



# Your Health is Worth It

## *Eating Healthy Happens One Day at a time!*

*Wow this year has gone by so quick. 2011 is coming to an end! Did you meet your nutrition and fitness goals? If you did, great, if not, get back on track by making small and simple goals. You can get healthy today.... Keep the Christmas holiday healthy!*

### **Winter Workouts**

The sun rises a little earlier during the fall and winter months. Get up 30-60 minutes early, get bundled up and head outside! A fast pace walk and slow and easy jog or maybe a hike can be the perfect exercise for you!

#### **Workout videos:**

Check out the library! Often times they will have work-out DVD's. See if you enjoy it. Workout DVDs can be affordable and a great workout. I know several people who love Julian Michaels, P90x, Insanity, Tracy Anderson Work-outs, and Jackie Warner workouts.

**Jump rope:** Jumping rope for 10-15 minutes per day is a great cardiovascular and overall full body exercise. A 150-pound person burns approximately 13 calories per minute of exercise. It helps develop speed, quickness, agility, balance, coordination, bone density, anaerobic and aerobic conditioning.

10 minutes of jump rope can give you the same benefits of 30 minutes of jogging!

#### ***Jump-rope workouts...***

*Jump rope with intervals – Alternate between fast and slow jumping*

1. Try jumping rope fast for one minute.
2. Jump slowly for 20 to 60 seconds, increase the speed gradually.
3. Repeat 6 times.

#### ***Advanced jump rope workout***

1. Jump rope for 5 minutes.
2. 25 push-ups
3. 25 squats
4. 25 crunches
5. Repeat 10 times.

**Cross training:** There are cross training workout videos or places you can go to cross-train. Places such a cross-fit can get your body strong and in the best shape ever. Cross-fit is a strength and conditioning program. Cross training refers to a training routine that involves several different forms of exercise. It limits the stress that occurs on a specific muscle group because different activities use muscles in slightly different ways. Check out Cross-fit CDR in Redlands.

**Kickboxing classes:** There are several kickboxing DVD's on the market. There are many centers you can attend a 30-60 minute kickboxing workout. If you live in Yucaipa, CA, KICKS has a great kickboxing program. Look in your yellow pages and find a kickboxing class near you.

Kickboxing is a full body exercise; it provides self-defense skills, boosts confidence and self-esteem, relieves stress, and increases energy. Kickboxing is tons of fun!!!

### Amazing And Delicious Holiday Recipes



#### Stuffed Portobello (Appetizer)

4 Large Portobello mushrooms	1 tsp. olive oil	1 zucchini, chopped
½ onion, chopped	1 Tbsp. minced garlic	1 Tbsp. balsamic vinegar
1 medium tomato, chopped	2 roasted red peppers, chopped	Fresh basil leaves
½ cup whole-wheat bread crumbs	½ cup parmesan cheese	salt and pepper, to taste

1. Preheat oven to 375. 2. Remove stems from mushrooms and set aside. Clean mushroom tops and set upside down. 3. Heat oil in skillet pan, chop mushroom stems and add to skillet with zucchini, onion, garlic and vinegar. Sauté for about 5-7 minutes, until onion and zucchini start to soften. Add tomatoes and roasted peppers and heat for about 2 minutes. Remove mixture and transfer to a bowl. Stir in a handful of basil or 1 tsp. dried basil, breadcrumbs and cheese. Season with salt and pepper to taste. 4. Fill mushroom tops with vegetable mixture and bake for 15 minutes or until mushrooms appear tender.

181 calories each, 8 grams fat, 28 grams carbohydrate, 285 mg sodium 6 grams fiber, 9 grams protein

#### Quinoa and White Bean Chili

½ cup uncooked quinoa	1 red bell pepper, chopped	1 green bell pepper, chopped
1 tsp. chili powder	2 (15oz) cans reduced sodium white beans, drained	
4 large fresh tomatoes, chopped	2 tsp. ground cumin	1 tsp. dried oregano
4 cups fresh spinach, chopped		

1. In a 4-qt pot, combine quinoa and 4 cups of water and place over high heat. Bring to a boil, and then reduce heat to low. Cover and simmer for 15 minutes. 2. Add bell peppers, chili powder, beans, tomatoes (including juice), cumin, and oregano to pot with quinoa. Bring to a simmer and cook, uncovered, for about 10 minutes. When chili starts to thicken, add spinach and cook for another minute. Serve hot!

300 calories, 3.5 grams fat, 54 grams carbohydrate, 148 mg sodium, 15 grams fiber, 15 grams protein

#### Grilled Chicken with Mustard Sauce

4 boneless, skinless chicken breasts	1 Tbsp. Olive oil	3 cups fresh broccoli florets
1 lemon, quartered	½ tsp. dried tarragon	1/8 tsp. cayenne pepper
¼ tsp. salt	½ tsp. pepper	
Sauce: ½ cup fat free sour cream	2 tsp. Dijon mustard	2 to 3 tsp. water, optional
2 tsp. prepared horseradish	1 clove garlic, minced	½ tsp. dried rosemary
¼ tsp. salt (optional)		

1. In a small bowl, combine tarragon, cayenne, salt and pepper. Brush chicken with oil and sprinkle with tarragon mixture. Heat grill pan and cook chicken for 4-5 minutes on each side or until center is no longer pink. 2. Pour 2 cups of water into large saucepan. Place a steamer basket in pan, and place broccoli in basket and steam for 3-4 minutes. 3. In a small bowl, whisk together sauce ingredients. Serve sauce over chicken and broccoli, with a squeeze of lemon.

