



## Timely Information for Personal Success

### Good Foods? Not Necessarily

By Tim Lencki

Trying to figure out what is healthy to eat in this day and age can be maddening. One day something is considered good, and the next day it isn't. Even I get confused! What we need to understand is that technology is changing every day. This means there are new ways of testing products, and our knowledge of the human body continues to evolve.

With that being said, here are some foods you thought were good that you may need to reconsider based on new information:

❖ **Multi-grain bread** – Research has shown that consuming whole grains can reduce your risk of heart disease and cancer. However, most people assume that eating multi-grain breads will do the same thing. Unfortunately, some of these products are not 100% whole grain. Rather, they're made from refined, white flour with a "sprinkling" of other grains. *The solution:* Read labels and look for breads that say, "made from 100% whole grain" or "100% whole wheat flour." Also, stay away from products that say, "Enriched" or "refined."

❖ **Fruit juice** – You probably think you've done something good when you give your kids a drink that says "100% fruit juice." I've done it! It turns out they may not be as healthy as you think. That's because there can even be added sugar (in the form of fructose) in drinks that say "only fruit juice." *The solution:* Make your own juice with a juicer. This is time consuming, but it's something to consider for your health and the health of your children. Another option is grab a piece of real fruit and a glass of water.

❖ **Protein bars** – You probably think you've done yourself a favor by grabbing a protein bar instead of a candy bar. The problem is that protein bars are processed and contain stabilizers, preservatives, and other ingredients that don't support good health. Also, the sugar content is usually high. *The solution:* Opt for fresh food that contains similar amounts of calories, protein, fat, and fiber. Examples include nuts; trail mix, apples, berries, and raw carrots. Protein bars are OK on occasion, but don't make them a habit. ■

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### Little Things Mean a Lot

Everyone at some point in their life has an unsettling moment when they realize they need to do something about their physical condition. An escalator is broken and you take the stairs; or you lug some groceries to your car – and you end up out of breath and realize your body isn't what it used to be.

We know we should be exercising, but something always seems to get in the way. What's the solution? I've always been a big advocate of finding ways to move a little more each day.

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## Healthy Recipe: Loaded Spinach Salad

### INGREDIENTS:

- 8 large eggs
- 6 cups baby spinach
- 4 tablespoons creamy blue cheese dressing
- 1 eight-ounce can beets, rinsed and sliced
- 1 cup carrots, shredded
- 2 tablespoons chopped pecans, toasted (see tip)

### NUTRITIONAL VALUE:

- Calories per serving: 300
- Carbohydrates: 26 g.
- Protein: 22 g.
- Sodium: 823 mg.
- Fat: 823 mg.
- Saturated fat: 3 g.
- Fiber: 8 g.



### DIRECTIONS:

- 1 Place eggs in single layer in saucepan & cover with water. Simmer over medium-high heat. Reduce heat to low, cover and cook for 10 minutes. Pour off hot water and run cold water over eggs until cooled.
- 2 Peel eggs, discard 6 of the yolks, chop remaining yolks and whites.
- 3 Toss spinach and 2 tablespoons dressing in large bowl. Divide between 2 plates. Top with chopped eggs, beets, carrots and pecans. Drizzle with remaining dressing. **Tip:** To toast pecans, cook in small skillet over medium-low heat, stirring constantly, until lightly browned, 2-4 minutes.

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## Questions and Answers

### Popcorn vs. Fruits & Veggies

**Q:** I've heard that popcorn is good for you – even more than fruits and vegetables. Can this be true?

**A:** Pennsylvania researchers reported that popcorn contains more healthy antioxidants than fruits and veggies. The study found there were 300 mg. of polyphenols in a serving of popcorn, compared to 160 mg. in a serving of fruit. However, this is misleading because popcorn can't replace fruits and veggies in a healthy diet – they contain essential vitamins and other nutrients that popcorn lacks.

**Q:** My wife says that doing chores around the house is just as good for me as going to the gym. Thoughts?

**A:** It depends on what is meant by "chores," but your wife has a point. As I've stated, whenever you can find a way to be more active, whether it's "exercise" or not, it's to your advantage. For instance: Leave your leaf blower in the garage, and rake and bag leaves by hand instead. That can burn 350-450 calories an hour. Or put away the riding lawn mower and you can burn 250-350 calories an hour using a push mower. Sometimes it's helpful to do things the old-fashioned way. ■

Sources: Tim Lencki, FOX News.

## Little Things...

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What's important is to simply ... BE ACTIVE. Our bodies were meant to move, and when we don't do so on a regular basis, bad things start to happen. Notice I didn't say, "Exercise five days a week for an hour each day." You just need to *move* a little more in your everyday life. The nice thing is that you'll feel better, and want to do more, which may make you want to exercise.

By being active everyday, I mean little things that end up meaning a lot such as: Park further away from the store or your office. Walk or bike to run an errand, instead of always taking the car. If you live in the country, walk down to your mailbox instead of driving up to it.

Or what about gardening? Burning between 200-400 calories an hour isn't bad for something you might enjoy! It's a bonus deal – more activity *and* good nutrition!

### Summary

The key is to get more active throughout the day. Every little bit helps. (Additional ideas appear in the Q and A article.) ■

— Tim Lencki

