

LIGHTEN UP NEWS, April, 2001

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Website – <http://www.lightenupforever.org>

Email: lightenup@musc.edu

“SHARON IS A SWEETHEART!” So says Foy Maxwell of Mt. Pleasant, NC, who attended *Lighten Up* at Cold Springs United Methodist Church under the direction of Sharon Protheroe, Parish Nurse. Together, Foy and his wife Brenda lost 48 pounds! Foy decreased meat and increased vegetable portions. The American Plate should be 1/3 meat (animal based) and 2/3 grains & vegetables (plant based). Brenda decreased her portions and began to exercise. To see changes you have to make changes! The entire group had significant reductions in cardiovascular risk factors. Keep up the good work. Thanks Sharon for your outstanding leadership.

EDISTO COMPLETES LIGHTEN UP FOREVER! Joyce Person has been a faithful and good leader in the Edisto community as she has now led 3 *Lighten Up* and 1 *Lighten Up Forever* group. John Lanz has also been helping lead sessions. Their *Forever* group just finished showing excellent results. Some people have participated multiple times as we encourage you to make changes for life.



Joyce & Harmon Person

Trinity Episcopal Church has a long and rich history. First built in 1774, destroyed by fire in 1876, and the current church built in 1880. Rev. E. Weyman Camp, IV is the rector. Trinity is a parish family eager to share the joys of Christian life.



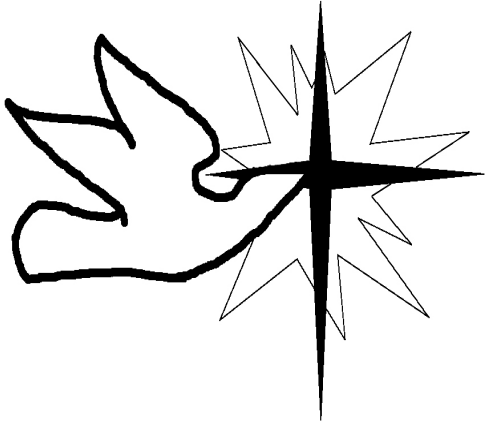
Trinity Episcopal Church

LIGHTENUPFOREVER.ORG: Thanks to Rhoda, the website has a new section called, “RECIPES!” Log on to our webpage, click on RECIPES! and find a table with 42 recipes under the categories: bread, soups, pasta & grains, vegetables, meat & egg dishes, desserts, and miscellaneous. Click on any item in the table and you’ll end up on the category page and then click on the specific recipe. You can easily print the recipes within each category. All the recipes have been tested in our kitchens. We tried to keep recipes easy to make, tasty, and good for you. Calories, sodium, fiber, and fat have been calculated for the entire recipe and for an individual portion. You can email us your favorite recipe within the website or at lightenup@musc.edu. We will add it to the website or include it in a newsletter. Try a new recipe or new food today! Food does not have to be boring. Experiment and make your life interesting.

“We never repent of having eaten too little.” *Thomas Jefferson*

This is the day the Lord has made; we will rejoice and be glad in it. Psalm 118:24

IS LIGHTEN UP FOREVER for YOU & YOUR CHURCH?



- Do you or a loved one have high blood pressure, diabetes, or heart disease?
- Has your doctor told you to lose weight to improve your health?
- Do you want to improve your health through spiritual growth?
- If yes, don't wait another minute! If your church has done *Lighten Up*, join in the fun and take *Lighten Up Forever*, to your church. Be a leader!

Just in time for spring!!

We will be contacting every *Lighten Up* church within the next month to discuss how we can take *Lighten Up Forever* to your church and congregation. No time like the present!

HEALTH CHECKS (8:30 am – 11 am) *Skip your breakfast!*

April 7 Greater Mt. Zion AME, 289 South Santee Rd., McClellanville, SC

April 21 Nazareth AME, Choppee Road, Georgetown, SC

GEORGETOWN is READY! Four Georgetown churches will be running *Lighten Up* sessions simultaneously: Nazareth AME (Rev. Bryant McNeil), Mt. Sinai Baptist (Rev. Dr. Howard D. Davis), Mt. Zion AME (Rev. Alfred Darby), and Mt. Olive Baptist (Rev. Eddie Gamble, Jr.). The **baseline health check will be held on April 21** at Nazareth AME on Choppee Road. If you live in the Georgetown area, find the session that fits your schedule. Eat smart and exercise within your church community.

