



Saturday, July 25, 2009

BETTER ME TOBACCO FREE TIP

What should I do if I start smoking/chewing again?
If at first you don't succeed, try, try again! Here are a few additional tips: Recognize that you have had a small set back; Don't give up – resolve to be a non user; Get rid of tobacco products you may have bought; Learn from the set back – what caused you to use again; Plan on how to avoid or better cope with the situation; Don't look back. Think about the effort you have already invested in elimination tobacco. Tell yourself, "I'm not going to let this effort go to waste – I'm still a non-smoker/non-user!"

WEIGHT LOSS TIP

It's possible to lose weight with one piece of simple advice: Take a smaller portion. The bottom line for weight loss is to burn more calories than you consume. If you want to lose weight, you should be able to lose a pound per week by cutting about 500 calories per day. Just find about five foods a day whose portion is larger than you need. Here are some examples: By replacing a 12-ounce glass of juice in the morning with a six-ounce glass, you will eliminate about 85 calories; One cup of pasta instead of two or three cups can save you 200 to 400 calories.

WHAT IS HDL CHOLESTEROL?

HDL is "good cholesterol." What's good about it? HDL attaches to bad cholesterol and escorts it to the liver, which filters it out of the body. So HDL reduces the amount of bad cholesterol in your system. *Desirable number:* 60mg/dL or higher.

METABOLISM TIP

Eating more really can help you lose weight—eating more *often*, that is. When you eat large meals with many hours in between, you train your metabolism to slow down. Having a small meal or snack every 3 to 4 hours keeps your metabolism cranking, so you burn more calories over the course of the day. Several studies have also shown that people who snack regularly eat less at meal time.

REDUCING HYPERTENSION RISK

High blood pressure contributes to more excess deaths in women than any other preventable factor. But following a healthy lifestyle could lower women's risk of high blood pressure by as much as 80%. In a new study, women achieved that reduction in risk by taking these healthy lifestyle steps: maintaining a normal weight; performing daily exercise; eating a diet high in fruits, vegetables, and low-fat dairy products and low in sodium; and taking a folic acid supplement.

ADULT OBESITY REPORT RELEASED

The CDC (Centers for Disease Control) reports that the nation's waistline is still growing, or holding steady in some states, but not shrinking at all. The CDC reported in early July 2009 its latest obesity statistics. Overall, 26.1% of U.S. adults were obese in 2008, compared to 25.6% in 2007. The results also show that adult obesity is most common in Mississippi and rarest in Colorado, which is the only state in the nation where less than 20% of adults are obese. Texas ranked #12 among all states, with 28.3% of adults classified as obese.

CALORIE FACT

The new McDonald's Angus Mushroom & Swiss Burger has 770 calories and 40 g fat. A better choice would be the Chipotle BBQ Snack Wrap or the Honey Mustard Snack Wrap – each wrap has 260 calories and 9 g fat.

HEALTHY RECIPE

Super Salsa Roll-Ups (Makes 10 servings)

- *4 oz. (1/2 of 8-oz. pkg.) of 1/3 less fat Cream Cheese, softened
- *3 Tbsp. Salsa
- *4 Flour Tortillas
- *1/2 cup Mexican Style 2% Milk Finely Shredded Four Cheese
- *1/4 tsp. chili powder

Mix cream cheese and salsa; spread onto tortillas. Top with remaining ingredients. Roll up tortillas tightly. Cut each crosswise into 5 slices. *Each serving has 90 calories and 4.5 g fat.*