

Santa Cruz County 2003 Health Almanac

Nutrition and Overweight

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Agencies and Information Sources

Santa Cruz County (SCC) Health Services Agency - <http://www.santacruzhealth.org/>

The Health Services Agency (HSA) exists to protect and improve the health of the people in Santa Cruz County. The Agency provides programs in Environmental Health, Public Health, Medical Care, Substance Abuse Prevention and Treatment, and Mental Health.

California Department of Health Services - <http://www.dhs.ca.gov/default.htm>

To Protect and Improve the Health of All Californians

California Health Interview Survey - <http://www.chis.ucla.edu/index.html>

The California Health Interview Survey (CHIS) is the largest state health survey conducted in the United States. Every two years, CHIS plans to collect information on the health and health care needs of California's diverse population.

Centers for Disease Control and Prevention - <http://www.cdc.gov/default.htm>

CDC's Mission is to promote health and quality of life by preventing and controlling disease, injury, and disability.

CDC's nutrition specific web site <http://www.cdc.gov/health/nutrition.htm> covers:

5 A Day Fruits and Vegetables

Anemia and Iron Status

Bone Health

Data to Action: Pediatric Nutrition

Guidelines for School Health Programs to Promote Lifelong Healthy Eating

Healthy Eating Tips

Micronutrient Malnutrition

Nutrition and Physical Activity

Obesity/Overweight

Physical Activity and Health: A Report of the Surgeon General

Pregnancy Nutrition Surveillance System (PNSS)

The Pediatric Nutrition Surveillance System

And leads to many other areas.

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The Food and Nutrition Information Center (FNIC) is located at the [National Agricultural Library](#) (NAL), part of the U.S. Department of Agriculture <LONGDES="THIS link? live a is([USDA](#)) and the Agricultural Research Service ([ARS](#)). FNIC is supported in part by a Cooperative Agreement with the [University of Maryland's](#) Department of [Nutrition and Food Science](#) in the College of Agriculture and Natural Resources.

FNIC's mission, since 1971, has been to collect and disseminate information about food and human nutrition. Click on the link to learn more about [FNIC](#), FNIC [job openings](#), our [award winning site](#), and about [borrowing library materials](#) from NAL.

<http://www.nalusda.gov/fnic/index.html>

BMI: Body Mass Index Body Mass/ Body Measurements

(All figures are for U. S.)

Average Height and Weight for Men and Women ages 20+

Men:

Height: 69.1 inches

Weight: 180 lbs.

Women:

Height: 63.7 inches

Weight: 152 lbs.

<http://www.cdc.gov/nchs/fastats/bodymeas.htm>

BMI: Body Mass Index

<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

Overview

The term BMI is often used when discussing the obesity epidemic, but what is BMI? BMI stands for Body Mass Index. It is a number that shows body weight adjusted for height. BMI can be calculated with simple math using inches and pounds, or meters and kilograms. For adults aged 20 years or older, BMI falls into one of these categories: underweight, normal, overweight, or obese.

Note: [BMI for Children and Teens](#) based on gender and age specific charts.

BMI for Adults

[What is BMI?](#)

How to determine BMI for adults and how it relates to health.

[BMI Formula](#)

[BMI Calculator](#)

[What Does This All Mean?](#)

You have calculated your BMI — now what? This page helps you look at your BMI and find out what it may mean.

[BMI for Children and Teens](#)

Important information on determining weight status for children and teens (2 – 20 years) and how BMI is interpreted differently than in adults.

[Frequently Asked Questions](#)

Find answers to your questions here.

[Related Resources](#)

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Diet

(Average Daily Intakes, 1988-94)

Kilocalories: **2,517 (male), 1,764 (female)**

Carbohydrates (in grams): **308 (male), 224 (female)**

Protein (in grams): **93 (male), 65 (female)**

Fat (in grams): **97 (male), 67 (female)**

Saturated Fat (in grams): **33 (male), 23 (female)**

Cholesterol (in milligrams): **324 (male), 219 (female)**

Calcium (in milligrams): **995 (male), 744 (female)**

Iron (in milligrams): **17.8 (male), 12.8 (female)**

Potassium (in milligrams): **3,114 (male), 2,355 (female)**

Sodium (in milligrams): **4,027 (male), 2,864 (female)**

Zinc (in milligrams): **13.6 (male), 9.3 (female)**

Vitamin C (in milligrams): **114 (male), 97 (female)**

Folate (in micrograms): **317 (male), 239 (female)**

<http://www.cdc.gov/nchs/fastats/diet.htm>

January 31, 2003

Obesity

The CQ Researcher • January 31, 2003 • VOLUME 13, No. 4

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By Alan Greenblatt

Can Americans change their self-destructive habits?