	Nazareth AME	Mt. Sinai Baptist	Mt. Zion AME	Mt. Olive Baptist
<u>Session</u>	<u>Monday 6 pm</u>	<u>Thursday 6 pm</u>	<u>Saturday 10 am</u>	<u>Saturday 6 pm</u>
Love	April 23	April 26	April 28	April 28
Knowledge	April 30	May 3	May 5	May 5
Peace	May 7	May 10	May 12	May 12
Faith	May 14	May 17	May 19	May 19
Kindness	May 21	May 24	May 26	May 26
Joy	May 28	May 31	June 2	June 2
Self control	June 4	June 7	June 9	June 9
Godliness	June 11	June 14	June 16	June 16

A HEART HEALTHY DIET ALSO PREVENTS CANCER!

The American Institute of Cancer Research encourages the following health guidelines.

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.
3. Maintain a healthy weight and be physically active.
4. Select foods low in fat and salt.
5. Prepare and store food safely.
6. Drink alcohol only in moderation, if at all.

A SIMPLE PATH by MOTHER TERESA. “We have all been created for greater things – to love and to be loved. Love is love – to love a person without any conditions, without any expectations. Works of love are works of peace and purity. Works of love are always a means of becoming closer to God, so the more we help each other, the more we really love God better by loving each other. Jesus very clearly said, ‘Love one another as I have loved you.’ Love in action is what gives us grace. We pray and, if we are able to love with a whole heart, then we will see the need. Those who are unwanted, unloved, and uncared for become just a throwaway of society – that’s why we must really make everybody feel wanted. ...This kind of love begins at home.”

WHAT’S ON YOUR PLATE?

Convenience foods can be fast and easy; but the food is often loaded with lots of sneaky Calories. This plate of food includes a cheeseburger, a regular order of fries, and a Snickers candy bar. This does not even include ketchup or a beverage. It is just one small plate of food that you could probably eat in about 10 minutes. Nutrition? Well, this plate of food contains 1,280 Calories, 70 grams of fat, and 1400 mg sodium. “One should eat to live and not live to eat.” *Molier*



MORE FOR LESS? When eating out, you may be faced with the battle between your waistline and the pocket book. It’s called “Value Marketing”. For just a little more money you can purchase the “super size” portion. What a deal! If you are running a restaurant, it makes more “cents” to increase the portion than to decrease the price to satisfy the customer’s quest for value. In the long run, if you choose the “value meal” you will be losing the battle of the waistline. When eating out, split a regular order with a friend and order an extra salad. Another option is to ask for a “Doggie Bag” when you order your food and divide the portion in two (1 for now plus 1 for later). It is all about portion size. Also, select zero calorie beverages such as water, unsweetened ice tea, or diet soda. Enjoy your meal and be mindful!

CORNISH HEN & VEGETABLES in ONE DISH in 1 HOUR.

1 Cornish Hen	Preheat oven to 350F. While cutting vegetables into 1-inch chunks, defrost and cook Cornish hen in a microwave in a large glass or ceramic dish for 15 minutes. Add vegetables and 1/2 cup water to the Cornish hen. Sprinkle generously with Mrs. Dash and garlic powder. Bake covered in the oven for 30 minutes, then uncovered for 10 minutes to brown. Makes 2 – 4 portions. Easy & tasty!
4 small potatoes	
2 medium onions	
2 medium carrots	
2 medium celery stalks	
Mrs. Dash	
Garlic powder	

Recipe = 1600 Calories, 40 g fat, 440 mg Na, & 18 g fiber



Candy Bar Snack

280 Calories, 165 mg sodium

14 grams of fat

1 Snickers candy bar

=

1

vs



Healthy Snack

280 Calories, 165 mg sodium

4 grams of fat

4 oz nonfat yogurt

4 graham cracker squares

1 medium orange

MUSC
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