

LA COLUMNA VERTEBRAL

El Soporte Informativo Para Millones de Hispanos

Por Luisa Fernanda Montero



Haciendo camino al andar

Las actividades diarias, el trabajo y la rutina en general, muchas veces nos distraen del cuidado de nuestra salud, lo que a la larga puede traernos graves consecuencias.

Lo paradójico, es que precisamente de nuestra salud, depende que podamos continuar desarrollándonos en todas las demás actividades que hacen parte de la vida.

Si no estamos bien, no podremos trabajar ni proveer para los nuestros, por eso es indispensable recapitar sobre las posibilidades que tenemos de mantener una condición física saludable.

Debemos cuidar nuestros hábitos alimenticios y comprometernos a darle a nuestro cuerpo los nutrientes que necesita para permanecer saludable; pero nuestra salud no depende sólo de eso, depende también de la actividad física; y lo cierto es que no necesitamos hacer grandes esfuerzos para revitalizar nuestro cuerpo.

Si tenemos a disposición espacios adecuados para ejercitarnos, tanto mejor, pero si no es así, el sólo hecho de hacer una pequeña caminata diaria, nos traerá incontables bene-

ficios.

Caminar es una de las actividades más beneficiosas para nuestro organismo y todo lo que necesitamos es un poco de disposición y un par de zapatos adecuados.

Este ejercicio activa las energías corporales, disminuye el estrés, tonifica los músculos, aumenta el número de calorías que gasta nuestro cuerpo manteniéndonos en forma y fortalece músculos y huesos.

Pero si aun no se convence de las ventajas de una refrescante caminata matutina, debo recordarle que caminar disminuye notablemente sus riesgos de contraer enfermedades cardíacas crónicas.

Si hace mucho tiempo que no camina para ejercitarse, lo mejor es que empiece con una caminata corta, unos pocos minutos cada día, le proporcionará una inyección de energía que lo sorprenderá.

Paso a paso y de la mano de su médico, si tiene alguna condición especial, puede ir aumentando la frecuencia y la intensidad de sus caminatas; si no exagera, estoy segura de que no se arrepentirá.

Si se anima, escoja un lugar seguro y use zapatos con arco



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de soporte, talón firme, y suela gruesa y flexible que le acolchonen los pies y suavicen el impacto y ropa cómoda que lo mantenga seco.

Los expertos recomiendan dividir la caminata en tres etapas; una lenta de 5 minutos para calentarse seguida de un paso más veloz durante la segunda etapa y finalmente otra lenta de 5 minutos en los que le dará espacio a su cuerpo para enfriarse.

Estírese antes y después de caminar y trate de hacerlo por lo menos tres veces por semana, su cuerpo se lo agradecerá y seguramente el contacto con la naturaleza lo ayudará a enfrentar el día con mucha más energía y optimismo.

Amigo lector de La Columna Vertebral, la Línea de Ayuda está siempre a su disposición con sus servicios de información y referidos en el 1-800-473-3003.

A Whole Grain Mystery

By Ana Goins-Ramirez-Diaz

I know many of you have heard the messages in the media about the importance of eating whole grains. But, what exactly are whole grains and how much should you eat? Have no fear. I will explain all you need to know about whole grains.

Grains are the edible seeds of plants that are botanically considered grasses. Some grains include wheat, barley, corn, rye, spelt, oats, etc. All grains have three main parts: the bran, endosperm and germ. Bran is the hard, outer coating of the grain. It is a type of fiber that your body cannot digest that helps to regulate your digestive system. It also provides some protein, vitamins and minerals. The white, middle layer of the grain called the endosperm provides few vitamins and mostly carbohydrates and protein. Carbohydrates give the body energy and protein allows the body to grow and repair itself. The smallest part of the grain is called the germ, which provides healthy fat, vitamins and minerals.

Food manufacturers can use all three parts of the grain to make their products. Food products that are only made from the endosperm of a grain, like foods made with white flour, have fewer nutrients in them than products that are made from whole grain wheat flour. In fact, the United States government requires that manufacturers add some vitamins and minerals back into white flour to increase the nutrient content of the food being made. After manufacturers add these vitamins and minerals back into the flour, it is called enriched. This flour will be listed as "enriched wheat flour" on the ingredients list below the food label. Whole grain flour is made from the

endosperm, bran and germ of wheat. Since it has all three parts of the wheat grain in it, it naturally contains many more vitamins, minerals and healthy fats.

Reading the ingredient list is an important part of identifying whole grains. Whole grain products will be labeled as "100% whole wheat," "whole grain," "brown rice," "oats or oatmeal" on the ingredients list. For example, it is not enough to look at the color of bread to know whether the bread is made from whole grains. White bread can be made to look brown by adding molasses, a dark brown sugary syrup. This does not make the bread whole wheat because white bread is made with enriched white flour. Sometimes foods that are made with whole grains can be light in color. Does this mean that they were made without whole grains? No, you can tell if whole grains were used by looking at the ingredients list.

