

Health & Fitness News



Hidden Fat and Health Risks

Most people are often concerned when they look in the mirror and see extra fat around the midsection. This subcutaneous fat may be considered unsightly, but it is not as dangerous to your overall health as visceral fat.

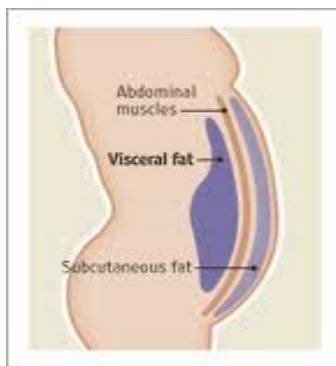
Visceral Fat is the fat that is located deep in the belly surrounding the vital organs. According to research we know that visceral fat is associated with high blood pressure, diabetes, and fatty liver disease.

So the question then is how do we zero in on removing this visceral fat? There are some simple steps we can take to help lose this internal fat. Simply we need to eat more fruits and vegetables and engage in moderate physical activity.

A study found that for every 10-gram increase in soluble fiber eaten per

day, visceral fat declined by 3.7% over the next 5 years. In addition, an increase in moderate activity resulted in a decrease of 7.4% in the rate of visceral fat accumulation.

Getting 10 grams of soluble fiber is not that difficult. If you would eat two small apples, 1 cup of green peas and a half-cup of pinto beans it would equal 10 grams of soluble fiber. Moderate activity means exercising vigorously for 30 minutes, two to four times a week preferably.



My Plate Replaces My Pyramid

The new national nutritional model makes a notable departure from meat and beef protein. It also departs from the dairy heavy models from the past that were criticized for supporting big agriculture.

Easy to grasp even for children
Vegetable constitute the largest sector

Vegetables and fruit make up over half the plate.

You can place your choice of foods on the plate

You don't have to count servings or portion sizes if the plate isn't too big.

Web site: ChooseMyPlate.gov

MACWC Events:

09-21-11
Lunch Bunch: Attracting squirrels and birds

09-22-11
Zumba begins

09-24-11
Piotique



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Eating Healthy on A Budget



The glow of one warm thought is to me worth more than money.
Thomas Jefferson

As the economy slumps it is expected that Americans will develop larger midsections. With tighter budgets people may choose to ditch their gym membership and buy less fresh fruit and vegetables, fish and protein. If you couple this with increased unemployment and stress you have the

perfect recipe for weight gain. So here are some tips to stay healthy on a budget.

- Make a list of your favorite foods
- Favor Frozen over Fresh
- Seek Bargain Proteins
- Spice it Up
- Plan Meals
- Keep recipes simple
- Keep an inventory
- Make a grocery list
- Shop Sales
- Avoid shopping when hungry
- Use bulk items and coupons
- Use leftovers
- Ditch Specialty foods, Unfamiliar foods or Odd ingredients

Can Fidgeting improve Fitness

Research has shown that even small bouts of physical activity can improve your cardio. Incidental physical activity can be beneficial if you apply enough minutes and intensity to your workload.

Obviously the more time and intensity you achieve the more you will get out of the exercise. Here are some tips to increase your incidental exercise through the week.

- Park farther away from entrances.
- Enjoy a daily walk with co-workers
- Take your dog for a walk.
- Take the stairs instead of the elevator

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Asian Turkey Burgers

- 1/4 cup bulgur wheat
- 1/2 cup boiling water
- 1/4 cup rice wine vinegar
- 1 teaspoon sugar
- Kosher salt and freshly ground black pepper
- 1/4 small red onion, thinly sliced
- 1/4 cup plain low-fat yogurt
- 1 teaspoon chili garlic sauce
- 12 ounces lean ground turkey
- 2 tablespoons hoisin sauce
- 2 scallions, chopped
- 1 teaspoon grated ginger
- 1 clove garlic, grated
- 2 tablespoons chopped cilantro, plus 1/4 cup whole leaves
- 2 teaspoons vegetable oil
- 4 whole wheat hamburger rolls

Put the bulgur in a medium bowl and add the boiling water. Cover with plastic wrap and let stand until the bulgur is tender, 45 minutes to 1 hour. Meanwhile, in a medium bowl whisk the vinegar and sugar with a generous seasoning of salt and pepper until dissolved. Add the cucumber and onion, toss well and set aside to marinate for about 30 minutes.

In a separate small bowl combine the yogurt and chili garlic sauce. Season with salt and pepper and set aside. Drain the bulgur and put into a large bowl. Add the turkey, hoisin, scallions, ginger, garlic and chopped cilantro and mix until just combined. Form into 4 equal sized patties.

Heat a large nonstick skillet over medium heat until very hot. Lightly brush both sides of each patty with oil and place in the skillet. Cook, turning once, until just cooked through, 3 to 4 minutes per side.

Drain the pickled vegetables and toss with the whole cilantro. Spread some spicy yogurt sauce on the top and bottom of each bun and top with a burger patty and some pickles.

Calories 186; Total Fat 4 g

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