

FIT/BITS

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HEALTH IN THE NEWS

Is Pizza a Vegetable?

You know that pizza is not a vegetable; but in all its wisdom, Congress recently passed new school lunch guidelines that allow the tomato paste on a serving of pizza to count as a vegetable. With this new bill, Congress has sold out the health of American children.

The U. S. Department of Agriculture (USDA) developed new guidelines for school lunches for the first time in 15 years. The USDA hoped to use school lunches as a way to fight the obesity epidemic among children. The goal was to encourage healthier school lunches that incorporated more whole grains, less salt and more vegetables. A worthy goal indeed, but the USDA didn't count on the stranglehold that the industrial food complex has on Congress. By the time the dollars settled, limits on potatoes, pizza and salt in school lunches had fallen by the wayside. Instead of common sense dictating that pizza and French fries may not be the best choices on a daily basis, the lobbyists for potatoes, frozen pizza and salt producers

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NUTRITION

Surviving the Food Court

It's that time of year. Do you feel it? That urge to hit the mall! Even if you hate to shop, you are likely to find yourself at the mall for a few hours over the next month or so. When you are tired, hungry and feeling frazzled, where do you wind up? Usually the food court, where it's hard to eat healthy even if you are trying. If you are not paying attention, it is easy to pound down a day's worth of calories in one sitting.

How can you survive the food court? First, remember that the trip will likely be stressful with the traffic, parking, crowds and lines at the register. If you stay calm, you will be less likely to seek solace in a chocolate chip cookie. Here are a few more strategies to help:

- Head to the mall after a meal so that you are not hungry
- Bring a bottle of water to stay hydrated during your trip
- Pack a snack like a granola bar or handful of nuts
- Ask yourself if you need a meal or a snack for enough energy to get through your shopping

If you do find yourself at the food court, the following suggestions might help:

- Share a meal with your shopping partner, or eat only half your meal if alone
- Avoid meal combos that come with chips or French fries and soda
- Drink water, unsweetened iced tea or coffee
- Order from one vendor to avoid piling on calories
- Opt for vegetarian—frequently (but not always!) healthier and less fat
- Skip anything fried, from chicken to eggrolls to French fries
- Opt for a deli sandwich with lean meat like turkey; skip the cheese and mayo
- Plain pasta with marinara sauce and a little parmesan cheese beats pizza
- Avoid anything topped with mounds of cheese
- Opt for a plain baked potato with some steamed broccoli and a little cheddar (cheese, not sauce)
- Salads piled high with meat, cheese and dressing may as well be a cheeseburger
- Watch out for mall snacks like soft pretzels and smoothies

Below are some menu items from typical food court restaurants. Check out your favorites to see how they stack up. Warning—you might be in for a shock!

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Twelve Days of Fitness Challenge

The Twelve Days of Fitness Challenge uses a version of the Accumulator, a series of 12 different exercises that needs no special equipment. You can use the series in different ways over a twelve day period. Here are some suggestions.

- **Beginning:** add one exercise each day. By day 12, you should be doing all 12 exercises.
- **Intermediate:** start with the first 3 or 4 exercises, then add the next 3 or 4 each day until you are doing full sets.
- **Advanced:** start with a full set. Progress by adding another half-set or full set each day.



1. **Jog or march in place:** for five minutes as a warm-up; for additional sets, jog 30 seconds.



2. **Squat:** From a standing position, feet about shoulder-width apart, squat down until both knees reach 90 degrees. As you lower yourself, keep your head up hips back as if you were going to sit in a chair. Once you reach the bottom position, push through your heels and squeeze your gluteals as you return to a standing position. Perform ten.



3. **High Knees:** Start with your hands over your head. As you lift your right knee, quickly bring your arms down to your sides. Reach your arms back over head and repeat on left side. 30 seconds.



4. **Pilates Push-Ups:** Hinge at hips, bringing hands to floor. Bend knees if necessary. Walk the hands out one at a time, keeping legs straight, abdominals engaged and back strong, until body is in plank position, or drop knees down into a modified plank or table-top position. Perform one push-up. Walk hands back toward feet, keeping legs straight, abdominals engaged and back strong, until hands are just in front of feet, bending knees if necessary. Return to standing position and repeat a second time.



5. **Hamstring Curls:** Start with your feet shoulder width apart. Step to your right and bring your left heel toward your gluteals. Move quickly from side to side. 30 seconds.



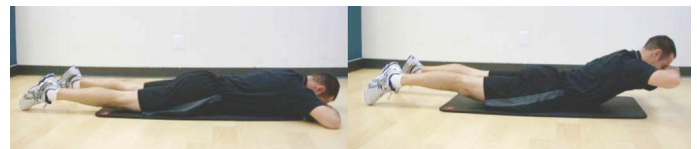
6. **Jumping Jacks:** Start with your arms at your sides and your feet together. Jump feet shoulder width apart, arms up. Jump feet together and bring arms to sides.

Modification: Lift your right arm over your head, at the same time open your right leg out to the side. Alternate your right and left sides. Perform for 30 seconds.

7. **Bicycle Crunch:** Rest your hands behind your head with the elbows pointing out. Start with hips and knees at 90 degrees. Bring the right knee into the chest while bringing the left shoulder toward that knee and extending the left leg out straight. Return to the starting position and repeat to the left side. Perform ten sets.



8. **Back Extension:** Rest your hands underneath your forehead. Keep the lower body on the floor and your feet together by pressing the hips into the mat and squeezing your gluteals. Contract the back muscles lifting up the upper body only. Hold, release, and repeat five times.



