

# News

YOU  
CAN  
USE

## Power of Memory, A Weight Loss Strategy

A recent study published in Physiology and Behavior suggests strong links between memories, food, and appetite.



For the study, scientists offered participants a popcorn snack, but asked them to take a moment and remember the last meal they had before eating the popcorn. They found that people who focused and thought about their last meal before snacking ate much less than those who didn't.

The next time you feel the urge to snack, help ease the cravings by harnessing the power of your mind and remember your last meal.

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## Baby Fat, Health Risk for Toddlers

A chubby toddler can look cute and healthy. Most parents think of 'baby fat' as something that will eventually go away as the child gets older. But what might look normal to a parent might worry a pediatrician, especially when it comes to excess weight.

Doctors are reporting seeing more patients overweight at younger and younger ages. This trend is being confirmed by the Centers for Disease Control and Prevention. Their statistics show obesity rates among 2- to 5-year-olds increased to 12.4% on average for the years 2003-2006, compared with 5% in 1980.

Obesity in such young children can have detrimental effects to their health such as development of diabetes, stunted hip and leg-bone growth, and high cholesterol. There are also emotional consequences such as the stress caused by peer teasing and name-calling.

Knowing when a child is obese is difficult to determine because they are still growing. It's best to let a medical professional calculate, once a year, a child's body-mass index (BMI) – a weight-to-height ratio used to estimate body fat. It is also important to note that children have different nutritional needs than adults. For example, children under 5 need a higher percentage of fat in their diet than adults, but this need decreases with age. Parents who want to manage their children's weight should consult a medical professional for nutrition advice.

### In this edition:



Power of Memory



Baby Fat: New Health Risk?



WIC Revisions  
Oldways Speaks  
to Committee





## WIC Revisions, Oldways Speaks to Committee

Did you know that 38% of WIC participants are Latino? Did you also know that this is largest ethnic group in the WIC Program? Most of you are probably familiar with WIC, but for those of you who aren't here is a quick recap. WIC (Women, Infants, and Children) is a government program whose mission is to safeguard the health of low-income women, infants, and children up to the age of 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. The goal is to prevent nutrition-related health problems in pregnancy, infancy and early childhood.

This summer, the USDA is organizing "listening sessions" around the country as part of the revisions to the WIC program. Oldways Executive VP, Sara Baer-Sinnott, recently spoke at a hearing held by the USDA in Boston, MA. Highlights of her speech include the following points:

- The use of standardized package sizes for whole grains products in order to make it easier for WIC participants to choose whole grain products such as rice and breads.
- The inclusion of potatoes in the WIC voucher program, because potatoes are an important, healthy and economical part of the traditional Latin American diet.
- An overall education program about healthy eating based on traditional diets - particularly for the part of the monthly diet not covered by WIC vouchers. Noting that we all care about good nutrition for every socio-economic level, and because none of can eat well without knowing how to cook, Oldways' believes this education component is essential for the WIC program to succeed.

Oldways urged the committee to focus on traditional eating patterns, such as the [Mediterranean Diet](#) and [Latin American Diet](#). These traditional diets are economical, easy to prepare, and recognized by nutrition scientists around the world as "gold standard diets." They are not fad diets, that come and go like thunderstorms. They've stood the test of time. And the health benefits of traditional diets reduce the risk of chronic diseases and increase the likelihood of lifelong good health.

