

Happy November,

We are getting close to the holiday seasons and I hope you make this time of year exactly what you want it to be. If the holidays aren't your cup of tea, change things, do something you like. If you enjoy them, take them in!

In the past, the November newsletter has focused on Thanksgiving dinner and this month it will be different. Last month I told you I was going to send you a calorie quiz in October and during October I decided to hold it for the November newsletter. Below is the quiz, there are 12 questions, have fun doing it. It is a tough quiz, I thought. In between the quiz and the answers are two articles from the American Senior Fitness Associations newsletter I receive. One has ideas for people who dislike exercise and the other one is for you cracker eaters out there. Enjoy!

VERY IMPORTANT: My email address changed in August and some people are still using the mind.net address. I can receive emails at that address until Nov 20. Unfortunately, my emails most of the time don't reach you. From my personal research, if you don't put my current address in your email address booklet, my email won't get past your spam blocker. If you want to continue hearing from me and sending me your emails, please check your email address booklet and if you have clar@mind.net DELETE IT. Change it to clar@charter.net. Again the correct email address is clar@charter.net. Starting Nov 20th I will not receive the mind.net mail so I will no longer hear from you. That is sad and I hope that doesn't happen. Thank you for making this change.

I was reading from the book *As a Man Thinketh* by James Allen. There is a chapter called *Effect of Thought on Health and the Body*. Some quotes from James Allen follow below:

“Strong, pure and happy thoughts build up the body in vigor and grace. The body is a delicate and plastic instrument, which responds readily to the thoughts by which it is impressed, and habits of thought will produce their own effects, good or bad, upon it.”

“Change of diet will not help a man/woman who will not change his/her thoughts. When a man/woman makes his/her thoughts pure, he/she no longer desires impure food.” I added the female addition.

“I know a woman of ninety-six who has the bright, innocent face of a girl. I know a man well under middle age whose face is drawn into inharmonious contours. The one is the result of a sweet and sunny disposition; the other is the outcome of passion and discontent.”

There is a PS about apples at the end you might not want to miss.

Here is a Calorie Overkill quiz. There are 12 questions and the answers are below. Check it out and see if you know how many calories are in the foods you regularly eat.

1. Which sandwich has fewer than 500 calories?
 - a. Chicken wrap
 - b. Tuna wrap
 - c. Turkey
 - d. Tomato & fresh mozzarella
 - e. Turkey or chicken panini

2. Which breakfast has about half the calories of the others?
 - a. Pancakes with syrup
 - b. Belgian waffle with fruit topping
 - c. French toast with syrup
 - d. Scrambled eggs with butter and toast
 - e. Eggs benedict

3. Which Italian dish has fewer than 800 calories?
 - a. Fettucine alfredo
 - b. Eggplant parmigiana
 - c. Spaghetti with meatballs
 - d. Lasagna
 - e. Cheese ravioli

4. Which breakfast has fewer than 300 calories?
 - a. Bagel with light cream cheese
 - b. Scone
 - c. Pecan roll
 - d. English muffin with preserves
 - e. Danish

5. Which salad has fewer calories than the other?
 - a. Greek
 - b. Asian chicken
 - c. Chef
 - d. Chicken Caesar
 - e. Cobb

6. Which Grande (16 oz) Starbucks drink has fewer than 200 calories?
 - a. Frappuccino Blended Coffee
 - b. Frappuccino Blended Crème
 - c. Chai Tea Latte
 - d. Caramel Macchiato
 - e. Cappuccino

7. Which sandwich has roughly 400 more calories than the others?
 - a. Tuna melt
 - b. Hummus & veggies

- c. Roast beef
 - d. Asian chicken
 - e. Veggie burger
8. Which Chinese dish has fewer than 1,000 calories?
- a. Shrimp with garlic sauce
 - b. Kung pao chicken
 - c. General Tso's chicken
 - d. Beef and broccoli
 - e. House lo mein
9. Which sweet has fewer than 500 calories?
- a. Starbucks Biscotti
 - b. Cinnabon
 - c. Starbucks Carrot Walnut Muffin
 - d. The Cheesecake Factory Cheesecake
 - e. Starbucks Old Fashion Crumb Cake
10. Which side dish has at least twice the calories of the others?
- a. Mashed potatoes with gravy
 - b. Cole slaw
 - c. Rice pilaf
 - d. Buttered vegetables
 - e. Buttered baked potato
11. Which Mexican dish has fewer than 500 calories?
- a. Cheese quesadilla
 - b. Two chicken tacos
 - c. Chicken burrito
 - d. Chicken fajitas
 - e. Vegetarian burrito
12. Which dessert has at least 600 fewer calories than the other?
- a. Large milkshake
 - b. Banana split
 - c. Fudge brownie sundae
 - d. Chocolate dipped waffle cone plus 2 scoops vanilla ice cream
 - e. Small low fat frozen yogurt