There are many grains that are naturally prepared whole.

GRAINS CHART

1 ounce of grains =

1 slice of bread	½ cup rice	3 cups of popped popcorn
1 cup of ready-to-eat cereal		½ cup pasta
1 mini bagel		½ cup oatmeal
1 small 6" tortilla (corn or flour)		½ cup bulgur

It may seem that 1 cup of all grains is equal to the 1 ounce serving recommended by the Food Pyramid. This is not the case. 1 ounce equivalents of rice, pasta, oatmeal, and bulgur are only ½ cup. Let's also not forget that 3 cups of popped popcorn is equal to 1 ounce of grains. You can use the chart below as a quick and easy reference to determine 1 ounce serving equivalents.

Now that you know what whole grains are, explore and be adventurous! Try some new types of grains you have never tried before. You can visit The

Oats in oatmeal is one example. All three parts of the oat; the endosperm, bran and germ are present in oatmeal. Popcorn is also considered a whole grain because the entire corn kernel is popped. Wild rice, quinoa, cornmeal, spelt, bulgur or cracked wheat, amaranth, kasha, etc. are all types of whole grains that are usually unprocessed and sold in their whole grain form.

Whole grains are a very important part of our diet. The Food Pyramid recommends that adults and children eat 6 ounces of grains every day. At least 3 ounces of the recommended 6 ounces of grains should come from whole grains. Now that you know how much you should be eating, what does 1 ounce of grains look like? Health professionals realize that you are not going to carry a scale with you everywhere you go to measure out your portions. So, they came up with basic guidelines to help you identify 1 ounce of grains.

Whole Grains Council at <http://www.wholegrainscouncil.org/recipes/> for recipes to make delicious whole grain dishes.

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. (Contract#: 06-55122)

McDonald's Offering \$25,000 In Scholarships To Local Hispanic High School Seniors

Five outstanding students of Hispanic descent will start college with \$5,000 already paid toward their education thanks to a scholarship from the Ronald McDonald House Charities® (RMHC®) of Southern California, RMHC of San Diego, the McDonald's Operators' Association of Southern California and the McDonald's Operators' Association of San Diego.

The Hispanic American Commitment to Education Resources (HACER®) scholarship is offered to high school seniors who have at least one parent of Hispanic heritage and who are eligible to attend a two- or four-year college or

university with a complete course of study.

Since 1990, more than \$2.7 million in scholarship funds have been awarded for students who reside in Southern California. This is the second year that a HACER scholarship is being offered exclusively to San Diego County residents. Five scholarship recipients in good academic standing will be awarded a \$5,000 scholarship for their first year of college.

"We had an overwhelming number of applicants last year, and it's great to see so many Hispanic youth in San Diego eager to attend college," said Ernie Sandoval, San Diego McDonald's Owner/Operator.

"McDonald's has a strong history of giving back to the community in areas that matter most, and we're proud to help these students on their path to educational excellence."

Applicants are evaluated on an academic basis, financial need, personal successes and their commitment to the community. Recipients will be selected by an advisory board consisting of educators, and community and civic leaders.

More than 125 high school seniors applied in 2008. The deadline to apply is March 13. More details and an application for the HACER scholarship are available at sdmcdonalds.com.

Preparación de Impuestos Electrónica GRATIS Disponible Para Contribuyentes Elegibles de la Ciudad de San Diego

El Programa de Computadoras en la Red, los Voluntarios y Expertos en Impuestos le Facilitarán el Declarar y Reclamar su Reembolso de los Impuestos del 2008 en la Ciudad de San Diego

Personas de bajos recursos y personal activo de la fuerza militar de San Diego pueden recibir preparación de su declaración de impuestos gratis —para poder recibir su reembolso pronto— por medio del Proyecto de Libertad de Impuestos el día sábado 28 de febrero, sábado 14 de marzo, y sábado 28 de marzo. La Asociación de la Industria de Computadoras y Comunicaciones (CCIA por sus siglas en inglés) se ha unido con la compañía Intuit la cual ha donado su sistema.

Los participantes aprenderán a preparar sus impuestos por sí solos con el sistema de computadora ofrecido por el Free File Alliance del Servicio Federal de Rentas Internas (IRS por sus siglas en inglés). Los contribuyentes también tendrán la oportunidad de determinar si califican para el Crédito Federal por el Ingreso del Trabajo (EITC por sus siglas en inglés), que es un crédito de impuestos, el cual le puede ayudar a familias obtener hasta \$4,800 en devolución del IRS. ¡Cualquiera que pueda utilizar una computadora y un apuntador de computadora puede hacer esto! ¡No se preocupe en tener que hacer la preparación de impuestos solo(a), tendremos voluntarios entrenados para

asistírle en inglés y en español! **INFORMACION DE ELEGIBILIDAD:**

El programa se les hace disponible a contribuyentes que cumplan con cualquiera de los siguientes criterios:

· Ganaron \$30,000 o menos de ingreso bruto ajustado (AGI por sus siglas en inglés); o

· Calificaron para el Crédito por el Ingreso del Trabajo; o

· Sirvieron activamente en la fuerza militar en el 2008 —esto incluye la Reserva y la Guardia Nacional— y si tienen un formulario W-2 del año 2008 de la fuerza militar y ganó \$56,000 o menos de ingreso bruto ajustado.

