



# Food and Fitness



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The first wealth is health - *Ralph Waldo Emerson*. Physical activity and nutrition are the greatest life insurance policy you can give yourself. Consider the following:

There are 1440 minutes in every day ... schedule 30 of them for physical activity. For every minute you walk, you get two more minutes of life.

Physical activity will add years to your life and life to your years. "Even if you are on the right track, you'll get run over if you just sit there". - *Will Rogers*

Food is fuel. To burn one M&M you need to walk the length of a football field.

Since 1960 pork is 30% leaner. How about you?

Just add 10 extra pounds on your abdomen and you put an additional 100 pounds of strain on your back.

It all adds up. Just 10 extra calories per day will amount to an extra pound in a year.

It is easier to maintain your health than to try an regain it. - *Dr. Kenneth Cooper*

### How Fast Should You Walk?

New research from the University of Colorado has found that both normal weight and overweight people naturally walk at the same speed - about three miles per hour - because this is the speed that expends the least energy. It turns out that the calories required for walking are actually greater when you walk faster or slower than

three miles per hour. And because people who are obese may walk differently (with a straighter leg, the researchers suggest), they burn 11% more calories than normal weight people for the same distance and speed. If you are overweight, the experts suggest slowing down and walking longer and farther for an even greater calorie burn. Why? To lose weight, you want your body to function like a 'gas guzzler,' not like a fuel-efficient hybrid. To build cardiovascular fitness, you will need to eventually step up your pace or add some hills to your walk. (Environmental Nutrition, June, 2009)



### For Questions About...

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### Health Hint



One fresh egg contains about 212 mg. cholesterol while ¼ cup substitute has 0 mg. cholesterol.

### Using Frozen Vegetables

Most frozen vegetables can be cooked without thawing. However, corn on the cob should be partially defrosted. Cook vegetables in a small amount of water, ½ cup or less. Cook until just tender - about half as long as if the vegetables were fresh.

### Where are Your Fresh Fruits and Veggies From?

Consumers who want to know where their apple or bunch of broccoli might have been grown can check out a new online resource that tracks the origins of 95 different fresh fruits and vegetables typically sold in U.S. supermarkets. Besides showing product origins, the tool allows the user to see which state is the leading domestic producer of these crops.



The new website tool, Where do your fresh fruits and vegetables come from?, was developed by the Leopold Center for Sustainable Agriculture and the Center for Transportation Research and Education at Iowa State University. Find it at:

[www.leopold.iastate.edu/resources/fruitveg/fruitveg.php](http://www.leopold.iastate.edu/resources/fruitveg/fruitveg.php)

### Herbs and Spices: What's the Difference?

An herb is a leaf of a plant or shrub, or more broadly, “the part of the plant that is used in the diet for its aromatic properties,” and can be used fresh or dried. All other parts of the plant, including the buds, bark, plants, seeds, berries or fruit are referred to as spices. Examples of some common herbs are oregano, parsley, rosemary, sage, thyme, chives and basil. Common spices include cloves (buds), cinnamon (bark), ginger (root), cumin (seeds), black peppercorn (berries, and paprika (fruit).



### Symphony of Fruit Pizza

Easy breakfast, simple snack, fun dessert, whichever you choose you can't miss with this recipe - prep time 10 minutes.

- 1 English muffin
- 2 Tablespoons whipped fat-free strawberry cream cheese
- ½ cup strawberries sliced
- ¼ cup red grapes, quartered
- ¼ cup canned mandarin oranges, drained

Toast the English muffin until golden brown. Spread with cream cheese. Arrange sliced strawberries, grapes, and orange slices on top of cream cheese. Slice into quarters and enjoy “yummy, fruit pizza!” Serves one.



### Guinea Grinder

- 1 can pork (drain and remove fat) or 2 ½ cups cooked pork roast
- ⅛ teaspoon red pepper
- ¼ teaspoon hot pepper OR black pepper (to taste)
- ¼ teaspoon ground fennel seeds (optional)
- 1 can pizza sauce (15 ounce)
- 6 hoagie, hotdog or hamburger buns
- ½ lb. mozzarella cheese, sliced or grated

1. Combine pork, seasoning, and pizza sauce in a sauce pan and simmer for a few minutes.
2. Spread on split buns.
3. Add cheese and broil until cheese melts. If you are only making one or two Guinea Grinders, freeze the remaining meat mixture for later use.

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