The percentage of overweight American children and teens has more than doubled in the past decade. Moreover, two-thirds of the adults are either overweight or obese, and at least 300,000 Americans die each year from obesity-related diseases. The reasons aren't hard to fathom. The U.S. food industry aggressively markets high-fat, high-sugar, super-sized foods. Modern communities encourage driving rather than walking. Physical education is being dropped by schools even as fattening snack foods are welcomed onto campus. And children are spending more time playing computer games than sports. The question for policymakers is whether the weight gain is just a matter of individual responsibility, or whether a society that makes it so easy to get fat should be retooled. At stake is not only the health of millions of Americans but also \$117 billion in annual health-treatment.

27 page well researched article is not available on the web but via subscription.

California Center for Public Health Advocacy – Obesity in Children.

See: <http://www.publichealthadvocacy.org/>

Overweight Prevalence

(All figures are for U.S.)

Sixty-four percent of U.S. Adults are overweight or obese. (1999-2000)

Twenty-three percent of U.S. Adults are obese (BMI greater than or equal to 30.0). (1999-2000)

Percent of Adolescents (ages 12-19) Who Are Overweight: 15% (1999-2000)

Percent of Children (ages 6-11) Who Are Overweight: 15% (1999-2000)

<http://www.cdc.gov/nchs/fastats/overwt.htm>

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Less saturated fats, sugar and salt, more fruit and vegetables and physical exercise, needed to counter cardiovascular diseases, cancer, diabetes and obesity WHO/FAO release independent Expert Report on diet and chronic disease

3 March 2003 |

GENEVA/ROME -- A diet low in energy-dense foods that are high in saturated fats and sugars, and abundant in fruit and vegetables, together with an active lifestyle are among the key measures to combat chronic disease recommended in an independent Expert Report prepared for two UN agencies.

The report, commissioned by the World Health Organization (WHO) and the Food and Agriculture Organization (FAO), from a team of global experts, aims to identify new recommendations for governments on diet and exercise to tackle the ever increasing number of people who die each year from chronic diseases. The burden of chronic diseases – which include cardiovascular diseases, cancers, diabetes and obesity – is rapidly increasing worldwide. In 2001, chronic diseases contributed approximately 59% of the 56.5 million total reported deaths in the world and 46% of the global burden of disease.

“This Expert Report is highly significant because it contains the best currently available scientific evidence on the relationship of diet, nutrition and physical activity to chronic diseases, based on the collective judgement of a group of experts with a global perspective,” said Dr Ricardo Uauy, Head of the University of Chile’s Institute of Nutrition and Food Technology, and Professor of Public Health Nutrition at the London School of Hygiene & Tropical Medicine, who chaired the Expert Group.

The Report includes advice on ways of changing daily nutritional intake and increasing energy expenditure by:

- reducing energy-rich foods high in saturated fat and sugar;
- cutting the amount of salt in the diet;
- increasing the amount of fresh fruit and vegetables in the diet.
- undertaking moderate-intensity physical activity for at least an hour a day.

The Report, based on the analysis of the best available current evidence and the collective judgement of 30 experts, emphasizes that energy consumed each day should match energy expenditure.

Evidence suggests that excessive consumption of energy-rich foods can encourage weight gain, the report says and calls for a limit in the consumption of saturated and trans fats, sugars and salt in the diet, noting they are often found in snacks, processed foods and drinks.

The quality of fats and oils in a diet, as well as the amount of salt consumed, the report says, can also have an influence on cardiovascular diseases such as strokes and heart attacks.

The Expert Report is released as WHO prepares a Global Strategy on Diet, Physical Activity and Health following a May 2002 World Health Assembly resolution from its Member States.

The Expert Report will be formally published in April as a WHO/FAO technical report together with an evaluation by the Organizations and outlines of actions to implement the recommendations. The Report will be a critical science-based contribution to the development of the Global Strategy, aimed at reducing the growing burden of disease related to cardiovascular diseases, several forms of cancer, diabetes, obesity, osteoporosis and dental disease.

