

Moderation in alcohol intake a factor in living longer

Two new studies point out the importance of exercise for a long, healthy life, but they also recognize the benefit of moderate alcohol intake. For many years, alcohol consumption has been a topic of conversation when it comes to health behaviors that may influence heart disease and diabetes. A few years ago, red wine took the spotlight as a way to reduce the risk of heart disease.

The Copenhagen City Heart Study followed nearly 12,000 Danish men and women for 20 years and documented the number of people who died of heart disease. The men and women were divided into three categories for exercise - inactive, low activity and moderate to high activity.

Inactive people reported reading, watching television or going to the movie theater but no other physical activity. Those in the low activity group reported two to four hours per week of walking, cycling or light physical activity such as gardening. The moderate to high activity level category meant participants were engaged in vigorous activity for more than four hours a week.

Alcohol consumption was recorded by researchers and groups were defined as non-drinkers, moderate drinkers and heavy drinkers. One to 14 drinks per week is considered moderate intake with one drink equal to one beer, 1 ounce of distilled spirits or one 4-ounce glass of wine. General recommendations have been no more than one drink per day for women and no more than two drinks per day for men.

The study subjects who both exercised and had at least one alcoholic beverage per week had a 44 to 50 percent lower risk of heart disease than those who were inactive and did not drink. Nondrinkers who increased their exercise to the moderate or high level had a 33 percent lower risk of heart disease than the inactive nondrinkers. Heavy alcohol users reported more than 15 drinks per week and had about the same risk for heart disease as nondrinkers.

A British study asked 20,000 participants between the ages of 45 and 79 about smoking, exercise, alcohol use and fruit and vegetable intake. Those who reported they did not smoke, did exercise, used alcohol in moderation and ate at least five servings of fruits and veggies per day lived an average of 14 years longer than those who smoked, were inactive, did not drink alcohol and ate fewer than five servings of fruits and vegetables daily. These results were true regardless of economic status or body mass index. The researchers concluded these four health behaviors were associated with living longer more productive lives even if the subject was overweight.

Given that some people choose not to drink alcohol for any number of reasons, these studies suggest being more physically active, giving up smoking and increasing fruit and vegetable intake can reduce the risk of heart disease and increase life expectancy. The important message when it comes to alcohol intake is moderation. Previous studies have linked heavy drinking to a greater risk of heart disease.

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Public nutrition therapeutic Manual - Brief Introduction

Three meals a day, how to choose foods contain nutrients to know how to match needs with nutrition knowledge. You know that the human body contains more than 60 kinds of life-sustaining activities of the physiological function of inorganic elements in the extent of trace elements in the human body and the role of micro-special? We know that the human body must have more than 10 kinds of vitamins, neither heat, nor as human tissues of raw materials, but the maintenance of human health effects are extraordinary. Carbohydrate is the body's main source of energy, but preferable excessive, redundant sugar will be converted into stored fat in the body, adverse health. Various types of animals and plant foods is a protein in human tissue repair the basis of material, such as to give full play to its physical value, they also eat in a reasonable with the problem. Knowledge constantly updated dietary fiber used to be that the human body is unable to digest food residue, and now that there are antidotes its body, purge, anti-cancer, lower blood lipids, and other physiological functions. Acidic Food partial eclipse of fatigue, memory loss, and the acidic food? Children Vegetables basic food can be increased intellect, which also contain basic food and how many food can be hypoglycemic, blood fat, or have a role in lowering blood pressure, and cancer food and how many? a fresh one drink, how many things For nutrition, the book will give you a glance.n