Help for Exercise "Haters"

Everybody wants to be an exercise lover. So why are dropout rates so high? Following are some helpful hints for sticking with your training program (excerpted from *The Wellness Way*, a Canopy Press publication):

- ? Probably the most important key to success is finding a form of exercise you enjoy. Because so many exercise opportunities abound everywhere, there is sure to be a method out there for everyone. Does music get you going? Try wearing headphones while hiking on a safe walking trail, or join a fitness class that features invigorating music. Intrigued by the new high-tech gym equipment? Have a go at it. Nervous about exercising on the streets? Consider mall-walking. Like swimming pools? Try an aquatics program. Need a gentle routine? Follow a chair-seated workout on DVD or videotape. Want to gain exercise benefits without "exercising" *per se*? Think sports, clogging, line dancing, or ballroom dancing. Want something a little different? Study an ancient art like yoga or Tai Chi (also see our article on qigong, below). If one form of exercise leaves you feeling less than thrilled, remember that there are others just waiting to be tried.
- ? Reinforce your good intentions with a cultural support system. Encourage a buddy to participate with you. Try to make exercise a family activity. Or, join a fitness center where you'll be surrounded by others with similar goals and concerns.
- ? Splurge on cool exercise clothes.
- ? Vary your program if you start to get bored. Try substituting a different activity (say, square dancing in place of low-impact aerobics) for a while.
- ? Read materials that will increase your health and fitness knowledge.
- ? Set reasonable goals. Break big goals down into smaller steps that will allow for more frequent feelings of accomplishment.
- ? Seek moderation. People who try to do too much too fast tend to drop out. Those who adopt a sensible regimen enjoy a higher adherence rate.
- ? Envision success. Picture yourself completing that extra mile of walking or executing all of your class's dance steps with ease. If in your mind's eye you can see yourself doing it, chances are that in time you *will* be doing it.
- ? Measure your progress. Keep a record of how far you go, how long you continue, how many repetitions you complete, or how much resistance you handle. Write it down when you improve. Then when you need a lift, just look at how far you have come. Health clubs have procedures for testing fitness levels and quantifying progress.
- ? Be active in influencing your fitness program. That's easy if you work out alone or with a private trainer. If you belong to a club, speak up about what types of classes, equipment, and music you like. Take on an attitude of ownership, because people tend to care the most about programs they have had a part in shaping.
- ? Reward yourself with healthful indulgences (especially for periods of faithful participation: another week, a full month, a whole year!). Examples might include a relaxing massage or a visit to the local day spa.
- ? Help someone else. Invite that neighbor who needs more exercise to go for a walk. Or, once you've learned "the ropes" at your club, show a newcomer around. Through some curious, expressly human mechanism, when we help another to grow in exercise skill and motivation, we usually help ourselves as well!

Attention Cracker Snackers!

Lots of folks enjoy crackers and, unfortunately, most of us enjoy them even more when they're smothered with fatty cheese spreads. When crackers are eaten, use moderation and be sure to choose whole grain crackers. Look for baked brands with low or no sodium and fat.

To replace unhealthy spreads, begin with natural mixed sprouts, which are available in the fresh produce sections of most grocery stores. You can buy packages with mixtures of sunflower, wheat, radish, lentil, and alfalfa sprouts. Mix this thoroughly with plain non-fat yogurt. It makes a spicy, satisfying spread for whole grain crackers.

