



SOUTHERN UNIVERSITY
AGRICULTURAL
RESEARCH & EXTENSION
C E N T E R

Whey 2 Go NEWSLETTER

Combating Childhood Obesity



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Join us next month for the **Whey 2 Go nutrition class!**

Next educational class:
Monday, July 8th at 5PM.

It is never too late to make positive changes to improve your health, weight, and diet! You have a choice with your health.

Door prizes or gifts given at every educational class!

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Dates of Interest

July 3
Compliment Your Mirror Day

July 4
Independence Day

July 8, 15, 22, + 29
Whey 2 Go Class

Shake the Weight the Right Whey

Have you ever wondered just what's the deal with the shake craze? What's in it? What is the relation to muscle and fitness?

Well, many protein shakes contain whey. Whey is a popular protein choice as it is one of the fastest digesting proteins and contains an array of amino acids that are great for building muscle. Whey is naturally found in milk, but more is found in protein shakes. Milk protein is 20% whey. The Whey 2 Go formula is 68% whey and has the added benefit of being lactose-free. Because of the protein content, whey protein-containing shakes are perfect meal replacements and have shown to produce results in weight loss and muscle building.

Meet Isadore Sparks



Isadore Sparks has lost 27.5 lbs. since the beginning of the Whey 2 Go program. Sparks began the program in hopes of finding better methods of managing his weight. He starts his day with a shake and eats 3 meals a day. Sparks says he has learned to time and properly portion his meals and says, "Most importantly, I have learned how to read food labels. I want to get back to how I was at 15". Now able to finish a mile in about 6 minutes, he

aspires to finish in under 4 minutes. To do so, he has stopped drinking soft drinks, eating late, and over-eating. "I had to stop eating everything on my plate as mom taught me. I had to start walking more. I see myself walking 10,000 steps per day," says Isadore. When asked of his inspiration, Sparks simply says, "You are. I know y'all are here for us, and don't have to be". He often calls, uses the fitness room, uses recipes from ChooseMyPlate, and has recently been taken off his blood pressure medicine. Having lost 8.5% of his initial body weight, Sparks says there is more to go. So, join us as we shake the weight the right whey!

Read It Before You Eat It

Remember that your body is like a well tuned vehicle.

So, read the labels before you eat.

- 1 Start Here**
Check serving size.
- 2 Check Calories**
Remember calories are PER SERVING.
- 3 Limit Intake of These Nutrients**
Be mindful and eat less of these nutrients.
- 4 Get Enough of These Nutrients**
≤ 5% of these nutrients is low. ≥ 20% is high.
- 5 Quick Guide to %Daily Value**
This is based on a 2,000 calorie diet. ≤ 5% of these nutrients is low. ≥ 20% is high.
- 6 Food for Thought**
These are helpful footnotes. Scan ingredients. Calories per gram may also be listed.

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 270%	Vitamin C 10%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 30g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Making MyPlate Your Plate

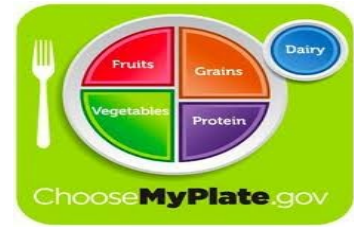
The original food guide pyramid showed food groups and their portions in sections and seemed to deem all fats and oils as bad for nutrition. The next reference, MyPyramid, added a physical activity aspect but still displayed portion size in a way that was difficult to translate to one's plate. In June 2011, the USDA released MyPlate, which depicted the food groups on a plate showing how each plate should look at each meal.

MyPlate creates for better adoption of healthy eating habits by helping to understand the importance of eating healthy and in less portions. Furthermore, it encourages healthy beverages and discourages consumption of fats and oils.

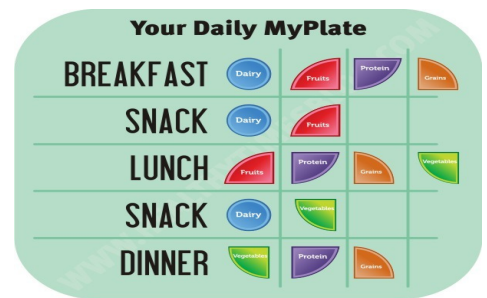
Although MyPlate is a simple, more

understandable visual, there are key factors to note. Here are a few helpful tips to making MyPlate your plate.

- Remember that dairy includes low-fat and fat-free milk and milk products such as cheese and yogurt.
- Snack on fruits and veggies.
- Remember daily recommended servings.
- Don't be afraid to try new things. You never know. You may just like it!
- Eat a rainbow of colors. Eat a variety of foods from each food group.
- Make half of your grains whole grain.
- Drink water instead of sugary drinks.



FOOD GROUP	SERVINGS PER DAY
Fruits	2-4 <small>SERVINGS</small>
Vegetables	3-5 <small>SERVINGS</small>
Grains	6-11 <small>SERVINGS</small>
Protein	2-3 <small>SERVINGS</small>
Dairy	2-3 <small>SERVINGS</small>
Serving Sizes: Beverages: 1 cup Food: ½ cup	



Chocolate Cherry Cinnamon Smoothie

INGREDIENTS

- ◆ 1 1/2 cup fresh or frozen cherries (if frozen, watch for added sugar)
- ◆ 1 banana
- ◆ 1/2 cup skim milk (lactose free if needed)
- ◆ 2 Tbsp unsweetened cocoa powder
- ◆ 2 tsp cinnamon
- ◆ 3/4 cup water
- ◆ 4 ice cubes



Servings: 2

Add all ingredients to blender. Blend until smooth. Add water to get the desired consistency if needed. Serve two delicious glasses and enjoy.

The unsweetened cocoa powder in the recipe brings out the flavor of the cherries while not adding sugar. Cinnamon is known to help regulate blood sugar, lower LDL (bad) cholesterol, and reduce the risk of cancer.