



Newsletter



Friday, March 13, 2009

NUTRITION TIP

In a recent study, participants who had oatmeal for breakfast ate 30% fewer calories at lunch compared to those who had cornflakes. Oats are complex carbohydrates, so they digest slowly and keep blood sugar steady, which fends off hunger and may help control type 2 diabetes. Oatmeal also acts like a sponge during digestion by soaking up excess cholesterol for faster excretion, which can lower risk of heart disease.

HEALTH TIP

Take a daily multivitamin. It's good health insurance for imperfect diets — which many of us have. Choose a multi that contains the following nutrients: vitamin D (800 to 1000 IUs); calcium (600 mg *twice* a day — you'll need a separate supplement to meet these needs); magnesium (400 mg); and folic acid (400 mcg; 800 mcg if you're pregnant or trying to become pregnant).

HEALTHY BACK TIP

Women are more likely than men to suffer back pain because we tend to have weaker back muscles. When you're heaving heavy items, kneel down to pick them up — don't bend over from the waist — and tighten your abdominal muscles as you stand up to take the strain off your lower back.

FLOSS REGULARLY

Cleaning between your teeth helps get rid of the bacteria-laden plaque that causes gum disease and possibly a plethora of other problems, including heart disease and stroke.

MAKE TIME FOR ME TIME

The list of reasons why chronic high stress is bad for us seems never ending: It can lead to depression, high cholesterol, and weight gain, to name a few. You want to keep everyday stress levels low, so that when something really nerve-racking happens, your body's stress response isn't over the top. Find regular outlets for blowing off steam, such as yoga, journaling, or having fun with friends.

BETTER ME TOBACCO FREE TIP

The Centers for Disease Control notes that this month is a good time to quit smoking: On April 1, 2009 -- yes, it's April Fools' Day, but this is no joke -- the federal tax on cigarettes will jump to \$1.01 from the current rate of \$0.39 per pack.

BETTER SLEEP TIP

Sleep deprivation doesn't just leave us groggy - it also puts us at greater risk for obesity, heart problems, depression, and motor vehicle accidents. Unfortunately, more than half of American women get a good night's sleep only a few times a week. One likely reason: 87% of us opt to zone out in front of the tube for an hour before bed rather than turning in early, and watching television stimulates the brain, making it harder to fall and stay asleep. To ensure sound slumber, TiVo your favorite late-night shows for later viewing, and crawl into bed.

ENJOY A LITTLE CHOCOLATE

Enjoying about 30 calories of dark chocolate a day (one or two dark chocolate Hershey's Kisses) can help lower your blood pressure enough to reduce your risk of dying from heart disease by 5 percent and of stroke by 8 percent, according to a study in the *Journal of the American Medical Association*.

CALORIE FACT

The Texas Triple Whopper Sandwich at Burger King has 1,310 calories and 88 g of fat.

HEALTHY RECIPE

Parmesan-Garlic Chicken (Makes 6 servings)

- *1/2 cup Grated Parmesan Cheese
- *1 envelope Dry Italian Dressing Mix
- *1/2 tsp. Garlic Powder
- *6 boneless skinless chicken breast halves (2 lb.)

Heat oven to 400 degrees. Mix cheese, dressing mix and garlic powder. Moisten chicken with water; coat with cheese mixture. Place in shallow baking dish. Bake 20 – 25 min. or until chicken is done. *Each serving has 230 calories and 7 g fat.*