Answers:

1. **C.** Turkey has fewer calories (350) than chicken salad (550), a tuna wrap (600), tomato & fresh mozzarella (700), or a turkey or chicken panini (700 to 900). But the calories start to climb when you add cheese (or mayo, guacamole, or sauce). For flavor, add mustard or better yet, veggies.
2. **D.** The calories in two scrambled eggs (300) and one slice of toast with butter (130) look trivial next to those in eggs Benedict (700), three slices of French toast with syrup (800), a Belgian waffle with fruit topping but no whipped cream (800), or four pancakes with syrup (900). To dodge the eggs' 400 milligrams of cholesterol, try egg whites or scrambled egg substitute (130 calories) or hot or cold cereal with low fat milk (200).
3. **E.** A plate of cheese ravioli typically has about 600 calories, fewer than eggplant parmigiana (800), lasagna (950), spaghetti with meatballs (1,200) or fettuccine alfredo (1,500). Unfortunately, they all have at least half a day's saturated fat (the alfredo has more than two day's worth). Instead, split an order of pasta (whole grain, if possible) with puttanesca, arrabiata, pomodoro, marinara, or red clam sauce.
4. **D.** The English muffin (ask for whole grain) with preserves has 200 calories, far less than the bagel (300) plus light cream cheese (100), the Danish (350 – 600), nearly any scone (400 to 600), or the pecan roll (500 to 800). Why not just grab a fresh fruit cup at around 150 calories?
5. **B.** An Asian chicken salad typically has the fewest calories (400), largely because it's missing the cheese that you'll find in Greek and chicken Caesar (500) or chef and cobb (700).
Four tablespoons of regular dressing supply anywhere from 150 to 400 of those calories. Instead, ask for light dressing on the side and use it sparingly.

6. **E.** Even with whole milk, a Cappuccino has only 150 calories, far fewer than a Chai Tea Latte (290), a Caramel Macchato (310), any Frappuccino Blended Coffee with whipped cream (420 to 550), or any Frappuccino Blended Crème (490 to 580).

Our advice: go for a grande Cappuccino or Iced Caffè Latte with nonfat milk (roughly 100 calories), a Light Coffee Frappuccino without whipped cream (150), or a Caffè Latte with nonfat milk (160).

7. **A.** A tuna salad sandwich without cheese typically 600 + calories (thanks to its mayo). The cheese in a tuna melt brings the total to 800+ (and thows in an extra dose of saturated fat). You're better off with hummus and veggies, roast beef with mustard, Asian chicken or a veggie burger.
8. **A.** The 950 calories in an order of shrimp with garlic sauce (including some 250 calories' worth of rice) only looks low next to the house lo mein (1,100), beef and broccoli with rice (1,200), kung pao chicken with rice (1,600), or General Tso's chicken with rice (1,600).

Solution, order one dish for every two people or take home leftovers for tomorrow.

9. **A.** A Starbucks Biscotti adds only 140 calories to your coffee, far less than a Starbucks Carrot Walnut Muffin (510), a slice of The Cheesecake Factory Cheesecake (630) or Starbucks Old Fashioned Crumb Cake (670), or a Cinnabon (810).
10. **E.** At most restaurants, the buttered baked potato has about 400 calories, far more than the vegetable of the day with butter (100) or the cole slaw, rice pilaf or mashed potatoes with gravy (200 each). And the pilaf and the potatoes with gravy can have 1,000 milligrams of sodium, more than half a day's worth.
You can cut the baked potato's calories to around 300 by replacing the butter with a tablespoon of sour cream. Just make sure you avoid the real calorie traps: French fries (600), loaded baked potato (600), or onion rings (900).
11. **B.** Each chicken taco has roughly 200 calories, so even if you get three, that's better than chicken fajitas (800 calories without the sour cream, guacamole, rice and beans that often come on the side). It also beats a cheese quesadilla (with sour cream, pico de gailo and guacamole), a chicken burrito, or a vegetarian burrito (1,000 each).
12. **E.** Okay, that was a giveaway. It's no surprise that a small lowfat frozen yogurt has fewer calories (200) than the other frozen desserts. But the 800 to 1,400 calories in the others is a lot to swallow.

Have a wonderful Thanksgiving. Till next month!

Carol Lee

PS – From Taffy Pelton Clark:

Apples and apple juice may be among the best foods that anyone could add to their diet

Apples and apple juice may be among the best foods that anyone could add to their diet, finds a collection of recent research studies, the latest of which was presented at the Society of Neuroscience annual conference in Atlanta.

Researchers G. Bureau and M. Martinoli from the University of Quebec a Trois-Rivieres, found that quercetin (one of the antioxidants found abundantly in apples) was one of two compounds that helped to reduce cellular death that is caused by oxidation and inflammation of neurons. An abstract of their presentation can be found at <http://tinyurl.com/wdu4h>.