



Newsletter



Thursday, July 2, 2009

CALORIE FACT

The “new” Bundt Cake Sundaes at Sonic have the following calories: Molten Hot Fudge (531 calories, 19.1 g fat), Turtle (585 calories, 26.1 g fat), Strawberry Hot Fudge (499 calories, 19.1 g fat).

WEIGHT LOSS TIP

To lose one pound in seven days you need to reduce your net calories by 500 every day. The easiest way to do that is a 250 split: Cut half from your diet and burn the other half through exercise.

EXERCISE TIP

The most effective way to increase metabolism and burn more calories is by aerobic exercise and strength training. When you exercise, you use muscle. This helps build muscle mass, and muscle tissue burns more calories -- even when you're at rest -- than body fat. 10 pounds of muscle burns 50 calories in a day spent at rest, while 10 pounds of fat burns only 20 calories. Strength training becomes especially important as we get older, when our metabolisms tend to slow down. One way to stop this is to add some strength training to your workout at least a couple of times a week. The largest muscles (and therefore the largest calorie burners) are in the thighs, abdomen, chest, and arms.

FITNESS FACT

When couples exercise together, 94% of them stick with their fitness program.

KIWI BENEFITS

1 cup of Kiwifruit meets 20% of your daily fiber needs.

WEIGHT LOSS TIP

Cut three unhealthy foods from your diet and then fill the empty slots with good-for-you alternatives. Suggestions: Swap sugar-loaded soda for water or tea; replace artery-clogging fried foods with oven-baked choices; and eliminate high-fat whole milk and switch to fat-free or 1%.

HEALTHY HEART TIP

Keep your LDL (bad cholesterol) at healthy levels by going easy on the following foods: organ meats, egg yolks, full fat dairy products, butter, fatty meats, whole milk, palm kernel oil, coconut oil, and foods listing *partially hydrogenated oil* in the ingredient list.

THE ANTI-CIGARETTE DIET

In a study at Duke University Medical Center smokers identified the foods that made cigarettes taste terrible. Topping the list were fruit, vegetables, dairy products, and non-caffeinated beverages, especially juice and water. On the other hand, alcohol, coffee, tea, cola, and meat made cigarettes tastier. Another way to fight cravings: Walk around the block or up the stairs. Studies show that a small bout of exercise, even as little as five minutes, helps get you past the urge.

MAXIMIZE YOUR METABOLISM

You may notice your weight creeping up with age. To help maximize your metabolism, combine cardiovascular exercise such as walking with weight lifting to fuel calorie burn. After age 30, women lose about 5 pounds of muscle a decade, causing them to burn about 70 fewer calories a day – enough to add 7 pounds of fat a year.

HEALTH CARE COSTS

Obesity raises an individual's health-care costs by 36% and medication costs by 77%.

HEALTHY RECIPE

Healthy Dill Dip

1 cup MIRACLE WHIP Light Dressing
1 container (16 oz.) Fat Free Sour Cream
1 Tbsp. dill weed
1 Tbsp. dried minced onion
1 Tbsp. parsley flakes

Mix all ingredients; cover. Refrigerate several hours or overnight. Serve with assorted crackers or vegetables. Makes 24 (2-Tbsp.) servings. *Each serving has 45 calories and 2 g fat.*