



# NEWSLETTER

A partnership between the  
**Heart Institute & Diabetes Education**  
at Marquette General Hospital

VOLUME 1 ISSUE 8 JANUARY/FEBRUARY 2011  
PUBLISHED BIMONTHLY BY:  
MARQUETTE GENERAL HOSPITAL • 580 W. COLLEGE • MARQUETTE, MI 49855-2711

## January 2011 February

### FITNESS MYTHS

by Jeffrey Kinnunen, MS,  
Registered Clinical Exercise Physiologist

Literally hundreds of myths and misconceptions exist when it comes to exercise and weight loss. We can thank the folks who turn out those infomercials for many of them, after all they know that if they repeat a message enough times, then you are more likely to believe it. Here is the truth about five common myths about weight loss and exercise.

- Weight loss is easy. Despite what they say about their own efforts, many people believe that there is a weight loss secret out there. Believe me, there isn't an exercise machine, diet, pill or other method that will make the pounds melt off easily. Many products and methods can help you lower the number on the scale, but they will fail you in the long run.
- Exercise is enough/Diet is enough. Both are components are necessary for success. As I said previously, it is possible to lose weight through just one method, but it's necessary to make consistent changes in both eating habits and exercise habits to maintain weight loss.
- Spot Reduction. Exercising one specific body part doesn't result in weight loss in that area. The classic example is working your abdominal muscles to lose belly fat. This simply doesn't work.
- Thin equals fit. Everybody needs to exercise. If you are thin and don't exercise, that doesn't mean you don't need to. If you are over weight and exercise without losing weight, you shouldn't stop. Exercise is essential to maintaining your health.
- No pain no gain. You don't have to suffer to benefit from exercise. Although certain types of discomfort are normal at higher exercise intensities, you should not push yourself to the point of pain or exhaustion.

### OMEGA-3 ~ OMEGA-6

by Kim Hantz, RD,  
Certified Diabetes Educator

#### The Question:

What kind of fish oil caps should I take if I don't like fish?

#### The Answer:

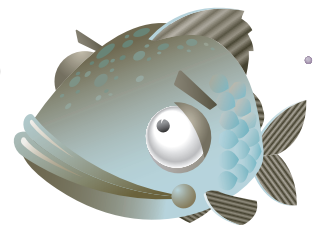
Look for the ones that contain only the omega 3's.

#### The Why's:

Some fish oil caps come with both Omega-3 (EPA + DHA) and Omega-6 (ALA + LA) fatty acids. You should probably look for the ones that contain only Omega 3's because most experts estimate that Americans consume too many (20 to 40 times) the amount of omega-6's verses omega-3's. The ratio should be closer to three to one. The 6's and the 3's compete against each other for absorption. When we consume too many foods that contain 6's the 6's "over power" the 3's and not enough 3's get absorbed into the cells. Drs. Lands and Hibbeln (National Institutes of Health team leaders) considered the average US population's omega 6 intakes and were able to calculate how many omega-3s Americans would need to ensure adequate absorption of the 3's. They suggest that with good absorption rates of 3's people may lower rates of cardiovascular disease, stroke, and depression. Omega 3's benefit the hearts of healthy people, and those at high risk of or who have cardiovascular disease. 3's can decrease the risk of arrhythmias (abnormal heartbeats), decrease triglyceride levels, slow growth rate of atherosclerotic plaque, and lower blood pressure slightly (American Heart Association).

#### How many Omega-3s do I need?

Drs. Lands and Hibbeln (NIH) findings indicate that Americans need to consume 3.5 grams (3,500 mg) of marine omega-3s per day for optimal health given



~ Continued on reverse

## OMEGA-3 ~ OMEGA-6 *Continued~*

their excess intake of omega-6 fatty acids. Check with your physician for your individual needs. Note that taking more than 3 grams of fish oil should only be done under a physician's care.

### Here are some marine sources of Omega-3s per 6 ounce cooked serving.

King Salmon	3.9 grams
Albacore	3.0 grams
Sable fish	2.7 grams
Silver Salmon	2.2 grams
Sockeye Salmon	2.0 grams
Sardines	1.7 grams
Halibut	0.85 grams

The average American's diet has too many omega-6 fatty acids because they are found in concentrated amounts in:

- Corn, canola, soy, safflower, and sunflower vegetable oils.
- Butter
- Eggs (except high-omega-3 eggs from flaxseed-fed hens)
- Soy milk
- Factory farmed poultry (especially fatty parts) and
- Factory farmed Meats: pork, lamb, and beef that are fed wheat and corn instead of pasture or forage. (What an animal/fowl is fed affects its meats content of 6's and 3's).
- Olive oil, macadamia nut oil, and special "hi-oleic" safflower and sunflower oils are the only oils low in omega-6s.

You'll cut back on Omega-6 fatty acid intakes if you use olive oil, minimize your intake of meats, eggs, and butter, convenience packaged foods and cook mostly at home using whole foods.

## Cumin-Rubbed Salmon

### Ingredients:

Vegetable oil spray  
4 wild salmon fillets (about 4 ounces each)  
1/4 teaspoon ground cumin  
1/4 teaspoon chili powder  
1/4 teaspoon salt  
1/8 teaspoon paprika

### Directions:

Preheat the oven to 350°F. Line a baking sheet with aluminum foil and lightly spray with vegetable oil spray. Rinse the fish and pat dry with paper towels. Place the fish with the smooth side up in a single layer on the baking sheet. In a small bowl, stir together the remaining ingredients. Sprinkle on top of the fish. Using your fingertips, gently press the mixture into the fish so it will adhere.

Bake for 18 to 20 minutes or until the fish flakes easily when tested with a fork.

### Nutritional Facts: Serving Size: 4 ounce fillet

Calories:	145
Total Fat:	4.5 gm
Cholesterol:	65 gm
Sodium:	230 mg
Protein:	25 gm