

UTHCT BENEFITS NEWSLETTER

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TIPS TO HELP CUT 100 CALORIES A DAY

A small weight loss like 5, 10 or even 20 pounds is all some people need. If this sounds like you, then small, sustained diet changes are all you need.

Standard weight management advice says to eat 500 fewer calories a day to lose one pound a week. By cutting back 100 calories a day you will lose one pound in about five weeks. This doesn't sound like much, but over the course of a year that will add up to about 10 pounds with a minimal change to your lifestyle. If you want to double your weight loss you can do this by working off an extra 100 calories a day.

Here are some easy ways to cut about 100 calories from your day's total. (Note: Some tips are based on calorie averages of various brands. See food labels and compare products to come up with your own substitutions.)

1. Enjoy two pieces of whole-grain toast instead of a medium bagel (200 vs. 300 calories)
2. Spread your bread with two tablespoons of jam instead of butter or margarine (100 vs. 200 calories)
3. Make an omelet with egg whites instead of whole eggs (33 vs. 149 calories for two large eggs).
4. Skip the bacon (109 calories per three strips) or cheese (105 calories per slice) on your morning egg sandwich
5. Open a can of solid white tuna packed in water instead of oil (175 vs. 275 calories per six ounces)
6. Nix the regular mayo in your tuna (200 calories per tablespoon) in favor of fat-free mayo (100 calories per two tablespoons). Or be adventurous and try mustard to save 200 calories.
7. Portion your pasta. Trim your serving to one cup instead of one-and-a-half cups. (280 vs. 420 calories). Make it whole wheat pasta and you will feel more full.
8. Top your pasta with a light marinara sauce instead of a cream or vodka sauce (120 vs. 240 calories per cup).
9. Choose a medium-sized baked potato over a large one (160 vs. 278 calories).
10. Jazz up your baked potato with salsa instead of butter (5 vs. 100 calories per tablespoon).
11. Grill up a vegetarian Boca Burger instead of a 3-ounce turkey burger (90 vs. 195 calories).
12. Leave off the blue cheese (100 calories for one ounce) on your salad.
13. Use a light vinaigrette salad dressing instead of a regular creamy dressing (35 to 50 vs. 140 to 160 calories per two tablespoons).
14. Select unsweetened applesauce instead of sweetened (100 vs. 200 calories per cup).
15. Snack on a small handful of cashews instead of a large handful (163 calories for 18 nuts vs. 273 for 30 nuts).
16. Order a McDonald's regular cheeseburger instead of a Quarter Pounder (330 vs. 430 calories). Request no mayo or sauce for even more savings. Use mustard instead.
17. Don't "super-size" your soft drinks, "mini-size" them. Order a 12-ounce child-size drink over a 21-ounce medium (110 vs. 210 calories).
18. Add a one-ounce splash of juice to seven ounces of seltzer instead of drinking juice full-strength (14 calories vs. 100 for a cup of orange juice).
19. Savor two Haagen Dazs Chocolate Sorbet Bars instead of a mere half-cup of premium chocolate ice cream (160 vs. 270 calories).
20. Eat five Hershey Kisses instead of one Hershey's Chocolate Almond Bar (128 vs. 230 calories).

Special points of interest:

- *Tips to help cut 100 calories a day*
- *How to shop healthy*
- *Tips for reducing salt intake*
- *Diet vs. Exercise*

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Article Source:
Environmental Nutrition,
1 Volume 26

DIET OR EXERCISE?

Which is better when you want to lose weight? A lot depends on whether your weight goal is long-term or short-term. If your objective is to reduce body fat and keep your weight at a healthy, comfortable level, research has confirmed that regular exercise is the most important factor for long-term success.

People lose weight all the time without exercising but those who manage to keep it off for at least a year are involved in a regular exercise program. A substantial number of people who lose weight by diet alone tend to gain it back after a year.

There are several factors as to why. For many people, dieting for an extended period of time is just too difficult. It's like treading water—you can do it for a while, but soon you're going to sink. In dieter's terms, that usually means ending up frustrated, unhappy, and even more inclined to overindulge.

Exercise is a very effective and lasting way

to shed pounds because it changes the energy equilibrium in your body—your metabolism—by increasing the amount of energy you expend in an average day. Exercise helps your body burn calories more quickly. People who tend to exercise on a regular basis tend to be more physically active throughout the remainder of the day, adding to their calorie expenditure. Exercise increases muscle mass by increasing the size of muscle fibers. Calories from fat stores are needed and burned to maintain their fibers. In other words, the more muscle you add, the higher your metabolism rate.

