



# Newsletter



Saturday, May 9, 2009

## **TOBACCO CESSATION**

When you stop smoking, your body attempts to clear the mucous clogging your lungs. Also, your body will produce less mucous, thus your mouth and breathing tubes may feel dry. The best thing for this is to drink plenty of water.

## **WEIGHT LOSS TIP**

Often times people are not able to lose weight because they are still consuming too many calories. It's certainly easy to do. A serving of almonds is just 11 almonds not handfuls! And a serving of juice is just a tiny 4 oz glass. What restaurant (or home kitchen) serves just 4 ounces? One bagel is often 4 bread servings (that's why you must "halve it"). And pasta in a restaurant is 7 bread servings. So yes, even though you are eating the right things, you can easily be eating too much and not realizing it.

## **NUTRITION TIP**

Grill double the amount of chicken or salmon one night, then use the extra to create a hearty cold salad supper the following night. Remember to make beans your new croutons as a simple way to increase your daily fiber intake.

## **CALORIE TIP**

How much activity does it take to burn off a Big Mac, fries and a shake? Walking 240 football fields. That's five hours of straight walking!

## **STRENGTH TRAINING BENEFITS**

Adults lose between five and seven pounds of muscle every decade after age 20. Strength training will help prevent this muscle loss, and rebuild what you may have lost. Start by strength training 2 days/week, building up to 3 days/week for more of a challenge.

## **CALORIES BURNED DURING EXERCISE**

30-minutes of exercise 5 times a week for a year burns 62,400 calories, which translates into 18 pounds of fat burned in a year!

## **METABOLISM TIP**

While your metabolic rate does get slower with age, the process is not completely inevitable. You can stop the decline by up to 80 percent with strength training and aerobic activity. Often times it is lean tissue mass that dictates how fast or slow your metabolism is: The more of it you have, the more calories you burn.

## **THINK BEFORE YOU DRINK**

Americans drink 22 percent of their daily calories, according to a recent study. If you don't want to stick to water or seltzer (both have zero calories) then read the label before you pour. A 20-ounce Coke has 250 calories.

## **SMOKING TRIPLES SKIN CANCER**

One type of skin cancer, squamous cell carcinoma, is three times more common in smokers than in non-smokers. While this type of cancer rarely spreads and has a 95% five-year survival rate, removal of the growths can be painful and in some cases disfiguring.

## **REDUCING CALORIES**

Use 1 teaspoon of mustard or ketchup or 1 tablespoon of fat-free mayonnaise in place of 1 tablespoon of regular mayonnaise will trim 100 calories from your daily diet.

## **HEALTHY RECIPE**

### **Cheesy Broccoli Casserole (Makes 8 servings)**

- \*1 pkg. (6 oz.) Stuffing Mix for Chicken
- \*2 pkg. (10 oz. each) frozen broccoli florets, thawed, drained
- \*1 can (10-3/4 oz.) 98% fat-free condensed cream of mushroom soup
- \*1 cup Cheez Whiz Light Reduced Fat Cheese Dip

Preheat oven to 350 degrees. Prepare stuffing mix as directed on package, using only margarine. Set aside. Mix remaining ingredients in 2-qt. baking dish; top with stuffing. Bake 30 min. or until heated through. Each  $\frac{3}{4}$  cup *serving contains 240 calories, 10 g. fat and 3 g. fiber.*