Food and Fitness

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Peace on Earth……..

...starts with peace at home and within each of us. Does the upcoming holiday season have you stressed thinking about all you have to do? Suggestions:

- Making time for yourself to relax each day is the key to survival. Set aside a 15 minute period where you can lie down, close your eyes, and take some deep breaths.
- Plan your shopping. Make a list of people and gift items so you can avoid aimless wandering in the stores.
- Decide which parties mean the most to you. RSVP regrets to the rest.
- Don't try to do homemade gifts unless you started in August!
- Books make treasured gifts.
- Massages are unforgettable gifts.

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Web sites of interest:

aicr.org

nwcr.ws

foodand-health.com

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Wait, Weight, Don't Tell Me!

This is not a good time to talk about weight. There are too many parties to attend and good things to eat. Just make a pact with yourself not to gain this season! Try this:

Weigh every day.

Walk every day.

Watch portion sizes.

Wear tight pants so you won't overeat!

Work off calories!

Win this challenge!

2007 Cancer Report Supports Earlier Recommendations

The World Cancer Research Fund and American Institute for Cancer Research launched their second report in November 2007—Food, Nutrition, Physical Activity and the Prevention of Cancer, A Global Perspective. Many of the recommendations are similar to their 1997 report, but with more scientific evidence to support these guidelines. A panel of experts reviewed more than 7000 scientific studies to arrive at these 10 recommendations for individuals:

- Be as lean as possible within the normal range of body weight. Especially, avoid weight gain and increases in waist circumference throughout adulthood. Suggestion: Start cutting portion sizes now and have a jump on New Year's resolutions!
- Be physically active as part of everyday life. Aim for moderate activity like brisk walking for 30-60 minutes every day. Suggestion: It's never too late to start an exercise program—just clear it with your doctor first.

- Limit consumption of calorie-dense foods. Avoid sugary drinks. Suggestion: Water and most diet drinks are calorie free.

- Eat mostly foods of plant origin. Suggestion: Vegetables, fruits, and whole grains like oats and brown rice have more nutrition in their most original form.
- Avoid processed meats like bacon, ham, and lunch meats. Limit intake of red meat to less than 18 oz. per week. Suggestion: Use the small salad plate for meat and the dinner plate for plant foods.
- Avoid alcohol to reduce risk of breast, throat and mouth cancer. Suggestion: In spite of some recommendations that alcohol may be protective against heart disease the evidence is strong that there is an association between alcohol intake and cancer.
- Limit consumption of processed foods with added salt to less than 2400 mg sodium per day. Suggestion: Read the ingredient list first on the package. If salt is added look for an unsalted version.
- Aim to meet nutritional needs through diet alone, rather than with supplements. Suggestion: Some supplements can interfere with prescription medications. Ask your pharmacist.
- Breast feeding is protective for both mother and child. Breast fed babies may be less likely to become obese adults.
- Cancer survivors are advised to follow the same recommendations as the above recommendations for cancer prevention.

High Cost of Eating Well

Want to eat healthier but feel you can't afford it? New recommendations urge us to eat a plant-based diet with more vegetables, fruits, and whole grains (see story page 2). Have you been led to believe that these foods will cost you more? Shop around.

The good news is that plant food in its simplest form is often more affordable than processed plant food. In addition, plant food is often more economical than animal food. Compare these prices from a national chain supermarket. Just the facts:

Processed foods cost more:

- Instant oats in packets—23.7¢ per oz.
- Unprocessed oats—4.7¢ per oz.

National brands often cost more than store brands:

- Cheerios—21.6¢ per oz.
- Store brand Toasted Oats—12.6¢ per oz.

Healthy food isn't more costly:

- Pop Tarts—24.3¢ per oz.
- Whole wheat bread—18.3¢ per oz.

Snack food is pricey:

- Potato chips -12.5¢ per oz.
- Fresh potatoes – 5¢ per oz.

Convenience food is more costly:

Long grain and wild rice mix—29.5¢ per oz.

Brown rice—8.89¢ per oz.