FAO supports WHO in developing its Global Strategy. As a follow-up to the Report’s findings, FAO will undertake work on identifying information needs and monitoring diets, and on assessing the implications of the Report’s recommendations for all aspects of the food chain as well as for agricultural and trade policies.

The report will form the basis for national and regional bodies to develop specific guidelines on diet and exercise for their local communities.

“The report provides goals for dietary components and physical activity levels consistent with good health and the prevention of the major nutrition related chronic diseases, coronary heart disease and hypertension, cancer, diabetes, obesity, osteoporotic fractures, and dental diseases,” Uauy said.

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Urbanization and the rise of chronic diseases

Many of the deaths attributed to chronic diseases are due to risk factors that could easily be prevented such as:

- high blood pressure;
- high cholesterol levels;
- obesity;
- low levels of physical activity.

More and more people in the developing world are suffering from chronic disease, a seismic shift from a few decades ago when chronic disease was associated with the rich, developed world. Increased urbanization – as rural people abandon their land and move towards the cities -- plays a large part in this change, according to the report.

City-dwellers are more likely to consume energy-dense diets – high in saturated fat and in refined carbohydrates. This sudden change in diet, combined with a sedentary lifestyle, is having a drastic effect on the urban poor.

“Not all fats or all carbohydrates are the same; it pays to know the difference,” said Dr Uauy, adding, “People should eat less high-calorie foods, especially foods high in saturated fat and sugar, be physically active, prefer unsaturated for saturated fat and use less salt; enjoy fruits, vegetables and legumes and prefer foods of plant and marine origin..”

A diet rich in fruit and vegetables containing immune-system boosting micronutrients could also help the body’s natural defences against infectious diseases, Uauy said.

The Expert Report’s specific recommendations on diet include limiting fat to between 15 and 30 percent of total daily energy intake and saturated fats to less than 10 percent of this total.

Carbohydrates, the report suggests, should provide the bulk of energy requirements – between 55 and 75 percent of daily intake and free sugars should remain beneath 10 percent. Protein should make up a further 10-15 percent of calorie intake and salt should be restricted to less than 5 grams a day. Intake of fruit and vegetables should be plumped up to reach at least 400 grams a day.

The report underlines the fact that chronic diseases are not only caused by overeating but also by eating an unbalanced diet, citing the influence of high salt consumption on increasing blood pressure and saturated fats contributing to high levels of cholesterol.

Physical activity is a key factor in determining the amount of energy used each day and is therefore fundamental to energy balance and weight control. One hour per day of moderate-intensity activity, such as walking, on most days of the week, is needed to maintain a healthy body weight, especially for those people who spend most of their time sitting down, according to the Expert Report.

WHO and FAO hope the report’s findings will provide member states with solid evidence to prepare national health strategies. The Expert Report urges national governments to aim for dietary guidelines that are simple, realistic and food-based. Finland and Japan, countries that have actively intervened in the diet and nutritional behaviour of their populations, have witnessed dramatic decreases in risk factors and plunging rates of chronic disease, the Report says.

Recognising that chronic diseases are preventable, addressing the issues and creating an environment which supports health, the Report says, is the key to reducing rates of deaths and disability from chronic diseases. The process should establish working relationships between communities and governments, encourage local initiatives affecting schools and the workplace and also involve the food industry, the report says.

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Rev Up Your Metabolism

1. Don't fall for "fat-burning foods."
2. Don't fast or skip meals.
3. Spice up for taste.
4. Drink water.
5. Tone up.
6. Get moving.
7. Watch those calories.

By Carol Sorgen

WebMD Features

Reviewed by Charlotte E. Grayson, MD

You used to eat anything -- and everything -- and not gain an ounce. Now it seems that just looking at a Krispy Kreme packs on another 10 pounds. You shrug your shoulders and say, "I'm getting older. My metabolism's not what it used to be."

You may be right (like it or not, your metabolism does slow down as you get older), but does that mean you have to live with it? Not necessarily. There are things you can do to rev up your metabolism, say nutrition experts -- just as there are things that won't work at all.

Simply stated, your metabolism is the way your body burns up all of the calories from the food that you eat, says Tammy Lakatos Shames, RD, LD, CDN. It's a complex process that includes all of the chemical reactions that take place in your body to keep your organs working and to keep you alive.