9. **Plank:** Place your forearms on a mat and your toes on the floor, lift your hips until there is a straight line from your toes to your shoulders. Hold 60 seconds, breaking if necessary by touching a knee to the floor.



10. **Mountain Climbers:** Plank position (classic push-up position). Do not let hips sag toward floor or pike in air. Inhale, then exhale and draw in right knee toward right elbow. Pause and inhale as you extend leg back to start position. Repeat on left side. Keep abdominals strong and do not let body sag or hips rise during execution. Perform a set of 12.



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Restaurant	Item	Serving	Calories	Fat
Subway	Sweet Onion Chicken Teriyaki	6"	380	4.5g
	Subway Club	6"	310	4.5g
	Big Philly Cheesesteak	6"	500	17g
Sbarro	Cheese pizza	One slice	459	13g
	Baked ziti	1 serving	928	42g
	Greek salad	8 oz.	60	5g
	Pasta Rustica	1 order	600	47g
Chick-fil-A	Chicken sandwich	one	430	17g
	Chargrilled chicken sandwich	one	300	3.5g
	Chicken biscuit	one	420	19g
	Chargrilled chicken salad	10.5 oz.	180	6g
Sarku Japan	Chicken Teriyaki Combo	1 serving	721	11g
	Vegetarian soba	1 order	455	1.4g
	Chicken Teriyaki w/steamed veggies, no rice	1 order	480	10.6g
Manchu Wok	Vegetable fried rice	1 serving	390	12g
	General Tso's chicken	1 serving	319	21g
	Ginger Beef	1 serving	318	16g
	Oriental grilled chicken	1 serving	255	9g
	Noodles	1 serving	259	13g
	Mixed vegetables	5 oz	130	9g
Charley's Grilled Subs	Philly Steak	1 regular	828	57.75g
	Chicken Teriyaki Sub	1 regular	270	15g
	Grilled Chicken Salad	1 salad	507	12g
	Bacon 3 Cheese Steak	1 regular	645	30g
Great Steak and Potato Company	King Baked Potato	1 potato	590	41g
	Great Steak Sandwich	1 regular	963	58g
	Super Steak Cheesesteak	1 regular	750	37g
	Small Fry	13.9 oz.	1194	62g
Auntie Anne's Soft Pretzel	Original Pretzel	1 pretzel	340	5g
	Cinnamon Sugar	1 pretzel	470	12g
Mrs. Fields	Semi-sweet chocolate chip cookie	1 cookie	160	8g
Orange Julius	Orange Julius	medium	290	0
	Bananarilla	medium	440	8g
	3-Berry Blast Smoothie	medium	510	1g
Gloria Jeans Coffee	Caramelatte	medium	225	8g
	Caffe Mocha	medium	233	9g

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11. YTW's: Straighten arms out above your head, slightly lift, bring arms out to the side, lift, bring elbows in to your side and lift. Movements are small lifts. Repeat ten times.



12. Burpies: Hinge at hips, bringing hands to floor. Bend knees if necessary. Kick your legs back at the same time so your legs are straight and

your body is in a plank position. To modify, bend knees as needed and/or extend one leg at a time.

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HEALTH IN THE NEWS

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had their way in keeping French fries and pizza front and center on school menus.

Some in Congress also made the argument that the government has no business telling people what to eat and that local school districts should have more control, but the U.S. government, providing subsidized lunches, is the largest customer in this case. We as taxpayers should demand better for our money. Congressional conservatives and the military often are in agreement regarding policy, but not this time. A military group of retired generals called Mission: Readiness has been arguing in support of healthier lunches. Obesity is the major disqualifier of those trying to enlist in military service, and this group singles out school lunches as a national security issue for contributing to the obesity epidemic.

Instead of improving nutrition, the new bill will:

Block the USDA from limiting starchy vegetables, including potatoes (think French fries) to two servings a week; allow the USDA to count two tablespoons of tomato paste as a vegetable; require further study on long-term sodium reduction requirements of USDA guidelines; and require the USDA to define "whole grains" before they regulate them.

If you feel outraged by this irresponsible congressional action, contact your local representative and senators to demand better on behalf of American children.

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Wartman, Kristen. "Pizza Is a Vegetable? Congress Defies Logic, Betrays Our Children." www.buffingtonpost.com. 18 November, 2011. <http://www.buffingtonpost.com/kristin-wartman/pizza-is-a-vegetable_b_1101433.html>

Low-Fat Carrot Cake

Ingredients:

CAKE:

3 medium eggs
2 cups of grated carrots
1 ¼ cups of unbleached all-purpose flour
1 cup of whole wheat flour
1 cup of unsweetened apple sauce
¾ cup of packed brown sugar
½ cup of vegetable oil
½ cup of raisins
½ cup of walnut pieces
2 teaspoons of baking powder
2 teaspoons of cinnamon
1 teaspoon of pure vanilla extract
1 teaspoon of baking soda
¼ teaspoon of nutmeg

FROSTING:

5 oz of low fat cream cheese
1 ½ cups of icing sugar

Directions:

In a large mixing bowl, combine the all-purpose flour, whole wheat flour, baking powder, cinnamon, baking soda, nutmeg, raisins and walnuts. Whisk together the carrots, apple sauce, sugar, vegetable oil and eggs; then gently stir into the flour mixture. Transfer to an oiled 9-inch spring-form pan or tube pan and bake at 350°F for 60 minutes. While the cake is baking, beat the sugar into the cream cheese for the frosting. When the cake is done, allow to cool on a rack. Frost when the cake is completely cooled.



“Action is the foundational key to all success”

~ Pablo Picasso

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