



Newsletter



Saturday, March 7, 2009

BETTER ME TOBACCO FREE FACTS

Smoking causes about 90% of lung cancer deaths in women and almost 80% of lung cancer deaths in men. The risk of dying from lung cancer is 23 times higher among men who smoke cigarettes, and about 13 times higher among women who smoke cigarettes compared with people who have never smoked. Benefits of quitting include: Healthier lungs, Reduced risk of heart disease and certain cancers, Increased fertility and lowered risk of miscarriage, Stronger sense of taste and smell, Healthier hair and skin, and Longer and healthier life.

SMART CARBS

Carbohydrates may be the foe of fad diets, but they're vital for boosting energy and mood. They are the body's preferred source of fuel, plus they raise serotonin levels. The key is to avoid sweets, which cause blood sugar to spike and plummet, leading to fatigue and moodiness. Instead, turn to whole grains like whole-wheat bread, brown rice, and cereal. The body absorbs whole grains more slowly, keeping blood sugar and energy levels stable.

NUTRITION TIP

Highly processed foods tend to be high in sodium and low in fiber, both of which can contribute to that bloated feeling. Get in the habit of reading food labels. When buying processed, canned, or frozen foods, shoot for no more than 500 mg of sodium per serving in any product -- or a total of 2,300 mg of sodium per day.

ALMONDS, HAZELNUTS & CASHEWS

These nuts are not only rich in protein, but they also contain magnesium, a mineral that plays a vital role in converting sugar into energy. Research suggests magnesium deficiency can drain your energy. Magnesium is also found in whole grains, particularly bran cereals, and in some types of fish, including halibut.

BETTER ME TOBACCO CESSATION TIPS

1). Target a stop date and record your reasons for stopping. 2). Solicit support and encouragement from friends, family, your physician, stop-smoking resources and programs. 3). If withdrawal causes irritability, try exercising regularly. 4). Get medication, if necessary, and use it correctly. 5). Fight possible insomnia by avoiding caffeine or other stimulants, and by having a relaxing bedtime routine. 6). Prepare for relapse, and keep trying by focusing on your goals and reasons for quitting.

EXERCISE TIP

The benefits of exercising during pregnancy are numerous. They include: reduced weight gain; reduced chances of becoming hypertensive; less likely to develop gestational diabetes; improved mood with less depression; better sleep patterns; reduced labor time; more rapid weight loss after pregnancy. Work with your doctor to develop the best plan for you.

CALORIE FACT

The regular size Prime Rib Cheese steak sandwich at Quizno's has 1,070 calories and 67 g fat.

HEALTHY RECIPE

Lemon Pepper Chicken

- *2 tablespoons lemon juice
- *2 tablespoons extra-virgin olive oil
- *1-2 teaspoons finely crushed black peppercorns
- *1/2 teaspoon salt
- *4 catfish fillets (about 1 pound total)
- *1 lemon, cut into 4 wedges

Whisk together lemon juice, oil, pepper and salt in a shallow nonreactive dish. Add catfish and turn to coat with marinade. Cover and refrigerate for 30 minutes. Preheat grill or broiler. Grill or broil fish on a lightly oiled rack, turning once, until the fish is opaque, about 10 minutes per inch of thickness. Serve with lemon wedges. Makes 4 servings. Each serving has 223 calories and 16 g fat.