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Jared Fogle, the “Subway guy,” lost 245 pounds because he took a good look at his eating habits, and decided to make a change for the better. By reducing the calories he ate and incorporating exercise in his routine, Jared was able to achieve this amazing accomplishment. What he did right, was to learn about the appropriate foods to eat, to make healthier decisions, and to be physically active each day.

Jared will be the keynote speaker at the INShape Indiana Health Summit on Monday, November 27 at the Indiana Convention Center in downtown Indianapolis. He was recently appointed to serve on the Governor’s Council for Physical Fitness and Sports. Jared’s message to Hoosiers is a simple one; anyone can live a healthier, longer life if they take the time to educate themselves about good nutrition, which includes fruits and vegetables, dairy, and reducing trans fats.

Eating two to six and one half cups of fruits and vegetables in a rainbow of colors every day is important for helping fight heart disease, high blood pressure, type 2 diabetes, stroke, and cancer. More than half of all Americans don’t get enough vitamin A, found in apricots, cantaloupe, broccoli, mustard greens, sweet potatoes, tomatoes, plums and watermelon or C, found in oranges, tomatoes, kiwifruit, and grapefruit, or magnesium found in halibut, almonds, cashews, spinach, oatmeal, blackeyed peas, raisins, and peanut butter. Most Americans get less than half the daily fiber they need for a healthy heart.

Milk and milk products (dairy) help build strong bones, muscles, and teeth. When we think of dairy products, the first nutrient that often comes to mind is calcium. Dairy products are an excellent source of calcium, but they additionally provide eight other essential nutrients – potassium, phosphorus, protein, Vitamins D and A, B12, riboflavin, and niacin. As for choosing dairy products, it’s recommended that Americans over the age of two choose low fat or nonfat dairy products.

It is important to read the nutrition label when buying foods, and avoid foods that have trans fats or are high in saturated fats. Trans fats will be found primarily in processed foods such as cookies, crackers, pies, cakes, French fries, and donuts. Saturated fats are found mostly in high fat meats and dairy products and tropical oils (i.e. coconut and palm oils). Diets that are high in saturated and trans fats often correlate to an increased risk of heart disease and stroke because these two fats will often increase individuals’ total cholesterol levels.

The reason Jared Fogle is a role model for others to follow is because he is an ordinary Hoosier who achieved an extraordinary change in his life by taking the simple step of paying attention to the food he ate. I invite you to visit www.INShape.IN.gov to learn more about nutrition and what you can do to make a difference in your life and the life of your loved ones.

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