

October 5, 2018

### Facts on Fat (part 2 of 4)

What's with the healthy fats? Why make the distinction between "healthy" fats and other fats? All dietary fats are composed of a mix of 3 different fatty acids (FA): polyunsaturated FA, monounsaturated FA, and saturated FA. Each of these fats are found in varied proportions in our diet. The distinction between these three FA is based on the structural differences in their chemical composition. Monounsaturated FA are good to reduce bad cholesterol, provide nutrients to cells, and contribute vitamin E to the diet. These fats are most abundant in avocados, olives and nuts. Polyunsaturated FA are omega-3 and omega-6 fatty acids. Both omega 3-and omega-6 are critical for our health, and these FA can only be obtained from food. Omega-6 FA trigger inflammation in our bodies, which is a good thing when we need our immune system to attack foreign invaders, or when we cut ourselves and need our blood to clot to begin the healing process. If we eat omega-6 FA in excess, this may cause excess inflammation in our bodies. Foods that contain higher levels of omega-6 include: vegetable oils, baked goods, grains, and poultry. Omega-3 FA reduce inflammation, helping to keep the body balanced. Foods that contain higher levels of omega-3 include cold-water fish (e.g. salmon), grass fed beef, flaxseeds, and walnuts. In recent years, an extensive amount of research has revealed the balance between omega-6 and omega-3 FA that is optimal for our health is a ratio of 3 omega-6 FA to 1 omega-3 FA (3:1). Unfortunately, with our Westernized diet, the average American's ratio is somewhere around 10-40 omega-6 to 1 omega-3 (10-40:1) thus causing more inflammation than necessary in the body. So focus on getting some healthy monounsaturated and polyunsaturated omega-3 fatty acids in your diet! Next week we will discuss saturated and trans fats.

## Texas DPS Fitness Wellness Unit

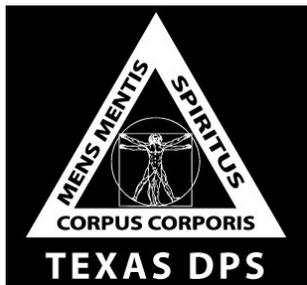
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### Facts on Fat (part 3 of 4)

For decades, we have been told that saturated fat is a dangerous substance capable of raising our cholesterol, clogging our arteries, and sending us to an early grave; however, recent studies suggest that saturated fats are not as damaging as originally perceived. Studies are showing that the link between saturated fat and heart disease is actually weak or non-existent. Does this mean we can eat all we want?? Are high-intakes of saturated fat safe, much less beneficial? Recent literature indicates that saturated fats negatively impact our gut microbiome. Further, it appears there is a genetic component to saturated fat absorption as some people react to high saturated fat diets with skyrocketing LDL cholesterol; whereas, others seem to be just fine. Although saturated fats are not the dangerous fat it was once thought to be, these fats can still cause damage to our bodies if eaten in excess. Nutrient rich foods that contain saturated fat should not be avoided, but we shouldn't be going overboard on saturated fats either. There are two types of trans fats, naturally-occurring (dairy and meat products) and man-made. The man-made trans fats are the ones we have to watch out for. The primary dietary source of man-made trans fats are partially hydrogenated oils (PHOs). The FDA has gathered enough data to determine that PHOs are not generally recognized as safe and removing PHOs from processed foods could prevent thousands of heart attacks and deaths each year. As of June 18, 2018, manufacturers cannot add PHOs to foods, but it may take food manufacturers up to January 1, 2020 to come into compliance. Watch out for the trans fats and PHOs!!





## Texas DPS Fitness Wellness Unit

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### Facts on Fat (part 4 of 4)

#### How Hard is it to Lose 1 lb of Fat? And 5 Quick Tips to Make it Happen

Fat can seem difficult to lose. Yet with some dedication and understanding of fat, fat loss can be successfully accomplished. One pound of body fat equals 3500 calories. Each calorie is a unit of energy. This means we are storing 3500 extra units of energy for each pound. So it is going to take some dedication and effort to rid the body of some of the excess body fat being carried.

5 quick tips to help you get rid of all those calories within each pound of fat include:

- 1: **Reduce liquid calories.** Sugary drinks do not offer valuable nutrition and typically contribute to additional stored calories. While often less calories in diet drinks, research on the artificial sweeteners in many varieties have been shown to increase hunger levels causing increased calorie consumption. Switching out sugary or diet drinks with water can significantly reduce daily caloric intake.
- 2: **Get ample sleep.** Recommendations include 7-9 hours per night for adults. Sufficient sleep is important to allow time for your body to recover and burn fat.
- 3: **Make time to move and/or exercise every day.** The Fitness Wellness unit posts a workout every day, to view it go [here](#).
- 4: **Eat more veggies.** Add a fist full of veggies to every meal to make the meal more nutrient dense without adding significant calories.
- 5: **Focus on fiber intake.** The average American eats half the recommended amount of fiber. Inadequate fiber can cause a cascade of issues in the human body, weight gain being one of them. Aim for 25-35g of fiber per day.

While fat can seem difficult to lose, sticking to these 5 quick tips can make it a little bit easier to lose.

October 26, 2018

#### The Impact of Sitting & Solutions to Decrease Your Risk

You would suspect that those who sit almost all day and don't exercise would have the highest mortality rates. Yet, what about those who exercise?

Research (Katzmarzyk et al., 2009) investigating the activities of 17,000 individuals over 12 years indicate that exercise provides a protective value compared to those who do not exercise. However, within both exercisers and non-exercisers, as sitting time increases, all-cause death rates also increase.

Bottom line, you could be at increased risk, due to sitting even if you exercise on a regular basis.

Good news is that there are some simple ways to add activity throughout the day and reduce extended periods of sedentary activity. A few simple ideas include:

- Set a recurring electronic reminder to move 5 minutes of each hour if at a desk or in a car
- Create a routine of getting out of the car at specific locations during your shift
- Track number of steps per day with your phone, smart watch, pedometer (step counter), etc
- After your shift and on non-work days, get active and reduce the amount of time sitting
- Conduct stand up meetings, roll call, and debriefings
- If in a car most of the day, get out of your car to talk to people
- Park farther away
- Go inside a store, pharmacy, bank, dry cleaners, etc versus using the drive thru
- Send documents to a printer farther away from you
- Take the stairs instead of an elevator or escalator

As you increase activity throughout your day, stay tuned to the next tip on movements to help combat the common imbalances caused by increased sitting time such as tight hip flexors, low back pain, rounded shoulders, and more.

Katzmarzyk, P.T., Church, T.S., Craig, C.L., & Bouchard, C. (2009). Sitting time and Mortality from All Causes, Cardiovascular Disease, and Cancer. *MSSE*, 41(5), 998-1005.