Public nutrition therapeutic Manual - directory

1, dietary nutrients

(1) Vitamin

1. Vitamin A and carotenoids

2. Vitamin D

3. Vitamin E

4. Vitamin K

5. Vitamin B1

6. Vitamin B2

7. Niacin

8. Vitamin B6

9. Vitamin B12

10. Biotin

11. Folic Acid

12. Pantothenic acid

13. Vitamin c

14. Choline

15. Vitamin substances

1) biological flavonoid

2) carnitine

3) inositol

4) lipoic acid

16. People tend to lack of vitamin what?

17. Children, a lack of vitamin Abnormal Behavior

18. The preservation of food containing vitamin and cooking

(2) salts

1. Inorganic elements in the health and

1) constant element

2) Trace Elements

3) maintain constant elements and trace elements in the balance

2. Calcium
3. P
4. Sodium
5. K
6. Magnesium
7. Sulfur
8. Chlorine
9. Rail
10. Iodine
11. Zinc
12. Copper
13. Selenium
14. Molybdenum
15. Chromium
16. Cobalt
17. Manganese
18. Fluorine
19. Germanium
20. Vanadium, boron, silicon, nickel
21. Arsenic, lithium, tin, lead, cadmium, mercury, strontium
22. Aluminum

(C) carbohydrates

1. Carbohydrates Category
 - 1) monosaccharide
 - 2) oligosaccharides
 - 3) polysaccharide
 - 4) Some of oligosaccharides

5) Dietary Fiber

2. The physiological function of carbohydrates

3. Intake and food sources

4. Eat refined sugar adequate useful, excessive damage

5. Glucose metabolism related issues

1) Blood Glucose

2) Sugar vary Health

3) ketones

4) amylase

5) glycosaminoglycans

6) chondroitin sulfate

(D) Lipid

1. Fat

1) composition and classification

2) unsaturated fatty acids and health

3) essential fatty acids

2. Lipid

1) phospholipid

2) steroids

3. The physiological function of lipids

4. Lipids and the supply of food sources

1) Evaluation of the nutritional fat of animals and plants

2) fat intake

3) list of edible oil

(5) Protein

1. Protein and amino acids

2. Protein in the body balance and intake

1) nitrogen balance

2) recommended intake (RNI)

3. Evaluation of protein nutrition

1) biological value

2) digestibility

3) the content of food protein

4. Protein with a reasonable and complementary roles

(6) Water - the extraordinary role of nutrients

1. Physiological function

2. Human access to water balance

1) How much water per person per day to

2) Concern about water and water loss

3. Living in the drinking water

(7) energy

1. Human energy needs

2. Food and energy conversion

1) energy metabolism

2) thermal units and the price of food

3. How much energy per person per day to two, health and diet Common

(1) the health of different groups of people eating

1. Dietary intake

2. Fetal, infant food Jiannao and prevention of dental caries - pregnant women, nursing mothers diet

3. School-age children, adolescents Nutrition

4. Contribute to long-Food

5. Voice of young people change eating arrangements

6. ADHD children should eat what

7. Anti-caries diet

8. , The primary food hygiene 4

9. From the main points of the children gain weight

LO. Acidic Food partial eclipse memory loss, fatigue induced by

LI. Children who eat basic food by intelligence

12. Food and juvenile myopia

13.n

Dietary young people

15. Nutrition in the elderly

16. Food and skin care beauty

17. DNA and hair care food health food

19. Mental work needed nutrients

20. Osteoporosis prevention diet

21. Love sports diet

22. Computer, darkroom, night staff diet

23. Radioactive operations (or after radiotherapy) for nutrition

24. Noise, vibration nutritional requirements

25. SECRETARY by automobile, marine and aviation catering staff

26. Diving, operating diet plateau

27. High and low temperature operation diet

28. Mine workers nutrition requirements

29. Operating nutritional needs of silica dust

30. Mercury operations nutritional needs

31. Cadmium operations nutritional needs

32. Lead operations nutritional needs

33. P operations nutritional needs

34. Carbon disulfide operations nutritional needs

35. Operating nutritional needs of carbon tetrachloride

36. Nutritional needs of those exposed to benzene
37. And nitro-benzene compounds operators nutritional needs
38. Prevention of Alzheimer s disease and the lives of brain aging diet
39. Sexual function recession diet Recuperation
40. Reduce the hazards of smoking who eat food

