercises should be done at an intense enough level that they are challenging, but not painful. Exercises can be modified or substituted, as long as you are using the same mus-



cle group. For example, if push-ups are too challenging, kneeling or wall push-ups can be substituted. If jumping jacks are too jarring on your joints, you could march in place. If the plank is too hard, try the kneeling plank. Pick your cardio, upper body, lower body, and core exercises, and do them, in order, for 30 seconds each, with 5 second breaks in between. Then repeat 3 times, and you have your own, individually tailored 7-Minute Workout.

So, if you've tried the 7-Minute Workout and thought it was too challenging to keep up, try one of these new variations or modify it yourself. It is still a great way to get an intense workout in a very small amount of time.

Classic Tomato Sauce

Marcella Hazan was an Italian food writer and cook who was considered an expert in Italian cuisine. Her recipe for tomato sauce is incredibly simple, just three ingredients. It is made with butter, which gives it a rich, decadent touch, but can also be made with olive or other oil. This recipe calls for canned tomatoes, but you can also cook down fresh garden tomatoes when they are in season, like they are right now!

2 cups tomatoes and their juices, like San Marzano
5 tbsp butter
1 whole onion, peeled and cut in half

Combine all ingredients in a pot and bring to a simmer. Let simmer uncovered for about 45 minutes, stirring occasionally. Add salt to taste. Discard onion halves before tossing with 1 pound of cooked pasta.



"Food is everything we are. It's an extension of your personal history, your province, your region, your tribe, your grandma."

-Anthony Bourdain

Any Nutrition and Wellness News Questions?

Contact Margaret M. Clayton, M.S.at:
mclayton@cbhi.net