



Saturday, March 28, 2009

## **MAINTAINING WEIGHT LOSS**

Successful weight loss maintainers eat frequently, every 3 to 4 hours, or 4 to 5 times a day. Hunger is the Achilles heel of any dieter, and frequent eating helps you control your blood sugar and manage your appetite. And don't forget to drink plenty of water or unsweetened beverages, because thirst is sometimes confused with hunger and extra fluids can help take the edge off your appetite.

## **NUTRITION TIP**

Start the day with breakfast. This is an essential step to get your engine going and to help you perform better in the boardroom or at the gym. Breakfast doesn't have to be anything fancy, either. Enjoy a bowl of high-fiber, whole-grain cereal with fruit and non-fat dairy for a great meal that will last for hours.

## **HEART HEALTH TIP**

30% of heart attacks worldwide are caused by poor diet, due in part to an overindulgence of two foods: fried and salty. To cut down, base meals and snacks around heart-healthy fruits and veggies – they're associated with the lowest risk of heart attack.

## **SUPERFOOD**

With a long list of advantages that range from protecting gums to staving off urinary tract infections, the crimson cranberry is the epitome of a superfood. The sweet-tart fruit's health benefits come thanks in part to the proanthocyanidin antioxidants each berry is loaded with.

## **GO BANANAS FOR BETTER BP**

To lower your blood pressure, don't just eat less sodium – you should also increase your potassium intake, as it speeds up the body's sodium excretion, say researchers at the Hypertension Institute of Nashville. Some popular potassium-rich foods also include: baked potatoes, tomato paste, lima beans, yogurt and cantaloupe.

## **EXERCISE FACT**

400 calories are burned in two hours of bowling, compared with 68 burned watching a movie.

## **DIABETES TIP**

Here are a few things you can do to help lower your risk of developing diabetes: Maintain a healthy weight; Get regular exercise; Don't smoke; Eat a diet that focuses on whole grains and "good" fats (like olive and canola oil).

## **ACTIVELY HEALTHY**

Only 15% of Americans are aware that exercise lowers the risk of colon cancer. In fact, lack of physical activity is linked to more colon cancer cases than any other risk factor. The good news: if you're physically active, you're 30 to 40% less likely to get colon cancer than sedentary people are.

## **CALORIE FACT**

A McDonald's Deluxe Breakfast has 1,360 calories and 64 g fat. With four vehicles for refined carbohydrates (biscuit, hash browns, hotcakes, syrup) this "deluxe" meal will send your blood sugar soaring. If you swap this deluxe breakfast for an Egg McMuffin you will save more than 1,000 calories. The Egg McMuffin has 310 calories and 12 g fat.

## **HEALTHY RECIPE**

### **Deviled Eggs (Makes 24 servings)**

- \*12 hard-cooked eggs
- \*4 oz. (1/2 of 8-oz. pkg.) reduced fat cream cheese
- \*3 Tbsp. reduced fat Mayonnaise
- \*2 tsp. Dijon mustard
- \*2 tsp. white vinegar
- \*1 tsp. sugar
- \*1/8 tsp. paprika

Cut eggs lengthwise in half. Remove yolks; place in medium bowl. Add all remaining ingredients except paprika; mix well. Spoon into resealable plastic bag. Cut small corner from bottom of bag; pipe filling into egg whites. Sprinkle with paprika. *Each serving has 60 calories and 4 g fat.*