

“Stall Talk”



Copies can be obtained by contacting, Stacy Gorski, Sgorski@scgov.net, or 861-5299

Shopping with your Health in Mind

- We all know not to go to the grocery store when we are hungry but how many of us actually follow this advice. If you shop when you are hungry you are more likely to impulse buy. A way to avoid this is to make a **shopping list** and only buy things that are listed.
- **Check labels** before you buy. This tip may increase your shopping time but with a bit of practice you will be in and out of the store in record time (and with healthy food!).
- **Keeping a list** of foods you like and dislike is very helpful. Remember to write down the brand name also.
- The grocery store is generally set up with fresh foods on the perimeter while the inner isles have processed foods. So **walk the perimeter** for those veggies on the perimeter instead of the packaged foods. Not only will you be eating healthier but also you will get a little extra walking.
- Fresh produce is low-fat except for avocado and coconut. It is important to get in **all types of fruits and vegetables** plus, they are cheaper and taste better than vitamins.
- Short on time? Try buying low-fat semi prepared foods such as boneless skinless chicken breasts, salad in a bag, broccoli, low-fat cheese and marinated meats to make stir-fries and other **quick meals**.
- When buying meat **the less marbling the better**. Meat is considered marbled when there are fine strands of fat throughout the meat. Also, don't forget to **trim the edge fat** before cooking.

~The Gainesville Sun, April 1, 2004

Calling All Golfers:

Fitness is important to play a good game of golf. The five areas golfers need to pay attention to improve their score are:

- **Aerobic fitness:** Walking 18 holes is equivalent to walking 4 miles. On your days off from golfing take a walk or ride a bike.
- **Power:** Power is important to move the club head at speeds greater than 100mph. To increase your strength lift weights 2-3 times a week
- **Mental acuity:** Preparing mentally for a game of golf is important just as it is for everyday life. By clearing your mind you can get a better perspective on what may be troubling you.
- **Proper nutrition:** Eating a balanced diet will keep your body healthy and energized so you can have a strong swing for all 18 holes.
- **Hydration:** Being out on a hot course all day drains our bodies of fluid. Make sure to get plenty of water before, during, and after your game.

~The Well Workplace, Vol. 4 No. 6

Chicken and Spring Vegetable Toss



Ingredients

- 3 cups (9oz) uncooked corkscrew pasta
- ¾ lb boneless skinless chicken breasts cut into 1 in. pieces
- 1 medium red bell pepper cut into 1 in. pieces
- 1 medium yellow bell pepper cut into 1 in. pieces
- ½ lb asparagus cut into 1 in. pieces
- 1 tablespoon water
- ½ teaspoon pepper
- 1 container (10oz) refrigerated reduced fat alfredo sauce

Directions

1. Cook and drain pasta as directed on package
2. While pasta is cooking spray 12 in. pan with cooking spray; heat over medium-high heat. Cook chicken 3-4 minutes until brown, stir frequently.
3. Stir red peppers, asparagus, water, and pepper into chicken; reduce heat. Cover and simmer 3-4 minutes until chicken is fully cooked and vegetables are crisp.
4. Stir pasta and alfredo sauce into chicken mixture; cook until hot.

Makes 6 servings

1 Serving: Calories 320 (Calories from Fat 70); Fat 8g (Saturated 4g); Cholesterol 50mg; Sodium 270mg; Potassium 350mg; Carbohydrate 42g (Dietary Fiber 3g); Protein 23g
% Daily Value: Vitamin A 34%; Vitamin C 68%; Vitamin D 0%; Calcium 12%; Iron 14%; Folic Acid 36%

Diet Exchanges: 2 Starch; 2 Lean Meat; 2 Vegetable
www.bettycrocker.com

Studies Suggest Cancer Survival is Linked to Exercise

The study has shown that women who exercise after having breast cancer reduce their chance of dying by a one-quarter to one-half depending on the activity level. One of the theories is that exercise burns up stored fat that produces estrogen which fuels the cancer growth. The study involved 832 women in china, where breast cancer has doubled in the past 35 years. Women who walked 1-3 hours per week reduced their risk of dying by 19% and 29% for women who walked over 8 hours per week. Exercise may also have the ability to help prevent colon cancer by moving food through the intestines faster.

~The Gainesville Sun, March 30, 2004