LOS PARTICIPANTES NECESITAN TRAER LOS SIGUIENTES DOCUMENTOS:

· Todos sus W-2's, 1098T's y 1099's del año 2008

· Número de Seguro Social o Número de Identificador de Contribuyente (ITIN por sus siglas en inglés) para cada miembro de la familia.

· Impuestos del año pasado —usted no puede enviar la declaración de impuestos electrónicamente sin estos documentos

ADONDE/ CUANDO:

Sábado, 28 de febrero; sábado, 14 de marzo; y sábado, 28 de marzo, 9:00 a.m.-1:00 pm, San Diego Continuing Education - Cesar Chávez Cam-

pus, 1960 National Avenue, San Diego, CA 92113

NOTA PARA LOS PARTICIPANTES:

A las personas interesadas se les recomienda hacer una reservación por adelantado llamando al 1-866-577-1231. ¡Las personas sin cita son igualmente bienvenidas!

Issues facing Hispanic Americans on the Nightly News

(con't from page 2)

by the Boy Scouts of America and the profile on Stanford-educated Katherine Flores who was born into a family of migrant farm workers in Fresno, California, raised by her grandparents working in the fields as a 4-year-old, and now works with Hispanic organizations to increase the role of Hispanics in the health profession.

Consumers can turn to Nightly.msnbc.com to watch the entire series, get access to valuable links and resources, and share their thoughts with other viewers. Nightly.msnbc.com will enable viewers to watch the extended and web-only interviews from the series. NBC producers will share behind the scenes reporting and insights on [The Daily Nightly](http://TheDailyNightly.com), the "Nightly News" blog.

What you need to know about Diabetes



By Gayle Sanders

In the United States, there are over 23 million people who have diabetes (American Diabetes Association, 2008). Diabetes is a disease that is caused by a high level of blood sugar because the body does not produce enough insulin, or because the insulin produced does not work properly. Having diabetes can increase the risk for many other serious problems such as heart disease, stroke, high blood pressure, blindness, or kidney disease.

There are two types of diabetes. Type 1 diabetes occurs when the body stops making its own insulin to control blood sugar levels. People with Type 1 diabetes must take regular insulin injections to survive and it usually affects children and young adults. Type 2 diabetes is more common, and begins when our body stops using its insulin properly. Over time, our body may stop producing insulin completely. Type 2 diabetes is related to older age,

obesity, lack of physical activity, and race/ethnicity, along with other factors. Latinos are at a much higher risk for developing Type 2 diabetes, but there are some very easy steps to help prevent Type 2 diabetes from developing, or to control diabetes.

Eating a healthy diet and engaging in physical activity are two of the best ways to help prevent or control diabetes. Engaging in thirty minutes of moderate to vigorous levels of physical activity each day can be beneficial to your health. This can be as simple as walking briskly taking the dog for a walk, working in the yard, or going dancing with friends and/or a partner.

With just 30 minutes of moderate to vigorous physical activity at least 5 days a week you can lower your blood sugar, blood pressure and cholesterol, reducing your risk for heart disease and stroke. Physical activity also helps the insulin in the body work better, builds strong bones and muscles, and helps to relieve stress. If you are trying to lose weight, regular physical activity along with making healthy food choices will help you reach your goal.

Eating healthy is a great idea for all of us, and is not that hard

to do. It is especially important for children to eat healthy foods during their development. Plan meals so that your family eats a wide variety of foods such as fruits, vegetables, whole grains, non-fat dairy products, beans, and lean meats, poultry and fish. Buying items when they are in season will also help save money. Make sure to take the time to eat a healthy breakfast. A piece of whole-grain toast with a hardboiled egg and sliced fresh fruit is a great healthy breakfast choice. Serve fresh fruits and vegetables as a side dish for lunches and dinner. Healthy food choices tend to have many necessary vitamins, minerals and fiber which are very important for weight control and overall health.

By doing a little planning before going to the market and being physically active, you and your family will enjoy a happy and healthy lifestyle. Let's all get moving and planning!

For more information about physical activity programs in the South Bay region of San Diego county, please contact us at: Familias Sanas y Activas (619) 594-2965. This health tip is brought to you by the San Diego Prevention Research Center.

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