

Healthy Weighs

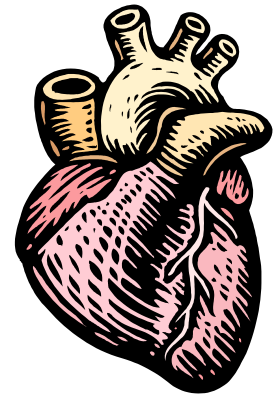


Heart Healthy Cooking

Cooking low saturated fat, low cholesterol dishes may not take a long time, but best intentions can be lost with the addition of butter or other added fats at the table. It is important to learn how both certain ingredients and preparation methods can add unwanted saturated fat and cholesterol to your dishes. The following list provides examples of lower fat cooking methods and tips on how to serve dishes low in saturated fat and cholesterol.

Low Fat Cooking Methods

- Bake
- Broil
- Grill meats and vegetables
- Roast vegetables and skinless meat
- Microwave
- Poach
- Steam fresh or frozen vegetables
- Lightly stir-fry in cooking spray



Cutting Back on Saturated Fat and Cholesterol

Below are two examples of how you can cut back on saturated fat and cholesterol when cooking and serving food.

- Adding salsa (0 grams saturated fat and 0 grams cholesterol) to your baked potato instead of 2 tablespoons of butter can save you 16 grams of saturated fat and 22 grams of fat!
- Adding 2 tablespoons of creamy Italian salad dressing to your salad can add 3 grams of saturated fat and 18 grams of fat to your salad. By substituting with Reduced Fat Italian salad dressing you will add no saturated fat and only 2 grams of fat to your salad.

Flavorings that Save the Fat

These flavorings may be added during preparation or at the table.

- Herbs - oregano, basil, cilantro, thyme, parsley, sage, rosemary
- Spices - cinnamon, nutmeg, pepper, paprika
- Reduced fat or nonfat salad dressing
- Mustard
- Catsup
- Reduced fat or nonfat mayonnaise
- Reduced fat or nonfat sour cream
- Reduced fat or nonfat yogurt
- Reduced sodium soy sauce
- Salsa
- Lemon or lime juice
- Vinegar
- Horseradish
- Fresh garlic
- Fresh ginger
- Sprinkled buttered flavor (not made with real butter)
- Red pepper flakes
- Sprinkle of parmesan cheese (stronger flavor than most cheese)
- Jelly or fruit preserves on toast or bagels

Source: National Heart, Lung, and Blood Institute - National Institutes of Health

FIT TIPS

Keeping the Immune System in Good Shape

Can regular exercise help keep your immune system in good shape? Researchers are just now supplying some answers to this new and exciting question. Fitness enthusiasts have frequently reported that they experience less sickness than their sedentary peers. Further research has shown that during moderate exercise, several positive changes occur in the immune system. Various immune cells circulate through the body more quickly, and are better able to kill bacteria and viruses. Once the moderate exercise bout is over, the immune system returns to normal within a few hours. In other words, every time you go for a brisk walk, your immune system receives a boost that should increase your chances of fighting off cold viruses over the long term.

Staying in Shape to Exercise

For athletes who are training intensely for competition, the following guidelines can help reduce their odds of getting sick:

1. Eat a well-balanced diet. The immune system depends on many vitamins and minerals for optimal function.
2. Avoid rapid weight loss. Low-calorie diets, long-term fasting and rapid weight loss have been shown to impair immune function.
3. Obtain adequate sleep. Major sleep disruption (e.g. three hours less than normal) has been linked to immune suppression.
4. Avoid overtraining and chronic fatigue. Space vigorous workouts and race events as far apart as possible. Keep "within yourself" and don't push beyond your ability to recover.

Source: American Council on Exercise—<http://www.acefitness.org>

Crispy Oven-Fried Chicken

1/2 cup	skim or buttermilk
1 tsp	poultry seasoning
1 cup	cornflakes, crumbled
1 1/2 Tbsps	onion powder
1 1/2 Tbsps	garlic powder
2 tsps	black pepper
2 tsps	dried hot pepper, crushed
1 tsp	ginger, ground
8 pieces	chicken, skinless (4 breasts, 4 drumsticks)
1 tsp	vegetable oil (use to grease baking pan)
A few shakes	paprika



1. Preheat oven to 350°
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake 40 min.
9. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy "skin." (Do not turn chicken during baking.)

Makes 6 servings—Serving size 1/2 breast or 2 small drumsticks

Calories 256; Fat 5g; Saturated fat 1g; Cholesterol 82mg; Sodium 286mg

Source: National Institutes of Health—<http://www.nih.gov/>