Happy Thanksgiving!

Food and Fitness

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Web sites of interest:

- oldwayspt.org
- health.gov/paguidelines/
- fns.usda.gov/snap/
- fda.gov
- montereybayaquarium.org

Flat Belly Diet—A Scam?

They're back!! The scam agents have a new way to target your pocket book—magic that reduces belly fat! Have you seen the book promoting a diet designed to flatten the belly? Before we get too excited about the magic power the diet wields let's look at the facts!

For weight loss to occur we have to eat fewer calories than we burn. The "flat belly diet" is low in calories—about 1600—and you eat no more than 400 calories at a time. That's 1200 plus a few more for snacks. Nothing magic about that! It **will** work!

Eating MUFA's is recommended at every feeding. What are MUFA's and how does their magic work?

MUFA is simply an acronym for **m**ono**u**nsaturated **f**atty **a**cid, the type of fat found in olive oil, nuts, and avocado. Does it zero in on belly fat and dissolve it? Hardly. However, a little fat with meals and snacks may go a long way toward providing satiety and eliminating mindless eating. Now that **could be** magic.

The flat belly diet promotes healthier food—vegetables, fruits, whole grains, and lean meat. **Magic** or just good sense? So if you were rushing out to buy the $30+ book, **save your money**. You already know this.

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New Exercise Recommendations

The United States Department of Health and Human Services (HHS) has released new exercise recommendations. HHS Secretary Michael O. Leavitt announced that adults and older adults are advised to get a minimum of two and one half hours per week of moderately intense aerobic activity.

This type activity would be defined as:

- walking briskly (3 miles per hour or faster)
- bicycling slower than 10 miles per hour
- tennis doubles
- ballroom dancing
- general gardening.

More activity—five hours per week—is better for maximum health benefit.

Short on time? Vigorous intensity activity would give you the same benefit in half the time. This includes:

- race walking
- jogging or running
- aerobic dancing
- bicycling at 10 miles per hour or greater
- jumping rope
- hiking uphill
- heavy gardening like digging or hoeing

To reduce risk of injury inactive persons should begin slowly, for example 5 minutes of slow walking several times per day for 5-6 days per week, gradually increasing to goal.

Muscle strengthening activities are recommended twice weekly. Seek your doctor's advice before beginning any exercise program.

Goodbye to Food Stamps…..

……..the name, that is, not the program! The program is stronger than ever under a new name—Supplemental Nutrition Assistance Program or SNAP.

The new name reflects the focus on making it easier for lower income families to get the nutritious, healthy food they need. States may have a different name, but SNAP will also provide education to help clients to make healthy eating and active lifestyle choices.

Learn how to apply for benefits by visiting your local food stamp office or visiting the following website:

www.fns.usda.gov/snap/

Melamine

Deaths in recent months of children in China using infant formula contaminated with melamine has sparked fear in this country. Melamine is a chemical used in the production of plastics.

The FDA has advised that retailers and food service operators remove from shelves and that consumers avoid certain products in

the USA contaminated with melamine. These include:

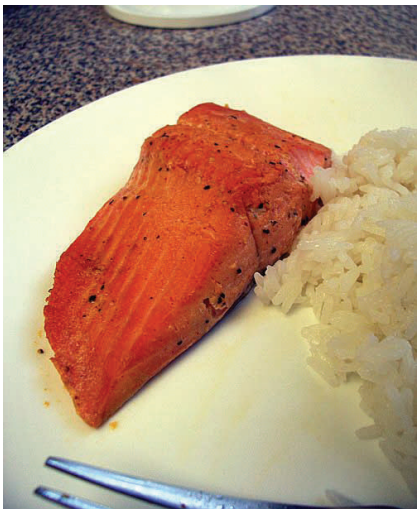
- Blue Cat Flavor Drinks
- Mr. Brown Instant Coffee and Milk Tea products
- White Rabbit Creamy Candies

For more information call 1-888-INFOFDA.

Salmon—Wild Caught vs. Farmed?

Nutrition, safety, and sustainability are important factors to consider when choosing salmon.

Nutrition.



The American Heart Association recommends that healthy adults consume about 6 oz. per week of fatty fish like salmon. The omega-3 fatty acids EPA and DHA contained therein can reduce unhealthy blood clotting, some heart irregularities, and elevated levels of triglyderides (blood fats). Both farmed and wild-caught salmon provide higher amounts of EPA and DHA than most other fish.

