



Know Your Nutrients



(Blackdoctor.org.)

Every time you pick up a health magazine, you get a lecture on eating healthier. It is general knowledge that it can make you more beautiful, give you more energy, and even lengthen your life; but not many people know what to eat that will give you more energy, and even lengthen your life; but not many people know what to eat that will activate such pleasurable results. Use the following five nutrients as a starting point to building a healthier diet regime.

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Nutrient Name: Beta Carotene

What it Does: In the body, beta-carotene is converted to vitamin A, a nutrient essential for healthy vision, immune function and cell growth. It also acts as an antioxidant that neutralizes free radicals.

How Much Do You Need: There's no RDA for beta-carotene

Food Sources: Eat plenty of dark green vegetables and orange vegetables and fruits (papaya, mango) weekly to meet your vitamin A needs and reap beta-carotene's potential antioxidant benefits

Nutrient Name: B12

What it Does: Vitamin B12 is used in making DNA, which is the building block of genes and in maintaining healthy nerve and red blood cells.

How Much Do You Need: 2.4 micrograms a day for people 14 and older provides all the body needs— although some researchers have argued that a daily intake of 6 micrograms would ensure absorption

Food Sources: B12 is bound to protein, so foods like meat, fish, eggs, and dairy products like yogurt and milk are the principal sources

Nutrient Name: Chromium

What it Does: Chromium is required by the body for the process that turns food into usable energy, helping insulin prime cells to take up glucose.

How Much Do You Need: Despite disappointing findings on chromium supplements and weight loss, the body still needs it. The daily recommended intake for adults is 50 to 200 mcg

Food Sources: Best sources of chromium are whole-grain breads and cereals, meat, nuts, prunes, raisins, beer and wine.

Nutrient Name: Vitamin K

What It Does: Vitamin K is used by the body to produce an array of different proteins that build up its ability to function properly, some of them are used to create factors that allow blood to coagulate—critical in stemming bleeding and allowing cuts and wounds to heal.

How Much Do You Need: The current recommended daily intake of Vitamin k is 59 micrograms for women and 120 for men. Luckily Vitamin K deficiency is extremely uncommon

Food Sources: Kale, spinach, broccoli, asparagus, arugula, green leaf lettuce, soybean oil, canola oil, olive oil and tomatoes.

Nutrient Name: Potassium

What it Does: Potassium is involved in almost every vital body process maintaining blood pressure, heart and

kidney function, and muscle contraction, even digestion

How Much Do You Need:

Surveys show that most Americans get less than half the recommended amount of potassium, which is 4,700 milligrams (mg) daily for adults and teens

Food Sources: Foods that are closest to their original states are best, so be sure to choose whole, unprocessed foods as often as possible, especially fruits and vegetables, low-fat dairy products, whole grains, fish and lean meats

American Diabetes Association.
Step Out™
 Walk to Fight Diabetes

REGISTER TODAY!
diabetes.org/stepout
 1-888-DIABETES

SAVE THE DATE!
 October 31, 2009

Step Out: Walk to Fight Diabetes is a 5K walk at the Ballpark in Arlington, with a Health & Fitness Expo. Join us for Health Screenings, a Kid Zone, Healthy Lifestyle vendors, and live music. To register early please call 972/392-1181 ext. 6105


FITNESSATIONAL

Upcoming Activities

SIGN UP NOW FOR THE FWBC TEAM

JC WALKERS

SUSAN G. KOMEN RACE FOR THE CURE

MARK YOUR CALENDAR AND PLAN TO JOIN US ON

OCTOBER 17, 2009

Healthy Cooking Demonstration—Last Thursday of every



Friendship West Baptist Church Health Day

Saturday, September 19, 2009

4 PM - 8 PM (Just for Us!)



SPECIAL INVITATION

We've arranged for a special day of fun and fitness just for Friendship West Baptist Church families and friends at Hawaiian Falls on our own private day. The day will be filled with fun and fellowship for all. The admission cost per person is \$11.99.

Save the date---Saturday, September 19th from 4pm to 8pm. You are welcome to bring your own healthy picnic style meal for your family. If you bring a cooler larger than 12x12x12 there will be a \$10.00 fee you must pay at the gate.

Read on for details and how to join us.

Ready. Wet. Let's GO Friendship West Baptist Church. See you there!

-Dr. Frederick D. Haynes, III

Hawaiian Falls - Mansfield

Hawaiian Falls is located at the corner of SH 360 and Heritage Parkway, right next to Big League Dreams.

Take I-20 West to SH-360 South and continue on SH-360 South until you get to Heritage Parkway and make a Left.

Park Phone: (817) 853-0050
Hfalls.com

AGENDA

- 4 PM Park Opens
- Fun & Fellowship
- Christian Music
- 8PM Park Closes

HOW TO GET TICKETS

Tickets are only \$11.99 per person. Kids 2 years and younger are FREE! Price includes park admission from 4pm - 8 pm.

Tickets are available now at the Media Desk at FWBC & in the Faith Fitness Exercise Classes on Tuesday & Thursday between 6 pm - 8 pm.

Pre-Sale Deadline to purchase tickets is Thursday, September 17th.

For more information please contact:
Andrea George, Faith Fitness Director
972-693-6758 or email at faith_fitness@yahoo.com



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Faith Fitness Director
972-693-6758

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