

## Exercise Your Right to Fight Disease



(HealthDay News) -- Research consistently tells you just how important exercise is for health. It can help head off heart disease, stroke, diabetes and many types of cancer, including breast and colon cancers.

A report published in the New England Journal of Medicine found that **another important prevention factor** for an even wider group of cancers is having a body mass index (BMI) below 25. BMI is a measure of body fat that takes into account a person's height and weight. A low BMI means you have less fat on your body.

The report also showed that health risks can be up to 50 percent higher if you're overweight (with a BMI between 25 and 29.9) -- and up to **80 percent higher** if you're obese (with a BMI of 30 and over).

Indeed, a high BMI may be to blame for **nearly 4 percent of all cancer cases**, according to another study, published in The Lancet Oncology.

There's no doubt that diet and exercise work together to lower BMI. Besides cutting calories, to lose weight you

need at least 30 minutes of moderate physical activity most days of the week, and 60 to 90 minutes a day to maintain a loss.

**But don't stop there.** Other research has found that the more exercise you do, the more you can reduce your risk for many diseases. Indeed, people whose physical activity levels were several times higher than the recommended minimum had the greatest reductions in risk.

Of course, it's hard for everyday Americans to spend hours a day working out unless you have a treadmill workstation on the job, for instance. But try to take a few three- to five-minute exercise breaks throughout the day, and look for opportunities for more activity on the weekends, from family hikes to ski and camping trips.

**More information:** The U.S. National Heart, Lung, and Blood Institute has ideas about how to move more to achieve these health benefits.

<https://www.nhlbi.nih.gov/health/educational/wecan/get-active/activity-plan.htm>

— Len Canter

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# High-Protein Snacks That Satisfy

(HealthDay News) – Does your typical afternoon snack leave you feeling unsatisfied and reaching for more? If your pick-me-up is a bag of salty chips or a chocolate bar, a **better (and healthier) way to go is with a high-protein choice**, according to research published in The Journal of Nutrition.



Snacks can make or break your diet. They can be a bridge from one meal to the next, keeping hunger in check and keeping you from overeating at meals. But if you're not careful, they can add unwanted and even excessive calories to your daily total.

Studies show that people of normal-weight tend to choose healthy snacks, like protein, fruit or whole grains, while overweight people tend to choose snacks high in fat and sugar, often compounding their weight woes.

The study, which involved teens, found that surprisingly good snacks are soy-based, high-protein choices -- a perfect way to get more plant foods in your diet. When comparing the effects of a high-protein soy snack to a high-fat snack, the researchers found that **eating soy protein improves appetite control, diet quality and helps you feel more satisfied**. It can also boost your mood and brain function.

Soybeans are nutritionally unique and are **the only vegetable that offers complete protein**, all nine essential amino acids needed for health. They're rich in B vitamins, iron, calcium and omega-3 fatty acids. Eaten whole as edamame, they're also an excellent source of fiber. Soy is also available as tofu that can be cut into chunks and tossed into salads, soy milk for smoothies, and even soy cheese.



Just be sure to check the protein count on nutrition labels before you buy, and avoid prepared soy foods that have any added saturated fat, cholesterol and/or sugar.

**More information:** Find out more about soy and get dozens of soy recipes from the Soy Foods Association of North America.

<http://www.soyfoods.org/enjoy-soy/recipes>

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## Health Tip: Eat Less Saturated Fat

(Healthday News) – The American Heart Association recommends reducing saturated fat to no more than 6 percent of total daily calories for people who need to lower "bad" cholesterol.

The AHA suggests how to limit saturated fat:

Eat more fruit, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Limit red meat, high-fat dairy products, sugary foods and beverages.

Choose unhydrogenated vegetable oils such as canola, sunflower or olive oil.

Use soft margarine as a substitute for butter. Look for "0g trans fat" on the nutrition facts label.

Doughnuts, cookies, crackers, muffins, pies and cakes are examples of foods high in trans fat. Limit these in your diet.

Limit commercially fried foods and baked goods made with shortening or partially hydrogenated vegetable oils.



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