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Tiny changes can yield big health results for women

By Edie Fleitman

SPECIAL TO THE ARIZONA DAILY STAR

Some healthy people enjoy eating salads and sweating profusely. Their dedication is admirable.

However, they may be making mistakes that offset their good habits. It's important to recognize and change poor habits before they hinder one's health.

Assuming the salad is safe

What could be unhealthy about a salad? It's full of vegetables.



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Yet many people would be amazed at the calories some ingredients add. Throwing in fried chicken, cream-based dressing and

salty croutons makes that salad about as healthy as a bowl of French fries. This is especially true if a salad is made mostly of nutrient-free iceberg lettuce.

Follow these three principles, especially when eating out. First, remove high-fat items such as bacon or cheese. Next, substitute creamy dressings with something lighter; lastly, select fiber-rich greens rather than traditional iceberg.

The calcium component

Women ages 30 and older suffer calcium loss from their bones. Women ages 50 and older experience rapid mineral loss. Part of staying healthy is ensuring that bone structure is as strong as possible, especially to prevent diseases such as osteoporosis.

Plenty of food is rich in calcium. These foods include yogurt, almonds and broccoli. Some foods that don't naturally have calcium, such as orange juice and cereal, are fortified with it. Yet most Americans get only half of the calcium they need from their diet, which means mineral sup-

GET YOUR CALCIUM HERE

Here are some healthy, calcium-rich foods women can easily add to their diets.

- Milk
- Yogurt
- Broccoli
- Watercress
- Kale
- Okra
- Red kidney beans
- Chickpeas
- Green beans
- Almonds
- Walnuts
- Salmon
- Apricots
- Oranges

plements are important to overall vitality.

Not counting enough sleep

Most women are on the go regardless of their professional or personal lifestyle. Society values the multi-tasking Type-A personality, which can mean women are losing valuable sleep.

The effects of a woman not getting seven to nine hours of sleep a night can be hazardous. Sleep-deprived women can be at higher risk for heart disease from letting the body become imbalanced. This means the body stores more fat and lowers its metabolism. Those extra hours of sleep can also significantly help one's diet or exercise results.

People typically function better with proper rest. They're rejuvenated, charged up and more focused.

At the rate obesity is rising in this country, I applaud every woman dedicated to staying healthy.

Edie Fleitman is a holistic health practitioner and nurse at the Splendore retirement community's health center. Call her at 878-2605 or e-mail her at efleitman@splendoretucson.com