



Friday, June 26, 2009

SMOKING CESSATION FACTS

The federal cigarette tax increased to \$1.01 per pack on April 1, 2009. At \$6 per pack, a pack-a-day smoker would save \$2,184 per year. (\$42 per week). A 40-year-old who quits smoking and puts the savings into a 401(k) earning 9% a year would have nearly \$250,000 by age 70.

NUTRITION TIP

Popcorn is a great snack because it's whole grain, packing 3 g fiber and an entire serving of whole grains in each 3-cup, 90-calorie, air popped bowl. That's why people who snack on it get two more servings of whole grains and 22% more fiber every day than people who don't, according to a recent study in the *Journal of the American Dietetic Association*.

CALORIE FACT

A basket of chips and salsa at a Mexican Restaurant has 500 calories. A bowl of Queso Dip has 630 calories.

HEART HEALTH TIP

If you're prone to high triglycerides, that's a sign your body isn't very efficient at clearing fat from your blood. So limit high-fat meals, and don't drink too much alcohol, which slows down fat metabolism.

A+ FOR ASPARAGUS

Asparagus is one of the most nutritionally well-balanced vegetables -- high in folic acid and a good source of potassium, fiber, thiamin, and vitamins A, B6, and C. A 5-ounce serving provides 60% of the RDA for folic acid and is low in calories (20 calories per ½ cup, cooked).

STRESS REDUCING TIP

The most effective stress-reduction strategy of all: Get enough shut-eye. Your body perceives sleep deprivation as a major stressor. A recent study found that getting an average of 6.5 hours each night can increase cortisol, appetite, and weight gain. The National Sleep Foundation recommends 7 to 9 hours.

SMOKING CESSATION TIPS

Stop smoking and use that money to reward your efforts and progress. Buy new cologne, have a massage, take a class in a craft or hobby you find relaxing and fun, take a friend to a movie, go out for dinner; plan a weekend getaway with that special someone. Be nice to yourself! You deserve a reward for your hard work. To get started make a 31-day reward plan calendar; fill the days with ideas to reward yourself. Every day honor the strength it takes to stay abstinent and reward your success, one day at a time.

DID YOU KNOW?

On July 4th, Americans will enjoy 150 million hot dogs, enough to stretch from D.C. to L.A. five times. A regular hot dog has 250 calories and 15 g fat. Chili adds on another 40 calories and cheese adds on another 50 calories.

EXERCISE FACT

Over 80% of women forgo strength training. If you're one of them, it may be the number one reason your scale is stuck. You've probably heard that strength-training can boost metabolism, but here's something you may not know: People who pair aerobic and resistance training eat less – 517 fewer calories a day – than those who do only cardio, reports a new study in the *Journal of Sports Science and Medicine*.

HEALTHY RECIPE

Potato Salad (Makes 4 servings, ¾ cup each)

- *1 lb. red potatoes (about 4), cut into chunks
- *1/4 cup light zesty Italian dressing
- *1/3 cup Miracle Whip light dressing
- *1-1/2 tsp. Dijon mustard
- *1 hard cooked egg, chopped
- *4 green onions, sliced

Cook potatoes in saucepan of boiling water 15 min. or just until tender; drain. Rinse potatoes with cold water until cooled; drain again. Mix dressings and mustard in large bowl. Add potatoes, eggs and onions; mix lightly. Refrigerate 30 min. *Each serving has 150 calories, 4.5 g fat and 2 g fiber.*