The speed at which your body burns up calories is called your metabolic rate, says Shames, who with her twin sister, Lyssie Lakatos, RD, LD, CDN, is the co-author of the forthcoming *Fire It Up! 200 Simple Ways To Jumpstart Your Metabolism and Lose Weight Forever*. Your sex, height, weight, genetics, age, lifestyle, and body composition affect your metabolism. Your metabolism plays a significant role in weight management: The faster your metabolism, the more calories you'll burn, and the less likely that you'll be overweight.

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Here are 7 "dos" and don'ts" for revving up your engine. For more advice about metabolism and weight loss, sign up for the [Weight Control newsletter](#).

Don't fall for "fat-burning foods."

Can certain foods -- such as celery and grapefruit -- help you lose weight? Not so, say Shames and Lakatos. "Celery is low in calories and has a good deal of fiber, but it doesn't speed up your metabolism," says Shames. As for rumors that grapefruit increases your body's ability to burn calories because of its acidity, there are no studies to substantiate that myth. "In fact, if you were to eat the same number of grapefruits as any other fruit, such as peaches, or oranges, you may actually be more likely to gain weight from eating the grapefruit, as they are slightly higher in calories (due to their larger size)," says Lakatos.

Don't fast or skip meals.

The idea that fasting or skipping meals regularly is a great way to cleanse the system of impurities, speed metabolism, and encourage weight loss is just another myth, says Sue Ayersman, a certified clinical nutritionist (CCN) at Kronos Optimal Health Centre in Scottsdale, Ariz. "Your body needs a certain amount of calories and nutrients each day for normal function," says Ayersman. "Denying the body of these essential elements throws the system into survival mode, slowing metabolism and encouraging the storage of energy in the form of fat. You have to eat in order to lose weight." Four to six small meals a day is a good way to keep your metabolism humming.

Spice foods up for taste.

Spicy foods don't really help you burn calories, says Carey Clifford, MS, RD, vice president of Nutricise (www.nutricise.com), an online nutrition and weight loss program. But they may help you enjoy healthy choices such as vegetables and chicken. "Spicy foods may boost your metabolism slightly, but unfortunately, it's too small a boost to be significant," says Clifford.

Drink water.

Lack of water can slow the metabolic rate just as lack of food can, says John Acquaviva, PhD, assistant professor of health and human performance at Roanoke College in Salem, Va. "Since water is the body's most important nutrient, the liver will turn its concentration to water retention instead of doing other duties such as burning fat."

Tone up.

Becoming more active will stimulate your metabolism, says Susan L. Burke, MS, RD/LD, CDE, director of nutrition services for eDiets. Muscle is more metabolically active than fat, she explains, so replacing your fat stores with lean muscle allows you to maintain your weight much more easily. "It's not necessary to become a body builder," says Burke. "Just use light weights to firm and tone your muscles."

Get moving.

Aerobic exercise will burn calories, says Burke, who recommends at least 60 minutes of moderate activity every day. Combined activity counts -- walk, skip, jog, or dance. Activity in your home counts, too. Garden, clean closets, or clean your house. "You'll burn the most calories, however, with sustained activity that gets your heart rate up," says Burke.

Watch those calories.

As you get older, your metabolism will slow down -- approximately 5% a decade, says Madelyn H. Fernstrom, PhD, CNS, associate professor and director of the UPMC Health System Weight Management Center in Pittsburgh. A slower metabolism is a natural part of aging, Fernstrom explains, so to maintain a stable weight, you must adjust your caloric intake and/or physical activity. "If someone needs 1,500 calories a day to maintain his body weight

Published February 2003.

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SOURCES: Madelyn H. Fernstrom, PhD, CNS, associate professor and director, UPMC Health System Weight Management Center * Susan L. Burke, MS, RD/LD, CDE, director of nutrition services, eDiets * Tammy Lakatos Shames, RD, LD, CDN * Lyssie Lakatos, RD, LD, CDN * John Acquaviva, PhD, assistant professor of health and human performance, Roanoke College, Salem, Va. * Carey Clifford, MS, RD, vice president, Nutricise * Sue Ayersman, CCN, Kronos Optimal Health Centre, Scottsdale, Ariz.

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700 calories in a cup of coffee? That's only the beginning. Find out how to avoid hidden calorie

Hidden Calorie Countdown dangers that could wreck your diet.

By Jennifer Warner

Reviewed By Brunilda Nazario, MD

WebMD Medical News

on Monday, September 15, 2003

Could your morning bagel or afternoon pick-me-up be sabotaging your diet? Hidden calories in many of today's most popular foods can derail even the most dedicated dieter or health-conscious eater.

