

the healthy swimmer



Ewa Brozek

reader recipe

Pesto is a traditional Northern Italian sauce most often made with basil, garlic, pine nuts, Parmesan cheese and olive oil. Fresh spinach is often used to give the sauce a more intense green color—and arugula can be used the same way. This month's recipe is a lighter, more delicate version of the traditional fare.

Arugula Pesto with Basil and Mint

- 1/4 c **lightly toasted, chopped walnuts**
- 3 cloves **roasted garlic**
- 2 c **coarsely chopped arugula**
- 1/4 c **coarsely chopped fresh basil**
- 1/4 c **coarsely chopped fresh mint**
- 3 T **extra-virgin olive oil**
- 3 T **water**
- 3 T **sea salt**
- fresh ground black pepper**

Combine the walnuts, garlic, arugula, basil and mint in a food processor or blender, and process until coarsely chopped. While the machine is running, add the olive oil in a thin stream until the mixture is a paste. If the mixture appears to be too dry, add a small amount of water until mixture reaches the desired consistency. Season with salt and pepper to taste, and toss 1 tablespoon of sauce with each 1-cup serving of cooked pasta. <<<

Serves 6. 1T (with one cup cooked pasta); Calories per serving (with pasta) = 126; Grams of fat per serving (with pasta) = 8

>>> DO YOU HAVE A RECIPE OUR READERS WOULD ENJOY?

Send it to editor@usms.org, or mail to: Reader Recipe, c/o Bill Volckening, 1220 NW 119th Place, Portland, OR 97229.

Healthy Food – Arugula

Last year's highly publicized E. coli scare involving fresh spinach products left consumers looking for an alternative. While spinach was getting all the bad press, arugula—sometimes called the rocket plant—was hailed as one of the best substitutes. But arugula is much more than a spinach stand-in. The peppery flavored leafy green, popular in Mediterranean cooking, contains a wide variety of essential nutrients.

Arugula is high in dietary fiber and low in saturated fat and cholesterol. It is good source of protein, thiamin and riboflavin—and an excellent source of Vitamin A, Vitamin C, Vitamin K, folate, calcium, iron, magnesium, phosphorus, potassium and manganese. Most commonly used in salads, arugula is a healthy and versatile ingredient that can be used in assorted dishes—including this month's Reader Recipe. <<<

Stay Cool This Summer

The Centers for Disease Control (CDC) report that exposure to extreme heat during the summer months is a leading cause of heat-related illnesses such as heat exhaustion and heat stroke. People suffer heat-related illness when the body's temperature control system is overloaded. Several factors including age, weight, circulation, and prescription drug and alcohol use can influence the body's ability to handle heat.

The body normally cools itself by sweating, but under some conditions, sweating just isn't enough. With overexposure to heat, a person's body temperature may rise rapidly, potentially damaging the brain or other vital organs. Like any athlete, swimmers sweat to keep from overheating. However, swimmers may not notice dehydration as easily because they are in the water. Swimmers need to drink plenty of fluids before, during and after a rigorous workout, says the American Dietetic Association.

To help people beat the heat, the CDC has published a resource guide titled "Frequently Asked Questions About Extreme Heat," including information about risk factors, warning signs, treatments, and tips for staying healthy in extreme heat. The guide says electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness.

Air conditioning is the best protection against heat-related illnesses. Exposure to air conditioning for even a few hours a day will reduce the risks—but if you don't have air conditioning, taking a cool shower or bath can help. When the temperatures rise, CDC also reminds you to drink plenty of fluids, replace salts and minerals, wear appropriate clothing and sunscreen, and pace yourself. <<<

>>> Read the complete report at www.bt.cdc.gov/disasters/extremeheat/faq.asp.



Linda Bucklin

READERS ASK: Staying Hydrated

Q: How much more should I drink in the summer, and do I have to drink plain water to be well hydrated?

A: “The level of hydration can be affected by many variables, says USMS Past President Jim Miller, M.D., of Virginia Masters. “These variables typically include environmental issues such as temperature, humidity, sun and wind.” Miller notes that proper hydration may appear simple, but sometimes it is more complex. “Each athlete brings his own set of variables, including underlying medical

issues and medications.”