If you are looking to shed weight, you'll have to be patient if you plan on doing it by exercise alone. A pound of body fat contains about 3,500 calories. In order to lose a pound you'll have to cut 3,500 calories from your diet, or burn an extra 3,500 calories through exercise. If you are truly interested in losing weight, you will need to combine exercise and a program of caloric restriction.

Losing weight doesn't have to be painful.

You just need patience to work off the pounds and inches at a realistic, healthy pace. Just remember, you didn't gain it overnight, so you won't take it off right away either. If you get your spouse and children involved in eating healthy and exercising on a regular basis, your new lifestyle can improve the way your family looks and feels.

Article Source:

Vibrant Life, 5 Volume 16



EATING HEALTHY STARTS WITH HEALTHY SHOPPING

The new National Heart, Lung, and Blood Institute Obesity Guidelines say that you can reduce the time you spend cooking healthy by using a shopping list and keeping your cabinets well-stocked. Read labels as you shop and pay attention to the serving size and servings per container. Compare total calories in similar products and choose the lowest calorie ones.

Shop for quick low fat food items and fill your kitchen cupboards with a supply of lower calorie basics like the following:

- Fat free or low fat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Eggs/Egg substitutes
- Sandwich breads, bagels, pita bread, English muffins
- Soft corn tortillas, low fat flour tortillas
- Low fat, low sodium saltine crackers
- Rice, pasta
- Plain cereal, dry or cooked
- White meat chicken or turkey (no skin)
- Fish and shellfish (not battered)
- Beef: round, sirloin, chuck arm, loin and extra lean ground beef
- Pork: leg, shoulder, tenderloin
- Dry beans and peas
- Fresh, frozen, canned fruits in light syrup or juice
- Fresh, frozen, or no salt added canned vegetables
- Low fat or nonfat salad dressings
- Mustard or ketchup
- Jam, jelly, or honey
- Herbs and spices
- Salsa

Article Source: The National Heart, Lung & Blood Institute



TIPS FOR CUTTING BACK ON SALT NOT FLAVOR

One advantage of cutting back on salt in your diet is to help control your blood pressure. Most people consume at least 12 times as much salt than their bodies need. If you're used to the salty flavors, know that you can kick the salt habit without feeling deprived.

- Limit processed foods, which are usually high in sodium. Instead, eat more fruits, vegetables and other low-sodium foods.
- Buy packaged foods labeled low sodium.
- Drain and rinse canned vegetables before preparing them. They'll keep a little of the salty flavor, but you will rinse away about a third of the sodium, according to the USDA.

- Cook with salt-free seasonings, such as vinegar and herbs.
- Season vegetables, poultry and fish with lemon juice instead of salt.
- Prepare plain brown or white rice instead of flavored rice mixes. Flavor it with herbs and olive oil.
- Snack on "lightly salted" popcorn and pretzels and "no-salt-added" peanuts.

Try adding the tips gradually to get used to a lower-salt life. You will eat healthier without sacrificing the taste of your foods.

Article Source:

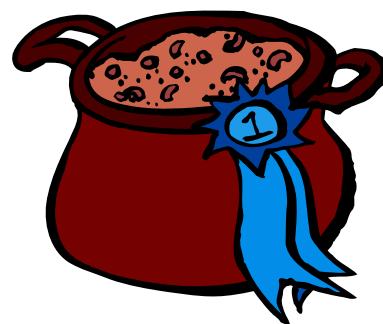
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SMOKY CHICKEN CHILI

Submitted by Amy Griffith

- 1 Barbeque Rotisserie Chicken from deli- skinned and de-boned
- 1 small onion, chopped
- 1 Poblano pepper, seeded and chopped
- 3 cloves garlic, minced
- 2 tsp. olive oil
- 1 can diced tomatoes with chipotle pepper
- 1 can navy beans, drained
- 1 can black beans, drained
- 1 can beer or 1 can reduced sodium chicken broth
- Cilantro, cheese, reduced fat sour cream, or red onion for toppings



Sauté onion, pepper, and garlic in oil in large stock pot until tender. Add chicken, tomatoes, beans, and beer or broth and bring to a boil. Reduce heat and simmer for 1 hour. Serve and top with toppings as desired.