Nutrition (based on 3oz chicken and 2 Tbsp. sauce and 1 cup broccoli): 229 calories, 9 grams fat, 7 grams carbohydrate, 2 grams fiber, 415 mg sodium, 29 grams protein)

### Crazy Cranberries

Cranberries are scarlet red and very tart. The cranberry belongs to the Vaccinium family, the same family as the blueberry. Ripe berries will bounce. Cranberries are harvested between Labor Day and Halloween, they appear in markets from October to December. Fresh, ripe cranberries can be stored in the refrigerator for up to 20 days. Cranberries can be frozen for up to 2 years. Once thawed cranberries should be used immediately.

Many cranberries are water-harvested. Water harvesting means that the cranberries are grown in bogs and floated in water to allow for easy harvesting. This is a great benefit to the cranberry. When the sunlight hits the cranberry it increases anthocyanin (the phytonutrients that give the berries their beautiful red color). The higher the anthocyanin means the higher the health benefits. Anthocyanin has anti-inflammatory features.

Cranberries are high in vitamin C, fiber manganese, and vitamin K. Very high in several phytonutrients, such as, phenolic acids, proanthocyanidins, anthocyanins, flavonoids, and triterpenoids.

Cranberries contain a component called PACs (Proanthocyanidins) that are related to prevention of Urinary tract infections. This special structure of PACs acts as a barrier to bacteria that latch on to the urinary tract lining. Cranberry juice cannot provide you with cranberry's full phytonutrient benefits.

Cranberry serving ideas:

- Use cranberries to replace vinegar or lemon when dressing your salad greens. Toss the greens with olive oil and then add color and zest with a handful for raw cranberries.
- Make a fruit salad and toss in a handful for raw cranberries, add a tablespoon or two of honey or agave to the fruit salad.
- Make a homemade cranberry sauce with water and splenda boiled down. Add cranberry sauce to your favorite turkey or chicken lunchmeat.
- Use cranberries in breads or muffins instead of raisins.
- Sprinkle dried cranberries to oatmeal, barley or cold cereal.
- Add dried cranberries to nuts and unsweetened cereal for a great trail mix.

#### Cranberry Bread

1 cup all purpose flour	1 cup whole-wheat flour
½ cup white sugar	½ cup Splenda
1 ½ tsp. baking powder	½ tsp. salt
½ tsp. baking soda	¼ cup trans fat free margarine
1 egg or 2 egg whites	1 tsp. orange zest
¾ cup orange juice	1 cup golden raisins
1-½ cups chopped cranberries	



Preheat oven to 350 degrees. Spray or grease one 9x5 loaf pan. Whisk together flour, sugar, baking powder, salt and baking soda. Cut in butter until mixture is crumbly. Add egg, orange peel, and orange juice; stir to mix and fold in raisins and cranberries. Pour into loaf pan and bake for 50-60 minutes or until toothpick inserted comes out clean. Remove from pan; cool on wire rack.

## Feeling Bloating????? Decrease bloating with Food

Bloating is a symptom that many people suffer with. Bloating can be caused by excess gas or fluid in the abdomen. One of the most common reasons for bloating is excess fat in the diet, carbonation, too much sugar, or lack of good bacteria.

Studies have shown that certain foods may help with bloating. Flatten your belly with some of the following foods.

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**Dandelion greens:** Available at most grocery stores. Dandelion greens contain coline, a mineral that helps transport fat and cholesterol from the liver and cleanse the digestive system, as well as apigenin and luteolin – two flavonoids that help flush fiber. Try tossing a cup in your salad.

**Watermelon:** Full of water content and potassium, potassium is a natural diuretic.

**Cucumbers:** Very high in water and fiber content. A large cucumber contains 10% of your daily fiber content, they also work great for flushing the digestive system. Squeeze lemon on top of cucumber slices or marinate cucumber with vinegar and splenda sweetener. Enjoy as a mid-day snack or add to your favorite salad.

**Asparagus:** Great for aiding in digestion and detoxifying the liver. Steam or BBQ asparagus stalks for a perfect dinner side dish.

**Papaya:** Research shows that the enzyme in papaya can aid in digestion. Try adding papaya into yogurt with live enzymes.

**Oatmeal:** Oat bran can be beneficial to digestion. Avoid sugar sweetened or instant oatmeal.

**Yogurt:** Make sure you choose yogurt with “live active cultures”. This will increase the “good” bacteria in your gut. The good bacteria can help you digest more efficiently and prevent the belly from bloating. Try and avoid sugar sweetened yogurt varieties, sweeten with fresh fruit instead.

**Quinoa:** Quinoa is full of many vitamins and minerals. However, the potassium in quinoa can help with belly bloat. Use quinoa to replace rice in your favorite meals.

Newsletter edited by Jade Morgan

PLEASE NOTE: Always consult a physician before starting a fitness program or changing your diet. Information found in this newsletter is meant to support and not replace the relationship with your physician. Not all exercises or activities are suitable for everyone. If you feel discomfort or pain, stop. The instructions and advice presented are in no way

intended as a substitute for medical or psychological counseling.