The human body contains a large percentage of water, and athletes lose more water than anything else during the course of exercise. However, medical issues may change this simplified view of hydration.

“Some examples would include metabolic (most commonly diabetes), heart and renal diseases,” says Miller. “In each of these examples, there are changes in the athlete’s capacity to cope with water loss. The composition of sweat and urine may be affected, and many medications also affect the variables.”

According to Miller, diuretics,

insulin and hypertensive medications commonly affect fluid balance or the ability to sense fluid needs.

“Probably the easiest way to determine the athlete’s level of hydration is to simply pay attention urine color,” says Miller. “The darker it is, the less hydrated you are. Normally, it is darker early in the morning – but as the day goes on, an athlete should be able to hydrate and achieve clear urine by noon.” Miller notes that vitamins and some other medications will affect urinary color. “For that reason, I recommend taking vitamins in the evening.”

Is water the fluid of choice most of the time?

“Yes!” says Miller. “Exceptions would include prolonged periods of exposure/exercise when electrolyte loss comes into play. Once again, medications and medical conditions may result in disproportionate losses. These situations would need to be addressed individually with athlete’s medical practitioner.” <<<

>>> **Do you have a training or technique question for our coaches? Send it to editor@usms.org, or mail to: Readers Ask, c/o Bill Volckening, 1220 NW 119th Place, Portland, OR 97229.**

Freshness Factor

Are frozen and canned fruits and vegetables as healthy as fresh? The Agricultural Marketing Service of the U.S. Department of Agriculture (USDA) offers a variety of helpful online resources, including guides on how to buy fruit, vegetables, meat and dairy products.

According to the USDA, fresh fruits and vegetables are low in fat, high in fiber, and provide a variety of vitamins and minerals. Canned and frozen products share the same characteristics as fresh, but can differ significantly in quality, taste, texture and appearance. Processed foods may also contain high levels of sugar, sodium, fat and preservatives.

To educate consumers, the USDA promotes U.S. Grade standards as measures of quality for many canned and frozen fruits and vegetables. When reading the labels, look for the U.S. Grade name or continuous inspection



Mikaeli Finnan

statement, which may be shown within the USDA shield. Grades indicate that the vegetable has been packed under continuous USDA inspection.

USDA nutritionists recommend three to five servings from the vegetable group, and two to four servings from the fruit group each day.

Know the Grade (Source: USDA)

••• **Grade A:** Top quality in tenderness, flavor, appearance and uniformity. They make the most attractive servings for special luncheons or dinners.

••• **Grade B:** Very good quality, slightly more mature and not quite as tender as Grade A vegetables.

••• **Grade C:** Less uniform in

color and flavor as the higher grades, and usually more mature. These vegetables are generally to be used as an ingredient in soups, soufflés, casseroles, stews, etc. <<<

>>> **For more information about the USDA Grade system and How to Buy guides, go to www.ams.usda.gov/howtobuy.** <<<

We’re Still Looking...

Are you a medical professional, physician, nurse, physical therapist, nutritionist or otherwise employed in the health field? The USMS Sports Medicine, Safety and Health Committee would like to hear from you. The committee is developing a network of resource persons to respond to a variety of reader questions for the Healthy Swimmer Department in *SWIMMER* magazine. Healthy Swimmer topics include general health, injury prevention, water and pool safety, optimal sports nutrition and health questions specific to the sport of swimming. The committee would especially like to hear from registered Masters swimmers whose practice includes providing medical services to other swimmers. <<<

>>> **If you would like to be a part of our growing network of health experts, please contact Jody Welborn, Chair of the USMS Sports Medicine, Safety and Health Committee. E-mail: SportsMedicine@usms.org, phone (503) 297-5889, or write to: Jody Welborn, 6687 SW Canyon Drive, Portland, OR 97211.**

The information in this department is not intended as a substitute for professional or medical advice. It is not intended to provide medical advice on personal health matters. For personal medical advice, consult your healthcare provider. If you are concerned about a particular medical condition or injury, see your healthcare provider for evaluation and care.