You may know about the 580-calorie Big Mac, but how about the 700-calorie cup of coffee and 590-calorie muffin? Or the 660-calorie salad with 51 grams of artery-clogging fat?

Those are just some examples of the worst offenders. But by learning the calorie count of some common grab-and-go foods and adopting some simple preparation and ordering strategies, experts say you can banish many of the biggest diet busters.

Breakfast: When a Doughnut Might Be Better Than a Bagel

Having just a bagel or muffin at breakfast may sound innocent enough, but dietitians say the size of those breakfast staples has basically tripled in recent years in many cases.

Muffins that were once the size of tennis balls now more closely resemble softballs, and bagels have grown from about four inches in diameter to more than six. Of course, that means the calorie counts have also risen exponentially. For example:

- **Muffins.** With 590 calories and 24 grams of fat, a Dunkin' Donuts Chocolate Chip muffin makes a 200-to-300 calorie doughnut look relatively healthy. Even the reduced-fat blueberry muffin packs 450 calories.
- **Bagels.** A traditionally sized bagel, like Lender's Original frozen bagels, has about 200-300 calories, but a fresh bagel from Starbucks or Dunkin Donut's now has more than 400 calories.

"People will say a bagel is a bagel, but you really have to focus on the size of that bagel and muffin. And you may just have to say that half of that big bagel is adequate," says Melanie Polk, MMSc, RD, director of nutrition education at the American Institute for Cancer Research.

Lunch: Choose Your Salad Wisely

Although fast food chains are now offering expanded salad choices at lunchtime, grabbing a salad at lunch isn't always a healthy choice.

"Just because it's called a salad doesn't mean it's low in calories," says Keith Ayoob, EdD, RD, spokesman for the American Dietetic Association. He says lettuce is low-cal and healthy, but it's what goes on top, such as fatty dressings, bacon bits, croutons, and crispy noodles, that can pile up the calorie count and fat quickly.

Take McDonald's Bacon Ranch Salad, for example. Choosing "crispy" (i.e. fried) chicken over grilled adds an extra 8 grams of fat and 100 calories (70 of them from fat). Top it with a packet of the Newman's Own Ranch Dressing that's offered with the salad and you've suddenly got a lunch calorie count of 660 and 51 grams of fat. At that rate, you'd be better off with a Big Mac, which weighs in at 580 calories and 33 grams of fat.

But Ayoob says there are ways to slim down the salad offerings at fast food restaurants and salad bars:

- **Have the salad done "your way."** Most people wouldn't think of ordering a burger with toppings they don't want, and the same goes for salads. "Just because it comes with a host of options doesn't mean you have to take all of them," says Ayoob.

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- **Explore different salad toppings.** Try a new vegetable, such as hearts of palm, or options that add extra protein without a lot of fat, such as tuna, chickpeas, kidney beans, or a hard-boiled egg.
- **Use cheeses sparingly.** Sprinkle on a small amount of grated cheese for added flavor and volume without as much fat or calories as using cheese chunks or cubes.
- **Adopt the "stab-and-grab" method.** Order salad dressing on the side and use the "stab and grab" method of dipping your fork into the dressing before grabbing each bite. You'll end up using less dressing and still get flavor in every mouthful.

Snacks: Mega-Calorie Coffee and Triple-Sized Chips

Stopping at the vending machine or Starbucks for a mid-afternoon pick-me-up could end up costing you more calories than lunch if you're not careful.

A venti (that's large in non-barista speak) Mocha Coconut Frappuccino with whipped cream gives you much more than a java jolt with 710 calories and 26 grams of fat. If you're in the mood for something hot and sweet, a large café mocha with whipped cream at Starbucks will cost you 490 calories and the same 26 grams of fat.

But experts say it is possible to get your caffeine fix without breaking the calorie bank by following this advice when ordering:

- Ask for your beverage to be made "skinny." (That's with nonfat or skim milk.)
- Skip the whipped cream on top.
- Order the smallest size.

By applying those rules, you can slim down that café mocha to 170 calories and 1.5 grams of fat and get still 30% of the recommended daily amount of calcium and 11 grams of protein at the same time.

Or you can make your own iced coffee beverage by combining coffee, ice, skim milk, cocoa powder or cinnamon, and a packet or two of sugar-free sweetener.

