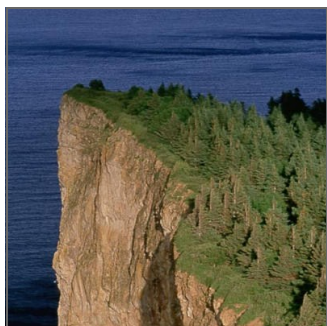


Going Over the Food Cost Fiscal Cliff?

Fiscal cliff or not, will you have to find extra money



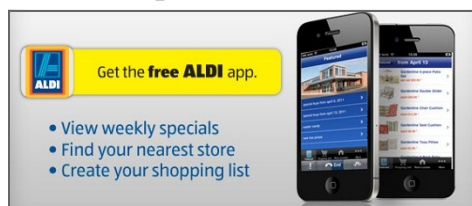
from somewhere this year to cover food price hikes with smaller paychecks? Do you feel like you can't afford healthy food? Here are some tips that might help with both.

Plan grocery shopping with a list to eliminate impulse buying.

- Look at newspa-

per specials. Cut out the ads for items on sale that you use.

- Some stores have smart phone



“apps” that list their specials. Download the “app”!

- Some stores have “member card”



programs that give you a lower price than what

non-members will pay. Sign up!

- Some stores have member cards that give you rewards or money back for

future shopping trips. Sign up!

- Some stores have

senior discount day. Go shopping on that day!

- Use coupons for foods you habitu-



ally use. Avoid being enticed to

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Websites of interest:

- foodandhealth.com
- thekrazycouponlady.com
- thepeoplespharmacy.com
- dashdiet.org

Is “Sitting” the New “Smoking” Health Risk?

Did that get your attention? According to Dr. James Levine of the Mayo Clinic in Rochester, Minn., the effects of inactivity (sitting) are as bad for our health as the side effects of smoking.

Dr. Levine has walked on a treadmill while working for years. He has an ongoing study to test the effects of sitting vs. being active while working.

Dr. Levine cites a study where “adults who spent more than four hours a day sitting in front of the television had an 80 percent increased risk of death from cardiovascular disease compared with adults who spent less than two hours a



day in front of the TV.”

But it appears we don’t have to go to the extreme that Dr. Levine does with exercise. National Public Radio’s popular show “The People’s Pharmacy” with Joe and Terry Graedon recently featured Gretchen Reynolds, author of the

Phys Ed column in the New York Times.

Ms. Reynolds, author of the book *The First Twenty Minutes*, discussed the profound difference that a mere 20

minutes of activity can have on our bodies.

Ms. Reynolds cites research that supports the profound difference the initial 20 minutes of exercise makes physiologically at the cellular level.

Studies indicate that 20-30 minutes of regular exercise decreases the chance of death by 20%. Adding

multiples of 15 minute intervals continues to decrease the risk by 4%.

Gretchen Reynolds’s book, *The First Twenty Minutes*, discusses the importance of exercise, not only to physical health but to mental health. See how important just 20 minutes can be!

Ms. Reynolds continues by encouraging individu-



als to avoid sitting for prolonged periods of time. “Stand more often” she states. “Every 20-30 minutes, stand for a couple of minutes and walk around your house.”

She concludes by emphasizing the impact of exercise on brain health. Her parting summary....if you sit all the time, you decrease blood flow to the brain. With decreased blood flow to the

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Is “Sitting” the New “Smoking” Health Risk?

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brain, you make fewer new brain cells.

If you move for 20 minutes, it appears that you can double the amount of new brain cells you create. This

occurs particularly in the area of the brain related to memory and learning.

"So, if you want to remember where you put your car keys," she says, "if you want to learn new skills throughout your life, you need to be moving, and 20 minutes seems to be key."

Another featured guest on The People's Pharmacy was James Blumenthal, Ph.D. He specializes in Medical Psychology and Cardiology at Duke University.

Dr. Blumenthal's research is more specific to the relationship between exercise and depression. However, he refers to Dr. Levine's theory that among the risk factors

for poor health, inactivity may be more hazardous than smoking.

At Duke, Dr. Blumenthal studies the power of exercise to improve mood and memory. His research has identified exercise to be comparable to medication as treatment for depression.

Dr. Blumenthal says people who exercise are more likely to stick with treatment. They are half as likely to relapse.

You don't have to run a marathon. Thirty minutes of exercise will change your

life. His study involved walking 30 minutes 3 times weekly for a 16 week period

of time.

What kind of exercise is most effective for health benefits? Most research has been done with aerobic exercise, but Dr. Blumenthal says doing something, anything, is what is most important.