Safety.

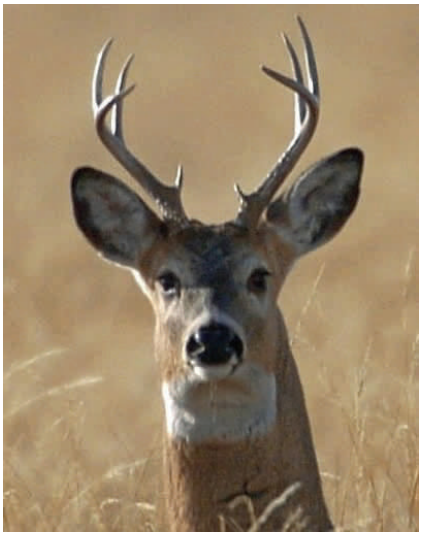
Farmed salmon may contain more PCB's (polychlorinated biphenyls) or mercury than wild-caught salmon. Most farmed salmon sold in the US is from Chile or Canada. Wild caught salmon have typically been lower in PCB's and mercury.

Sustainability.

According to the Monterey Bay Aquarium's Seafood Watch Pacific salmon from Alaska are among the most intensely managed species in the world with excellent monitoring of both the fish populations and the fishery itself. Its abundance makes it a best choice.

Recipe Corner

Sizzle Lean Venison Sausage



Hunters often enjoy preparing the fruits of their labor. Deer meat, or venison, is a lean meat many people prefer to eat because it has less fat.

Venison sausage can be served on a cracker with cheese, between two slices of bread, or as a protein alternative for breakfast. No matter which way you like to eat it, you'll keep going back for more.

Ingredients:
3 lbs. ground venison
1 lb. lean ground beef round
2 cups water
½ cup chopped onion
1 clove minced garlic
4 tsp. ground pepper
2 tsp. cayenne or ground red pepper (optional)
2 tsp. dry mustard
1/2 tsp. dry sage or 2 teaspoons fresh sage, chopped
3 tbsp. salt

Mix all of the ingredients together thoroughly in a large bowl, (it's okay to use your hands to make sure everything is well blended!)

Form the meat into patties about 2-3 inches in diameter. Wrap the sausage patties in aluminum foil, with the shiny side touching the meat. Place the wrapped sausage on a tray and refrigerate for at least 24 hours.

Remove from refrigerator. Pierce the aluminum foil in several places with a fork. Preheat oven to 325 degrees.

Spray the broiler rack of the broiler pan with cooking spray. Bake the deer sausage in its wrappings on the broiler pan for 1½ hours.

Remove from oven carefully. Unwrap. Drain sausage on paper towels. Rewrap and refrigerate or freeze until you're ready to serve it.

Sage Tea

1 Tbs. fresh sage leaf or 1 tsp. dried sage

1 cup water

1 lemon wedge

1 tsp. honey

Boil water, remove from heat and add sage. Use a tea infuser for best results. Steep for 3-5 minutes. Remove sage and add lemon and honey.

Recipes and article on sage (page 5) contributed by Catherine Townsend.

Happy Thanksgiving!

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Herb of the Month—Sage

According to Warner's Ancient Cookery, 1791, a "sage and onion stuffing for ducks, geese and pork enabled the stomach to digest the rich food". Sage Tea was also widely used for a variety of ailments.

Herbalists believe that sage is valuable in relieving fevers and is highly useful as a tonic for headaches, stomach ailments and general digestion. It was for this reason that the Chinese valued sage, giving it preference over their own tea.

Sage tea has been considered a useful medicine for head colds, sore throat, measles, joint pains, and lethargy. See recipe corner page 4. The infusion made strong, and without the lemon and honey, is an excellent lotion to heal raw abrasions of the skin. The fresh leaves, rubbed on the teeth, will cleanse them and strengthen the gums. Sage is also a common ingredient in tooth-powders.

Currently, the largest demand for sage is in the kitchen! At Thanksgiving and Christmas holiday dinners, folks who might otherwise never use it turn to sage to add a distinctive flavor to dressings and sausages. One word of caution: a little sage goes a long way!