January - February 2008

As the New Year comes many people are making the infamous resolution to be healthier and lose. In this issue of Healthy Living there are many tips on how to tackle this issue. Remember to make it realistic and stick with it!

Feeling good, looking fit and leading a long and healthy life are things most of us want. Well, there’s a lot we can do to increase the chance that we’ll have them. The beneficial effects - both physical and mental - of good nutrition, physical fitness, and exercise are proven. You’re never too young, too old, or too out of shape to get started - you can benefit from regular physical activity and healthy eating habits.

**TIPS** to help succeed in keeping those health and fitness New Year resolutions:

- **Make a commitment to yourself**
- **Visualize your success** -- See yourself doing exercise, eating normally and living happily.
- **Seek support** -- Whether it’s just telling others that you are aiming to make the change or partnering with a friend, colleague or partner to ‘do it’ together, reaching out to others helps anchor your commitment to yourself and can be one aspect of keeping you accountable. You can also seek the professional help of a coach, dietician, therapist or support group.
- **Set specific goals** -- Write them down and reward yourself each step of the way. Be specific in your description of how you’d like to improve your health during the upcoming year. Put these goals in priority order, noting whether they are immediate, intermediate or long range. • Keep track of eating habits --.
- **Place necessary tasks for goal achievement in your daily schedule** --
- **Monitor food intake at restaurant** -- By using the ‘rule of hand’ to figure out portion size, you can avoid overeating. (Small fist = 1 cup, cup of hand = 1/2 cup, 3 middle fingers = 2 oz.) If you know you’ll be tempted to eat extra food, place it on a bread plate and
immediately ask your server to doggy bag it or take it away.

"Good health has a significant impact on other areas of our lives. When we're in fair or poor health, we generally do not participate in an exercise or fitness activity. This, then, has a snowball effect, leaving us feeling always or frequently rushed; we then spend more time in a typical day reacting to problems or doing unplanned tasks," The Nutrition Twins commented, HLC.

Shop Wisely

• If you are considering buying a device that "guarantees" weight loss with little or no effort, check with the Federal Trade Commission to see if it is really effective and safe.
• If you purchase exercise equipment at a consignment shop or yard sale, check with the Consumer Product Safety Commission to make sure the item has not been recalled.
• If you work in an office building or live in an apartment complex, check to see if there is a workout room on the premises. You may be able to workout for free or at a discount. If there is not a gym on the premises, ask your supervisor or your apartment building's rental office if use of a nearby gym could be arranged.

Advice for Buying Exercise Equipment from the FTC:

• Ignore claims that an exercise machine or device can provide long-lasting, easy, "no-sweat" results in a short time. These claims are false: You can’t get the benefits of exercise unless you exercise.
• Question claims that a product can burn fat off a particular part of the body — for example, the buttocks, hips or stomach. Achieving a major change in your appearance requires sensible eating and regular exercise that works the whole body.
• Read the ad’s fine print. The advertised results may be based on more than just using a machine; they also may be based on restricting calories.
• Be skeptical of testimonials and before-and-after pictures from "satisfied" customers. Their experiences may not be typical. Just because one person had success with the equipment doesn’t mean you will, too.
• Do the calculations when you read statements like "three easy payments of ..." or "only $49.95 a month." The advertised cost may not include shipping and handling fees, sales tax, and delivery and set-up fees. Find out the details before you order.
• Get details on warranties, guarantees and return policies. A "30-day money-back guarantee" may not sound as good if you have to pay shipping on a bulky piece of equipment you want to "return to sender."
• Check out the company’s customer and support services. Call the advertised toll-free numbers to get an idea of how easy it is to reach a company representative and how helpful he or she is.
**Give your willpower a helping hand:**

- **Order smaller portions** in restaurants. Many people who have no problem eating healthy portions at home overeat in restaurants because the portions are so large. But many restaurants serve half portions, or lunch-size portions at dinner. Don’t be embarrassed to ask. You’ll save calories and cash.

- **Don’t upsize anything**, especially fast food. Fast food portions have more than doubled over the last twenty-five years. Don’t be tempted by a "bargain." Avoid package deals; instead, order a sandwich - broiled chicken is good; hold the mayo - and a side salad.

- **Order kids meals**, where you can. Some restaurants will let you order them if you tell them you’re dieting, and you can always order them in fast food restaurants. Kids meal portions are what used to be grown up portions (before the mega craze began).