Why does exercise work to treat depression? He says we really don't know whether its the release of endorphins, the improvement in confidence, the feeling of self control or a combination of these factors, only that it does work..



How do you change the mindset of inactivity? An Australian study indicates that life is decreased by 22 minutes for every hour of inactivity.

The good news is that



it is never too late to start. Dr. Blumenthal is principal investigator in an ongoing

(Continued on page 6)



Remember Popeye?

"I'm Popeye the sailor man!
I'm Popeye the sailor man!
I'm strong to the finish,
'cause I eats me spinach!
I'm Popeye the sailor man!"

No one would argue with Popeye that eating spinach is a good thing! However, eating it

from a can cannot be as exciting (or tasty) as eating it fresh!

Popeye knew that spinach contained certain elements which made him strong.

Nowadays we know considerably more about why spinach is a power food! Naturally fat and cholesterol free it's a great source of fiber,

Vitamin C, Vitamin A, folate, and a host of antioxidant nutrients.



This leafy green salad staple contains omega-3 anti-inflammatory fatty acids and lutein—one of the “eye vitamins”. One study found that women who ate more green vegetables showed a decrease in skin wrinkling. That’s reason enough to pop open a can right now!



So in addition to making us stronger, eating spinach as part of a healthy diet can help us

stay beautiful. And that’s information to share with your special Valentine!

This month’s Recipe Corner features three ways for you and your Valentine to prepare fresh spinach. Eat, enjoy, and share with your Valentine!



Recipe Corner

Harvest Spinach Salad

- 1 10-oz bag baby spinach or fresh spinach from your garden
- 2 Tablespoons crumbled feta cheese
- 3 Tablespoons dried cranberries (craisins)
- 3 Tablespoons toasted pecans, chopped coarsely
- 1/4 purple onion, sliced thinly

Balsamic Vinaigrette Dressing:

- 3 Tbs. olive oil
- 1 Tbs. balsamic vinegar



- 1 Tbs. Garlic, minced
- 1/4 tsp. salt
- 1/2 tsp. freshly ground black pepper

Place and mix salad ingredients together in serving bowl. Shake dressing ingredients in a small container

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Recipe Corner

(Continued from page 4)

with a lid to blend ingredients. Just before serving drizzle dressing onto greens.

Quick and Easy



Spinach Side

1/2 Tbs. olive oil or olive oil cooking spray
1 clove garlic, minced
10 oz. bag fresh baby spinach
2 Tbs. golden raisins

Heat olive oil in a



large skillet for 30 seconds over low heat. Add garlic and sauté for about one or two minutes, until slightly

glazed or transparent. Add spinach, stirring until spinach is cooked. Stir in golden raisins. YUM!

Tasty Lovers' Lasagna*

"It's love at first bite!"

3 Tbs. olive oil
2 10-oz bags baby spinach
8 oz. mushrooms, sliced
1 15-oz container ricotta cheese
3 cloves garlic, minced
1/2 tsp. salt
1/2 tsp. pepper

1 12 oz. box "no-bake" lasagna noodles
1 25-oz. jar of your favorite marinara sauce
8 oz. package part-skim shredded mozzarella cheese, grated.

Preheat oven to 350 degrees. Heat 1 tablespoon of the olive oil over medium-low heat in a large skillet. Add one bag spinach and cook until wilted.



Remove and place spinach in a bowl and then cook remaining bag in another tablespoon of olive oil. Set cooked spinach aside.

Add remaining tablespoon of olive oil to the skillet and sauté mushrooms until tender. Set aside in a separate bowl.

In a third bowl, mix together the ricotta cheese, minced garlic, salt and pepper.

Spray a 9 x 13 inch pan with cooking spray and pour in about a fourth cup of the marinara sauce to cover the bottom. Lay three uncooked lasagna noodles over the sauce.

Add a layer of the ricotta mixture, then a layer of spinach, followed by a layer of mushrooms and a hefty sprinkle of mozzarella cheese. Finish with a fourth cup of marinara sauce.

Make two more additional layers of noodles, ricotta, spinach, mushrooms,

(Continued on page 6)

Recipe Corner

(Continued from page 5)

cheese and sauce then finish with a final layer of noodles, the rest of the sauce and more mozzarella cheese.

Cover very loosely with aluminum foil and bake



for 50 minutes. After baking, let lasagna cool for 15 minutes before digging in! Yield: 6-8 servings.

*Modified from original version by Jena Weber of *Eat, Live, Run* at <http://www.pbs.org/food/fresh-tastes/vegetarian-lasagna/>

Since this recipe makes a large quantity you

can prepare one large casserole for freezing and one smaller one to enjoy on the spot. Serve the other when company drops in and you need a quick meal.

