



Newsletter



Friday, April 24, 2009

A SIMPLE FORMULA

If you trim 100 calories per day, either by eating fewer calories or burning more, it should add up to a 10-pound loss at the end of a year. It's a simple mathematical formula; if you eat fewer calories than you burn, you will lose weight. Let's do the math. A pound of fat equals 3,500 calories. Shaving 100 calories each day for 365 days is roughly 36,500 calories, equivalent to 10 pounds of pure fat. You could double your weight loss to 20 pounds in a year by trimming 100 calories from your diet *and* burning 100 extra calories each day.

SMOKING AND BLADDER CANCER

Smokers are 2.5 times more likely than non-smokers to get bladder cancer. And the risk of bladder cancer may be higher in women than in men who smoke comparable numbers of cigarettes.

EXERCISE TIP

Have you lost your exercise motivation? Try wearing a pedometer and tracking your daily steps. To achieve good health, strive to take 10,000 steps a day (the equivalent of walking roughly five miles). A person who walks 10,000 steps a day will burn between 2,000 and 3,500 extra calories per week, which will result in achieving a vastly better health profile.

ALCOHOL CALORIES ADD UP

Alcohol has 7 calories per gram as opposed to 4 calories per gram for protein and carbohydrate and 9 calories per gram for fat. Below are the calories in various alcoholic drinks: 1 oz. shot of hard liquor = 80-90 calories, 1-1/2 oz. of Kalua = 160 calories, 12 oz. beer = 150 calories, 12 oz. light beer = 110 calories, 5 oz. wine = 90 calories, 1 bottle of Smirnoff = 250 calories.

NUTRITION TIP

Cut 100 calories by skipping the cheese on your sandwich or burger.

FOOD FOR THOUGHT

People who eat fish with omega-3 fatty acids (such as salmon) at least once a week have a 60 percent lower risk of Alzheimer's disease.

WALKING TIP

By walking at a 3.5 mph pace, a 150-pound person burns approximately five calories every minute. In front of the TV, that same person burns one calorie per minute.

NUTRITION TRIVIA

If you ate a 1-ounce bag of potato chips every day for a year, you would have consumed 3.8 quarts of oil.

HEALTH TIP

Thinking of food as fuel, how far would you need to walk based on the calorie content of the following fuels: 1 apple (1 mile), 1 slice of pizza (3 miles) and one snip of celery (10 feet).

FAST FOOD SUPER SIZING

When you "super size" a meal, you automatically add 1,000 calories to your meal.

HEALTHY RECIPE

Beef Stir-Fry (Makes 4 servings, 2 cups each)

- *2 cups instant brown rice, uncooked
- *1 lb. boneless beef sirloin steak, cut into thin strips
- *2 tsp. minced garlic
- *1 pkg. (16 oz.) frozen stir-fry vegetables, thawed, drained
- *1/4 cup Asian Sesame with Ginger Dressing
- *1/4 cup lite soy sauce

Cook rice as directed on package. Meanwhile, heat large nonstick skillet sprayed with Pam on medium-high heat. Add meat and garlic; stir-fry 2 min. Add vegetables, dressing and soy sauce; stir-fry an additional 3 min. or until vegetables are crisp-tender and meat is cooked through. Spoon rice onto serving platter; top with the meat mixture. *Per serving: 400 calories, 11 g fat and 4 g fiber.*