



Wednesday, August 5, 2009

WEIGHT LOSS TIP

A recent study from Johns Hopkins University found that people who cut liquid calories from their diets lose more weight, and keep it off longer, than people who cut food calories. Liquid calories are the easiest kind to cut. Take for instance the Rockstar Original Energy drink (16-ounce can). It has 280 calories and 62 g sugar (equal to 15.5 teaspoons of sugar). If you add one of those to your diet every day, you'll add about 28 pounds of flab to your body in a year. A better option would be the Monster Lo-Carb Energy drink (16-ounce can). It only has 20 calories and 6 g sugar.

FITNESS TIP

Over 80 percent of women forgo strength-training, says the latest survey by the Sporting Goods Manufacturers Association. 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*.

CALORIE FACTS

The Smoked Turkey sandwich (no side) at Chili's has 960 calories and 55 g fat. A better option would be the Guiltless Grilled Chicken Sandwich, which has 360 calories and 5 g fat.

HEALTH FACT

Last week the International Agency for Research on Cancer (IARC), the cancer division of the World Health Organization, classified tanning beds as "carcinogenic to humans" — the agency's highest cancer-risk category. In an analysis of 20 such studies, the IARC found that people who begin using tanning beds before age 30 increase their risk of developing skin cancer 75%. Overall, use of the beds boosts the risk of melanoma, the deadliest form of skin cancer, 20%.

OMEGA-3 FATTY ACIDS

Mounting evidence support the healthy-heart benefits of omega-3 fatty acids (the fatty acids found in fish or fish-oil supplements). This month, a group of scientists writing in the *Journal of the American College of Cardiology* encourage people to get at least 500mg per day of: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). They recommend even more – a daily 800 mg to 1,000 mg of the two acids combined – if you already have known coronary heart disease. High dose omega-3 foods include oily fish like salmon, sardines, trout and herring, as well as flax and certain nuts, including walnuts.

TIPS TO REDUCE HIGH BLOOD PRESSURE

Lifestyle changes for high blood pressure include: losing weight, quitting smoking, eating a healthy diet (such as the DASH diet), reducing the amount of salt in your diet, regular aerobic exercise (such as brisk walking) and limiting alcohol drinking.

GO NUTTY WITH ALMONDS

You can go nutty with most nuts to boost your vitamin E, but almonds shine as the clear favorite at 7.33 milligrams per ounce. Experts recommend that adults get 15 milligrams a day of vitamin E. Since nuts are relatively high in calories, limit your daily intake to a small handful, about 25 nuts.

HEALTHY RECIPE

Smoked Turkey Wrap

- *1 whole-wheat tortilla (6-inch)
- *1 Tbsp. Miracle Whip Light dressing
- *1 tsp. barbecue sauce
- *6 slices shaved smoked turkey breast
- *1 large lettuce leaf
- *2 thin tomato slices
- *1 thin red onion slice

Spread tortilla evenly with dressing; drizzle with barbecue sauce. Top with remaining ingredients; roll up. Makes 1 serving. *Each serving has 220 calories, 6 g fat and 5 g fiber.*