Chocolate Covered Fruit Bites

Chocolate is for Lovers...
...or for anyone!

Prepare a tray or cookie sheet by covering with waxed paper. In a small dish, cover and melt 1 cup semi-sweet chocolate morsels in the microwave on low setting. This usually takes only about 30 seconds. Remove from microwave and stir in 1-2 Tablespoons of evaporated milk, until mixture is smooth. Dip pieces of your favorite fresh fruit into chocolate. For berries, grasp the stem or green leaves of the strawberry and dip into the chocolate

and swirl to partially cover. If the strawberries don't have a



stem to grasp, insert a toothpick into the stem end. Allow to cool on waxed paper.



Eat and enjoy!

Is “Sitting” the New “Smoking” Health Risk?

(continued)

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clinical trial at Duke called ENLIGHTEN (Exercise and Nutritional Interventions for

CoGnitive and Cardiovascular HealTh ENhancement) which examines the effects of exercise, the DASH diet, and a combined exercise and DASH intervention on cognitive func-

tion in adults with cardiovascular disease risk factors and cognitive deficits. Dr. Blumenthal encourages every physician to recommend exercise to all their patients.

Going Over the Food Cost Financial Cliff?

(continued)

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buy something you don't want because you have a coupon for it. Visit www.thekrazycouponlady.com to print coupons and get store policies on "couponing". Learn which days are double and triple coupon days!

Plan grocery shopping around other trips.

- Think about which stores you will pass during the week and when you might stop in for their specials.
- Don't run out to the store for a forgotten item that a recipe calls for. Forget it, use what you have, and adjust the recipe accordingly!

Eliminate Food Waste.

- If it's a perishable item and you have ever let produce "go bad", buy only what you need even if the larger quan-

tity is on sale.

- Serve yourself and your family smaller portions so you can "clean your plate"

without having to over-eat. You don't have to

spend money on buying smaller dinner plates. Just serve the salad on the dinner plate and the rest of the dinner on the salad plate. You can save money while you lose weight by eating less!

- Freeze leftovers immediately in case you don't feel like eating them next day. In a week or two it will be great to pull this out of the freezer and reheat for an easy cook night.

Shop Smartly

- Become familiar with

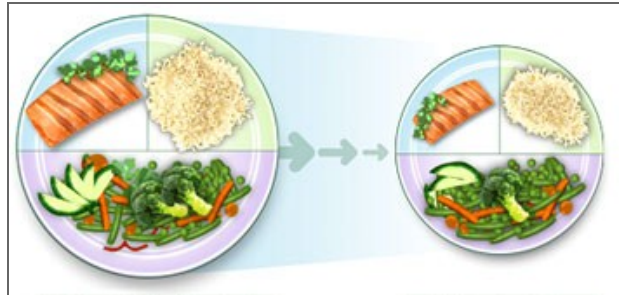
prices you are currently paying so you will recognize true specials. If you pay \$3.29 for a gallon of skim milk at one store and

another store has it on special for \$3.49 that's

not very special.

- Buy specials and plan your menus around them rather than planning menus first and having to buy what you need to follow the menu.
- Take advantage of "price matching" offers.
- Carry sale ads from other stores and shop at a price

matching store. They will give you the other stores' advertised price if it is lower than their price.



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Nutrition News You Can Use

Immune Boosting Foods

Academy of Nutrition and Dietetics spokesperson Heather Mangieri, registered dietitian, suggests immune-boosting foods to prevent flu:

Protein—seafood, lean poultry, eggs, beans, peas, nuts

Vitamin A—sweet potatoes, kale, carrots, spinach, broccoli, red/green bell peppers

Vitamin C—oranges, grapefruit, kiwi, strawberries, tomato, cabbage, limes, lemons

Vitamin E—seeds, nuts

Zinc—whole grains, nuts, seeds, crab, lean beef

Food Labeling

The US Food and Drug Administration studied whether consumers could make better sense of nutrition information presented on labels if information were presented for the entire package versus one serving. It appears to be more helpful in understanding information for the entire package, especially for chips and frozen meals.

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol Less than 5mg	1 %
Sodium 160mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
Protein 13g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 45 %	Iron 0 %
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

Winter Emergency Kit

The Centers for Disease Control and Prevention recommend having an emergency kit in the home and on the road this winter. The kit should include:

- Blankets, first aid kit
- Water
- Non-perishable food
- Battery powered radio and flashlight with extra batteries
- Flares, tire pump, jumper cables
- Maps and compass