At the vending machine, Polk warns that a bag of chips might contain more than you bargained for. Snack-sized bags that once contained only a single serving of potato chips are now up to two to three times bigger.

"Snacks have gotten bigger than ever," says Polk. "You really have to read that nutrition label and look at how many servings are included and look at the number of calories. For most people, once they have that bag open, they're going to eat the whole thing."

Dinner: Time for Portion Patrol

When it comes to eating a healthy dinner at a restaurant or at home, a little portion control can go a long way, says nutritionist Christina Stark, MS, RD, of Cornell University.

Stark says portions served at most restaurants are up to two and three times larger than the standard serving size, which is the amount of food that serves as the basis for standard nutritional information and calorie counts.

"A commonsense idea is that no matter how many calories are in a serving or a portion, half the serving is half calories," says Stark. So she says sharing main-course entrees at restaurants is always a good idea.

Other tips for avoiding hidden calories when eating out at dinner include:

- Take note of the portion sizes people are eating as you walk into a restaurant. If they look big, order accordingly. For example, order a salad and split an entrée with your dining partner.
- Ask for a half portion when ordering, or have the server bring a doggie bag at the start of the meal, divide your portion in half, and take the rest home for the next day.
- Beware of descriptions such as "crispy" or "crunchy" on a menu. That usually means the item was fried in fat. Other hidden-calorie code words that indicate fatty items include "creamy," "sautéed," or "braised in its own juices."

At home, Stark says a practical experiment is to try measuring out a serving size of some of the foods you eat on a regular basis, such as chicken, cereal, peanut butter, cheese, etc., at home to see what a single serving size really looks like. To find out what a standard serving size of a food is, read the nutrition facts label or check the USDA Web site, www.usda.gov/cnpp/Pubs/Brochures/HowMuchAreYouEating.pdf.

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"Most people pick out the same bowl every morning and put in same amount of cereal without thinking," says Stark. "But before eating it, try pouring it into a measuring cup and see how it compares to the serving size printed on the side of the box."

Then she says, you can decide for yourself whether you need to adjust your portions.

Liquid Calories: Don't Belly Up to the Bar

Ayoob says liquid calories from spending too much time at the bar or lingering over a bottle of wine can also catch many dieters off guard.

The average calorie count of a glass of wine or bottle of beer is about 100-150 calories.

Considering the average wine bottle contains about four glasses of wine, splitting a bottle at dinner easily adds 300 calories.

Aside from lowering your inhibitions and making you more likely to overeat, Ayoob says liquid calories are especially dangerous to diets for other reasons as well.

"There is evidence that when people take in liquid calories they don't tend to compensate by eating less of other things the way they do when they eat solid foods," Ayoob tells WebMD.

That means most folks have their drink and their dessert, too. To avoid that pitfall, Ayoob recommends:

- Order wine by the glass rather than by the bottle.
- Alternate alcoholic beverages with non-alcoholic ones, like club soda or water.
- Dilute your drink with club soda, such as a wine spritzer, to give yourself more volume with less alcohol.

By following this advice, experts say health-conscious eaters and dieters can avoid having hidden calories sneak up on them or their waistlines.

Published Sept. 15, 2003.

SOURCES: Keith Ayoob, EdD, RD, spokesman, American Dietetic Association. Melanie Polk, MMSc, RD, director of nutrition education, American Institute for Cancer Research. Christina Stark, MS, RD, nutritionist, division of nutritional sciences, Cornell University. Center for Science in the Public Interest. American Cancer Society. Starbucks. McDonald's. Dunkin' Donuts.

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Original article:

<http://my.webmd.com/content/Article/73/88990.htm>

Digestive Disorders

(All figures are for U.S.)

In 2000, there were 37.8 million visits to office-based physicians (2000)

Approximately 3.7 million visits were made to hospital outpatient departments (2000)

Approximately 17.7 million Americans have been told they have ulcers. (1997)

<http://www.cdc.gov/nchs/fastats/digestiv.htm>

Chronic Liver Disease/Cirrhosis

(All figures are for U.S.)

Deaths Annually: 26,552 (2000)

Death Rate: 9.6 deaths per 100,000 population (2000)

Cause of Death Rank: 12 (2000)

Hospital Discharges: 353,000 (1999)

<http://www.niddk.nih.gov/index.htm>

<http://www.niddk.nih.gov/health/digest/pubs/cirrhosi/cirrhosi.htm>