(2) Treating Common Diseases diet

1. Hypertension, hypercholesterolemia and coronary heart disease diet
2. Treating diabetes diet
3. Anti-cancer, anti-cancer diet
4. Cataract diet
5. Vitiligo diet
6. Hyperthyroidism diet
7. Simple goiter control diet
8. Anemia diet
9. Fracture diet
10. Gout a low-purine diet of food
11. Chronic bronchitis, asthma diet
12. Whooping cough, asthma in children eating
13. Esophagitis diet
14. Canker diet
15. Acute and chronic gastritis diet
16. Acute and chronic diarrhea diet
17. Dysentery diet
18. Constipation diet
19. Pancreatitis diet
20. Cholecystitis and cholelithiasis diet
21. Prevent gallstones and food hygiene habits

22. Older persons in the prevention of eating fatty liver
23. Eating fatty liver
24. Hepatitis diet
25. Cirrhosis diet
16. Urinary tract stones diet
27. Urolithiasis prevention diet
28. Acute nephritis diet
29. Chronic nephritis diet
30. Acute pyelonephritis diet
31. Chronic renal insufficiency diet
32. Obesity diet 3, the Food and Nutrition and Food Therapy

(1) livestock, poultry, eggs, milk

1. Pork, beef, mutton
2. Zhudi
3. Rabbit Meat
4. Chicken
5. Duck Goose
6. Gerou
7. Livers, duck liver
8. Egan
9. Sheep blood, Jixue, duck blood, goose blood
10. Pig Blood
11. Supplementary food for infants animal blood
12. Bone and bone soup
13. Eggs
14. Duck, Goose
15. Quail eggs, Gedan

16. Milk
17. Yogurt
18. Goat s milk
19. Human milk

20. Milk
21. Condensed milk
22. Milk food
23. Cheese

(2) fish, shrimp, aquatic products, such as PayPal

1. Fish
2. Fish Oil
3. Fish, eggs
4. Carp
5. *Carassius auratus*
6. Shrimp, dried small shrimps
7. Crab
8. Terrapin
9. Loach
10. *Monopterus albus*
11. River snail
12. *Bellamya purificata*
13. Clam meat
14. *Pelteobagrus fulvidraco*
15. Megi
16. Tong snakehead fish
17. Hairtail
18. Large yellow croaker

19. Whitebait

20. Eel fish

21. Mackerel fish

22. Ma Chun -

23. Nibea fish

24. Cod

25. Changyu

26. Heiyu

27. Herring

28. Trout

29. Perch

30. Silver Carp

31. Mandarinfish

32. Mulletts

33. Shiyu

34. Partial mouth fish

35.n

Le fish

37. Whitefish

38. Bighead carp

39. Silver Carp

40. Bian fish

41. Sharks

42. *Muraenesox cinereus*

43. Octopus

44. Oyster

45. Clams

46. Jellyfish

47. Fish squid

48. Mussel

49. Cockles

50. Razor clam

51. Shark fins

52. Sea cucumber

(C) beans, soybean, grains

1. Soybeans (soybean)

2. Tofu

3. Doufuan, tofu silk, 1000, yuba

4. Frozen tofu

5. Fruit

6. Stinky tofu

7. Lobster Sauce

8. Scums

9. Huang bean sprouts

10. Mung beans, bean sprouts

11. Faba bean, pea, cowpea

12. Black Bean

13. Red Bean

14. Lentils

15. Standard rice, flour

16. Rice, glutinous rice

17. Wheat

18. Barley

19. Malt, Yuya

20. Oats, oat (highland barley)

21. Buckwheat

22. Millet

23. Corn, and corn to be

24. Sorghum m

(D) vegetables, root, sub--

1. Pumpkin

2. Cucumber

3. Momordica charantia

4. Dongguashan

5. Luffa

6. Gourd

7. Cucurbita maxima, Weigua

8. Tomato

9. Eggplant

10. Carrot

11. Carrot, turnip Ying

12. Spinach

13. Celery

14. Leek

15. Amaranth

16. Water Spinach

17. Rape

18. Potherb mustard

19. Cabbage

20. Cabbage

21. Cabbage

22. Cauliflower
23. Dong Han dishes
24. Pulp soft leaf
25. Kraft vegetables
26. Lettuce, leaf lettuce
27. Water Bamboo
28. Fresh asparagus bean pods
29. Four Seasons pods
30. Pea seedlings
31. Onion (onion)
32. Allium
33. Garlic
34. JIANG
35. Allium (

About the Author

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