- **Buy small or single-serving quantities** when possible. Don’t buy the extra large bag of pretzels; buy the single serving size, one bag at a time.

- **Avoid all-you-can-eat situations**. Buffets and those "unlimited pasta on Tuesdays" meals make it difficult, if not impossible, to practice portion control.

- **Quick reference**: 3 ounces of meat is the size of a deck of cards; 1 ounce of meat is the size of a matchbook; 1 cup of potatoes, rice or pasta is the size of a tennis ball.

**Motivation is the key to being successful with exercising!**

1. Plan on ways to get past obstacles before they happen. If you find you’re skipping exercise because of family responsibilities, plan a family walk or outing to get them involved too.

2. Try to workout in the morning. You’ll have more energy throughout the day and you won’t have the excuse of skipping it because you’re tired or have to work late.

3. Workout with a friend. When a friend is waiting for you, you’re less likely to back out!

4. Make a list of goals and put them on the refrigerator. When you think about skipping your workout, go back and read your list. Remember why you’re doing this!

5. Keep track of your progress. When you reach a goal, which will motivate you to keep going!

6. Wake up each day and ask yourself how you’ll make your day healthy. Plan your workouts the night before and be prepared with a workout bag ready to go so there are no excuses!

7. **Reward yourself**! It’s important to pat yourself on the back for reaching your goals. Get yourself a massage, a new pair of workout shoes or a night on the town every so often.
Spicy Pinto Bean Dip
Serve with Pita chips or baked tortilla chips

- 1 - 15 ounce can fat-free refried beans
- 5 nacho sliced bottled jalapenos
- 1 tablespoon brine, from bottled jalapeno slices
- 1/2 teaspoon salt or to taste
- 1/2 teaspoon granulated sugar
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper

Combine refried beans with the other ingredients in a mixing bowl.
Mix on high speed until smooth (about 5 - 6 minutes). Cover and chill for at least an hour before serving.

Nutrition Facts: 58 Calories; trace Fat (1.9% calories from fat); trace Saturated Fat; 3g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 485mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other

Turkey Tenderloins & Mushroom Stuffing

Turkey tenderloins - 10 oz
Dried porcini mushrooms - 1 cup
Button mushrooms (finely chopped) - 1.5 cups
Shallots (finely chopped) - 1/4 cups
Olive oil - 2 tsp
All purpose flour - 1.5 tbsp
Chicken broth - 1/2 cup
1% Low fat milk - 1/2 cup
Butter - 1 tbsp
Salt - 3/4 tsp
Black pepper - 1/4 tsp
Port wine - 2 tbsp
Thyme - 1.5 tsp
Boiling water - 1.5 cups

Cooking Instructions
- Soak the porcini mushrooms in the boiling water in a bowl for about 30 minutes until tender
- Drain, chop the porcini mushrooms, and keep the drained liquid in a bowl on the side
- Melt butter in skillet on medium-high heat, and add in shallots and sauté for 3 minutes
- Add in button mushrooms, 1/4 tsp salt, 1/8 tsp pepper, port wine, and cook for 1 to 3 minutes. Remove from heat and add in 1/4 cup porcini mushroom and thyme
- Cut a horizontal slit through the thickest portion of each turkey tenderloin to form a pocket, and fill with the cremini mixture. Secure at 1 inch intervals with twine
Turkey Tenderloins & Mushroom Stuffing

- Sprinkle the turkey tenderloins with 1/4 tsp salt, 1/8 pepper, and dredge in the all purpose flour
- Heat olive oil in skillet to medium high heat and cook the turkey for 4 to 5 minutes on each side until browned
- Add in the porcini soaking liquid and chicken broth. Bring to a boil and simmer for 8 to 10 minutes then remove the turkey
- Keep cooking the broth until reduced to about 3/4 cup remaining
- Combine 1 tbsp flour and milk, and add to the broth. Bring to a boil, add in the remaining porcini, 1/4 tsp salt, and simmer for 1 to 2 minutes
- Remove twine from turkey tenderloins, and slice diagonally and serve with sauce

Nutrition Facts: Servings: 4, Calories: 269 cals, Fat: 7.7g, Saturated Fat: 2.9g, Monounsaturated Fat: 3.4g, Polyunsaturated Fat: 1g, Protein: 37.9g, Carbs: 10.8g, Fiber: 1.6g, Cholesterol: 78mg

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