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Health News

January 2009

Keeping Your Family Healthy

Food companies spend millions of dollars on television advertising to convince children that high-fat, high-sugar, processed foods are worth eating. Food is consumed because it's cool, fun or comes with a free toy rather than for its impact on health or even for its taste!

So, what's a parent to do? Eat your words! The fact is that parents who have adopted a lifestyle that includes healthful foods and regular exercise are living role models for their children. We know that the behaviors children see most often at home are the ones they will be most likely to adopt for themselves and parents' efforts to promote healthy food habits do make a difference.

The first step is to stop battling with your kids about food. You may need to slow the rate of change in your children's food choices and offer reasonable alternatives as you gradually reduce those high-fat, high-sugar foods. Be sure to include some of their favorite foods in daily meals.

A good way to get kids involved and committed to healthy eating habits is to involve them with the food shopping and preparation. There are lots of children's cookbooks on the market; select one that emphasizes ways to modify many favorite foods rather than eliminate them. Children who feel competent to select and prepare food will make more intelligent food choices.

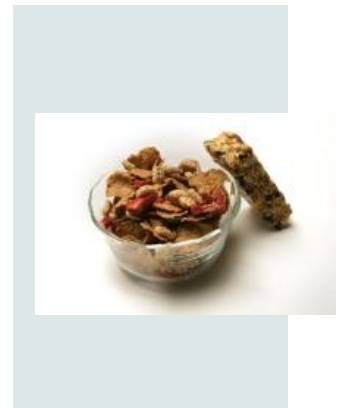
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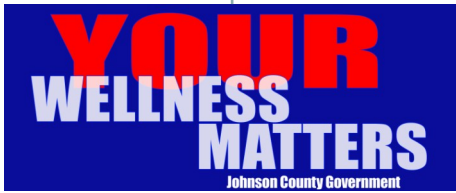
Healthy Food Imposters

The foods that have an undeserved reputation as virtuous choices . . .

1. Baked Potato Chips—Yes, they're lower in fat. But they're still high in calories and low in nutrients, with little fiber to fill you up.
2. Gummy Fruit Snacks—Although these products may contain some juice, they're usually nothing more than candy infused with vitamins. They also contain high fructose corn syrup, which is linked with obesity, and heart-unhealthy partially hydrogenated oils.
3. Light Ice Cream—Light ice cream can have fewer calories than regular, but there's no guarantee. What's more, some light ice creams can lack the rich taste you crave, so you're less satisfied and may be inclined to eat more than one serving.
4. "Calorie-free" spray margarine—Even though some spray margarines claim to be "calorie-free," labeling laws allow products with fewer than 5 calories per serving to claim to have zero calories. So, while one spritz may be inconsequential, the whole bottle could have as much as 900 calories.
5. 100-calorie snack packs—You might want to skip these if you're trying to lose weight. A recent study showed that people may eat more food and calories if the portions are presented in small sizes and packages. With smaller serving sizes, study participants didn't feel the need to regulate their intake, so they ate more than one portion before feeling satisfied.



Information found on www.health.msn.com



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Did You Know?

1. Strength training can substantially increase the number of calories you burn. A typical session, in which you rest briefly after each muscle-building maneuver, uses up calories at least as fast as walking does.
2. If you strength train without moving your joints through their full range of motion, you can lose flexibility. But, strength training can actually improve flexibility if you do move your joints fully.
3. Laughter really is the best medicine. In fact, according to many doctors, a single laugh may boost your immune systems defenses for up to 3 days!

Almond Crusted Chicken

Ingredients:

2	Boneless, skinless chicken breast halves
1	Egg white
1/8 + 1/8 tsp	Salt
	Freshly ground pepper to taste
1/3 cup	Grated Parmesan cheese
1/3 cup	Sliced almonds, finely chopped
1 tbsp	All-purpose flour
1 tbsp	Olive oil

Instructions:

Place chicken breasts between 2 sheets of plastic wrap or wax paper and flatten to a 1/2-inch thickness with a rolling pin or palm of hand.

Lightly beat the egg white in a shallow bowl, and season with 1/8 teaspoon of salt and pepper. Combine Parmesan and almonds on a large plate.

Lightly dust chicken breasts with flour, dip in egg, then in Parmesan mixture to coat.

Heat oil over medium heat in a large nonstick skillet. Transfer chicken to skillet and cook about 3-4 minutes on each side, until cooked through. Season with 1/8 teaspoon salt and pepper, and serve.