



## 7 Kitchen Makeover “musts”

Make these changes and your kitchen will help you take off the extra pounds!

1. Stock your kitchen with healthy, i.e., “good,” fats, such as nuts and nut butters, olive oil, avocados, fish, soy and flaxseed. Why: The foods listed above contain primarily unsaturated fat, which is good for your heart and blood vessels because it helps lower your bad (LDL) cholesterol; some of these foods even raise your good cholesterol (HDL). Red meat, full-fat dairy products and butter, though, contain saturated fat, the kind that raises your LDL levels, increasing your risk for heart disease and some kinds of cancer.

Retraining your palate to prefer olive oil over butter, or fish over red meat can take time. For instance, if you drink whole milk and want to change to skim, it will probably take two months before you prefer the skim milk. To help you make the switch to healthy fats, try any of the subtle swaps listed below:

\* On bread and sandwiches, use a healthful oil (such as olive or walnut), a nut-based spread or avocado instead of butter (1 tablespoon has 108 calories and 8 grams of saturated fat). Most nut spreads and healthy oils contain about 110 calories per tablespoon (avocado has even less) yet their fat stats differ significantly:

- 1 tablespoon of olive oil has just 1.8 grams of saturated fat and 10 grams of heart-healthy monounsaturated fat.
- 1 tablespoon of almond butter has less than 1 gram of saturated fat and 6 grams of monounsaturated fat.
- 1 tablespoon of pureed avocado has less than 1 gram of saturated fat and 2 grams of monounsaturated fat – and only 25 calories!

\* If you eat red meat three times a week, substitute fish on at least one of those days. Nutrition experts recommend eating fish three times a week to reap the heart-healthy benefits of the omega-3 fats, found in abundance in salmon, albacore tuna, mackerel and sardines.

2. Clear your shelves of foods that have trans fats.

Why: Artery-clogging trans fats raise your LDL cholesterol and lower your HDL cholesterol. Trans fats are formed by a process called hydrogenation, in which liquid vegetable oils are processed into solid fat, such as margarine. Trans fats are found in other foods too: doughnuts, cookies, chips, candy, pastries and crackers. They’ve been called “the hidden fat” because you can’t find trans fat on food labels – at least not yet. A few months ago, the U.S. Food and Drug Administration announced that manufacturers will have to list trans fats on labels by 2006. Until then, the only way to tell if a food product contains these fats is to look for “hydrogenated” or “partially hydrogenated” oils on the ingredient list.

3. Place seasonal fruit such as pears, apples, navel oranges, pink grapefruit and/or grapes in an easily accessible spot in your kitchen or dining area.

Why: Having nutritious food such as fruit handy makes it more likely you will eat it (and get your recommended three to five daily fruit servings). There are hundreds, perhaps thousands, of phytochemicals in fruit, all of which may help prevent serious diseases, including cancer, diabetes and heart disease. Also, research has shown that a diet rich in fruits and veggies helps with weight management. Remember to keep the peel on when you can; if you peel an apple you’re tossing out most of the fiber.

4. Designate certain areas in your home “eating only” zones and don’t eat anywhere else.

Why: Many women who are successful at losing and keeping off weight have only one or two special places in their home for eating. They don’t eat anywhere else – not in the TV room, not in front of the refrigerator, not at the kitchen counter, not in bed. When you eat while watching TV, checking e-mail or talking on the phone, you tend to eat mindlessly. You don’t taste your food, and you may eat a lot more than you intended. Choose a couple of places – such as the kitchen and dining room tables – as the only places you’ll eat.

Think of mealtime as a time to socialize and to give thanks for the happy parts of your life.

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Happy Halloween!

## Too many colas sap bone strength:

Diet sodas can help keep your calorie intake in check, but drinking a lot of them may weaken your bones, a study of more than 2,500 people indicates.

Women in their late 30s and older who drank more than one 12-ounce regular, diet or caffeine-free cola per day had up to 5 percent lower bone-mineral density in their hips than women who drank less than one cola per week. This was not true for noncola carbonated drinks, most of which don't contain phosphoric acid – the probable culprit — says lead researcher Katherine Tucker, Ph.D., an epidemiologist at Tufts University in Boston. Differences in women's intake of calcium, vitamin D, caffeine and sugar — other possible suspects — were ruled out. Phosphoric acid may weaken bones by binding to calcium in the intestines, preventing it from being absorbed. It may also adversely affect levels of parathyroid hormone, which regulates bone density.

While some experts believe that bone damage occurs because people replace milk with soft drinks as they grow older, Tucker did not find that to be the case. Still, more research is needed to confirm the possible link between cola drinks and reduced bone density — and to find out why sodas don't seem to have the same effect on men.

## Think Healthy: Why We're Overweight

Percent of Americans who always finish their restaurant entrees – 27

Percent who base the amount they eat on how much they're served – 30

Percent who are aware that restaurant portions are bigger than in the past – 38

Percent who base the amount they eat on what they're used to eating – 42

Percent of extra calories unconsciously consumed when larger portions are served – 56

Percent who believe the kind of food they eat is more important for weight loss than the amount they eat – 78

Weight of an average single order of fries in 1955, in ounces – 2.4

Weight of an average single order of fries today, in ounces – 7.1

## Recipe Corner: Stuffed French Toast

Ingredients:

24 (1-ounce) slices cinnamon-raisin bread

Cooking Spray

2 cups egg substitute, divided

1 cup half-and-half

1 cup sugar, divided

1 tablespoon vanilla extract

1/8 teaspoon ground nutmeg

1 (8-ounce) block fat-free cream cheese, softened

1 (8-ounce) block 1/3-less-fat cream cheese, softened

Bottled cinnamon-sugar (optional)



1. Trim crusts from bread. Arrange half of the bread in a 13x9—inch baking dish coated with cooking spray.
  2. Combine milk, 1 1/2 cups egg substitute, half-and-half, and 1/2 cup sugar in a large bowl, stirring with a whisk. Pour half of milk mixture over bread in dish.
  3. Combine 1/2 cup egg substitute, 1/2 cup sugar, vanilla, nutmeg and cheeses in a food processor or blender; process until smooth. Pour cream cheese mixture over moist bread in dish. Top with remaining bread; pour remaining milk mixture over bread. Cover and refrigerate 8 hours or overnight.
  4. Preheat oven to 350 degrees.
  5. Uncover and bake at 350 degrees for 55 minutes. Let stand 10 minutes before serving. Sprinkle with cinnamon-sugar, if desired.
- Yield: 12 servings (serving size: 1 piece)

Calories: 340 (30% from fat); Fat 11.3g (sat 5.1g, mono 3.3g, poly 0.9g); Protein 16.7g; Carb 43.2g; Fiber 1.5g; Chol 26mg; Iron 3.7mg; Sodium 447mg; Calc 197mg



## Employee of the Month, October 2004!

BAAC is proud to announce that **Arena**



**Roth** is the Employee of the Month for October 2004.

Members have commented of her "great smile", her friendliness, "winning smile", and that she "makes people feel

welcomed." Other comments were made about her "sweet smile and fun personality."

In recognition of her achievement, Arena has won a free pizza from Dave's Pizza.

Congratulations Arena!

