

NOVEMBER 2, 2012

THUMBS HEALTH Up



West Jefferson Medical Center • Budget Saver • West Jeff Fitness Center

Maintain, Don't Gain!

Most Americans gain between one to three pounds between Thanksgiving and the New Year. While this amount doesn't sound threatening, most people don't lose the excess weight, and the cumulative effects over several years can contribute to a substantial increase in body weight. Not only does this impact one's quality of life and self-esteem, it increases the risk for several chronic diseases including heart disease, diabetes and even cancer.

Maintain, Don't Gain is an eight-week, self-directed program designed to help individuals maintain their weight during the holiday season, and to avoid the cumulative effects of gradual weight gain. The program includes weekly newsletters starting November 20th that provide strategies for adopting or maintaining health-promoting lifestyle behaviors, healthy recipes, stress management tools, physical activity suggestions, and encouraging messages to increase and maintain motivation. It is intended to run from Thanksgiving through the first week of the New Year. However, its principals can be applied any time of the year.

see reverse





RECIPE OF THE WEEK

Hot and Smoky Chipotle-Garlic Dip

Description

Without the milk, this spicy mixture is delicious on cucumber rounds or baked tortillas. Use the milk for a thinner dip to serve with vegetables.

Ingredients

- 2/3 cup fat-free or light sour cream
- 3 tablespoons fat-free or light mayonnaise
- 2 tablespoons fat-free milk
- 2 tablespoons fresh lemon juice
- 1 chipotle pepper, canned in adobo sauce
- 1 medium garlic clove, minced
- 1/8 teaspoon salt
- Fresh cilantro sprigs (optional)

Cooking Instructions

In a food processor or blender, process all the ingredients except the cilantro until smooth. To serve, transfer the dip to a serving bowl. Garnish with the cilantro.

Cook's Tip

These dried, smoked jalapeños provide a unique, smoky heat. You can find cans of these flavorful chiles, frequently in adobo sauce, in major supermarkets in the international or ethnic section. (Adobo sauce, also known as adobo paste, is a rather spicy mixture of chiles, vinegar, garlic, and herbs.) Chipotles are also sold dried in packages. To rehydrate the packaged type, wear plastic gloves and place the desired number of chiles in a bowl of boiling water. Let sit for 20 minutes. Drain and use as directed above. You can use the soaking water to spice up soup or beans.

NUTRITION ANALYSIS

(per serving)

Calories: 32	Total Fat: .5 g
Saturated Fat: 0 g	Monounsaturated Fat: 0 g
Polyunsaturated Fat: 0 g	Sodium: 150 mg
Cholesterol: 4 mg	Fiber: 0 g
Carbohydrates: 5 g	Protein: 2 g
Sugar: 2 g	Calcium: 33 mg
Potassium: 54 mg	

DIETARY EXCHANGES

1/2 Other Carbohydrates