Pre-prepped food is more costly:

- Bagged prepped broccoli—16.6¢ per oz.
- Fresh broccoli—10¢ per oz.

Milk is better nutrition at lower cost:

- Capri Sun—2.96¢ per oz.
- Skim milk—2.7¢ per oz.

Animal costs more than plant as a protein source:

- Chicken breasts with skin—$5.49 per #
- Pinto beans—$1.69 per #

Seemingly healthy foods sold as snack foods are high in price:

Dried apple slices—54.8¢ per oz.

Canned applesauce—3.78¢ per oz.

More money saving tips:

- Shop larger markets rather than convenience stores.
- Shopping when hungry may lead to impulse buying.
- Cents off coupons may encourage you to buy things you wouldn't ordinarily eat or use.
- National brands with cents off coupons often are still less economical than store brands.
- Check cents per serving information posted at point of purchase.
- Canned vegetables and fruits are nutritious and a good buy. But can anything be better than home canned vegetables!

Recipe Corner

Quick and easy vegetable recipes from Communicating Food for Health

Toaster Oven Asparagus

1/2 # fresh asparagus

Balsamic vinegar

Sprinkle of olive oil

Black pepper to taste

Place asparagus on toaster oven tray. Broil until tender, about 5 minutes. Sprinkle with vinegar, oil, and pepper. Serves 4.

Calories 30, fat 2 g, trans fat 0 g, saturated fat 0.3 g, cholesterol 0 mg, carbohydrate 2 g, dietary fiber 1.2 g, protein 1.2 g, sodium 1 mg

Green Beans with Cranberries and Walnuts

16 oz. frozen green beans

1/2 tsp. olive oil

1/4 cup chopped fresh cranberries

2 Tbs. chopped walnuts

1 Tbs. honey

Microwave green beans on high until tender, about 6 minutes. In a non-stick skillet place oil, cranberries and walnuts. Cook until cranberries are tender, about 2 minutes. Add the honey and the green beans. Toss lightly and serve immediately. Serves 4.

Calories 80, fat 3 g, trans fat 0 g, saturated fat 0.3 g, cholesterol 0 mg, carbohydrate 13 g, dietary fiber 3.9 g, protein 1.2 g, sodium 10 mg

Holiday Tossed Salad

This salad will add color to your Christmas dinner table!

6 cups Romaine lettuce

1/2 cup fresh chopped parsley

1/2 cup cranberries, dried or fresh chopped

1/2 cup canned mandarin oranges, drained

1/4 cup red onion chopped

2 Tbs. pecans, chopped

1 Tbs. olive oil

3 Tbs. red wine vinegar

Black pepper to taste

Toss lettuce and parsley in large salad bowl. Top with cranberries, oranges, pecans, and onions. Chill until serving. At serving time add oil, vinegar, and pepper and toss well. Serves 4.

Calories 92, fat 6 g, trans fat 0 g, saturated fat 0.5 g, cholesterol 0 mg, carbohydrate 9 g, dietary fiber 3.5 g, protein 2.5 g, sodium 15 mg

Variations include pomegranate, red or green pepper strips, cherry tomatoes, or red-peel apple slices.

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The Demon Rum—So What's the Scoop?

Raise a glass to your health! It's what you hear every other week. Right?! The studies report alcohol may raise your HDL cholesterol level. But alcohol may raise the HDL3, rather than the more protective HDL2 cholesterol level. So don't put all your money on alcohol as a health food!

First and foremost, the evidence is not strong enough to recommend that a teetotaler begin to drink for health. There are too many reasons not to drink alcohol. For one, the cancer experts say that alcohol should be avoided altogether. The evidence is so strong that there is an association between alcohol and cancers of the breast, head, and neck (see story page 2 or www.aicr.org).

At any rate, even when studies have recommended alcohol for your health the amounts are negligible—one drink per day for women and 2 drinks per day for men, maximum. A drink is defined as 5 oz. wine, 6 oz. beer, or 1.5 oz. hard liquor. Exercise and healthy eating are probably more sound advice!