



Saturday, July 18, 2009

HEALTHY BACK TIP

When your back hurts, getting off the couch may be the last thing you want to do – but you should probably make it the first. New research shows that exercise is exactly what you need. Researchers at UCLA found that patients who exercised regularly were 31% less likely to experience an increase in pain and disability than their sedentary counterparts. Your best bet: a daily half-hour of aerobic activity, such as walking or swimming most days of the week.

WEIGHT LOSS TIP

Many fruits and vegetables contain water, which provides volume but not calories. Grapefruit, for example, is about 90% water and has just 39 calories in a half-fruit serving. Carrots are about 88% water and have only 52 calories in a cup. A half-cup of cooked green beans has just 19 calories.

NUTRITION FACT

Some estimates indicate, that currently, 40% of an average person's calorie intake comes from beverages, not food. A person should attempt to get 90% of their total calorie intake from solid foods. Our bodies are not good at recognizing calories that come from beverages as energy.

HEALTH FACT

If you cut down on your food intake, will you eventually shrink your stomach so you won't be as hungry? Answer: Once you are an adult, your stomach pretty much remains the same size -- unless you have surgery to intentionally make it smaller. Eating less won't shrink your stomach, but it can help to reset your "appetite thermostat" so you won't feel as hungry, and it may be easier to stick with your eating plan.

NUTRITION TIP

Eat onions every day for serious cancer protection. People who ate at least two per week had lower cancer risk – colorectal cancer by 38%, ovarian cancer by 43%, and throat cancer by 56% - in a recent study in the American Journal of Clinical Nutrition.

CALORIE FACT

A small Snickers Shake at Baskin-Robbins has 1,040 calories, 50 g fat (26 g saturated, 1 g trans) and 112 g sugars.

FITNESS TIP

Are you getting in 10,000 steps a day? A recent study reports that the average hospital employee attains 4,821 steps per day. The CDC recommends that an individual should attempt to get a minimum of 10,000 steps per day for a healthier life. 2,000 steps equals approximately one mile of walking. By walking 10,000 steps per day the average person will burn up to 3,500 calories per week – roughly the caloric equivalent of one pound of fat.

MONKEY SEE, MONKEY MOVE

Obesity may be “contagious” among family members – but thankfully, so are good habits. If you exercise regularly or get a cholesterol test, your spouse has nearly twice the odds of doing the same – and if you quit smoking or drinking, your spouse is more than five times as likely to follow suit within 4 years. Among 6,072 spouses surveyed, a husband had a 60% chance of getting a flu shot if his wife did, but he had only a 21% likelihood if she opted out.

HEALTHY RECIPE

Tuna Mac (Makes 6 servings, 1 cup each)

- *2 cups (8 oz.) elbow macaroni, uncooked
- *1/2 lb. (8 oz.) Velveeta 2% cheese product
- *1 pkg. (16 oz.) frozen vegetable blend, thawed, drained
- *1 can (6 oz.) white tuna in water, drained, flaked (may also substitute canned chicken)
- *2 Tbsp. fat-free milk

Bring 2 cups water to boil in large saucepan on medium-high heat. Stir in macaroni. Reduce heat to medium-low; cover. Simmer 8 to 10 min. or until macaroni is tender. (Do not drain). Add remaining ingredients; cook until Velveeta made with 2% milk is completely melted and mixture is heated through; stirring frequently. *Each serving has 270 calories, 5 g fat and 3 g fiber.*