

METABOLISM



How fast your body burns calories depends on several things, some of which we have no control over. Genetics for one. Some people inherit a speedy metabolism. Age for another. For most people, metabolism slows steadily after age 40. There are some things we can do, however.

- Every pound of muscle uses about 6 calories a day just to sustain itself, while each pound of fat burns only 2 calories daily. This is likely why men burn more calories at rest than women.
- After a session of strength training, muscles are activated all over your body, raising your average daily metabolic rate
- High-intensity exercise delivers a bigger, longer rise in resting metabolic rate than low- or moderate-intensity workouts. To get the benefits, try a more intense class at the gym or include short bursts of jogging during your regular walk.
- Your body needs water to process calories. If you are even mildly dehydrated, your metabolism may slow down.
- Eating more often. When you eat large meals with many hours in between, your metabolism slows down between meals. Having a small meal or snack every 3 to 4 hours keeps your metabolism cranking, so you burn more calories over the course of a day
- Spicy foods have natural chemicals that can kick your metabolism into a higher gear. Cooking foods with a tablespoon of chopped red or green chili pepper can boost your metabolic rate
- Your body burns many more calories digesting protein than it does eating fat or carbohydrates.
- Taken in moderation, one of caffeine's benefits may be a short-term rise in your metabolic rate.
- Drinking green tea or oolong tea offers the combined benefits of caffeine and catechins, substances shown to rev up the metabolism for a couple of hours. Research suggests that drinking 2 to 4 cups of either tea may push the body to burn 17% more calories during moderately intense exercise for a



GREENS

Green vegetables are super foods at their finest, high in fiber and low in calories and rich in all kinds of vitamins and minerals. Arugula are pungent greens that are more nutrient-dense than carrots, tomatoes, and even sweet potatoes. Bonus: Whether you have a garden or an indoor planter, arugula is easy to grow.

Spinach is a mild-tasting green with low sodium and high potassium. It may help control your blood pressure. One cup cooked has only 41 calories and just over 4 grams of fiber. Add a handful of spinach to eggs, pasta, soups, sauces, and smoothies.

Chard is a rich source of iron. Its nutrients help keep your bones and brain healthy, lower blood pressure, and improve how well food moves through your gut. (Eat it with a food that's rich in vitamin C, like tomatoes, and your body absorbs even more.) To cook, treat chard leaves like spinach and its stems like asparagus.

Kale is almost the poster child of leafy greens, thanks to the calcium, potassium, and vitamins A, K, B6, and C it contains. Its slightly bitter flavor is good in salads, especially paired with something sweet like diced apples or dried fruit. You can also steam, stir-fry, or roast kale leaves.

Mustard greens are a mustard-flavored version of kale. Their pungent flavor makes them a good match with sausages, creamy sauces, and cheese-based dishes, and the sturdy leaves are firm enough to hold up in a soup. A dash of lemon juice or vinegar will tone down cooked mustard greens.

Turnip greens are a great source of calcium, which keeps your bones and teeth strong. They are tasty slow cooked in broth and a splash of canola oil, honey, and apple cider vinegar.

One serving of collards has 361 micrograms of vitamin A. To cut the saturated fat of traditionally cooking them with bacon, skip the meat and sauté them in a little oil and season with your choice of spices.

Toss some chopped bok choy into your next stir-fry. Also called "Chinese cabbage," it is a great source of vitamins A and C, plus folate. Bok choy is also a "cruciferous" veggie, like arugula, Brussels sprouts, and cauliflower. Natural compounds in those veggies may help lower your risk of some types of cancer.

The darker the green, the better it is for you. Romaine still has 17 times more vitamin A than plain old iceberg. Not to mention more calcium, folate, and vitamin C.

Iceberg lettuce doesn't have enough nutrients to count as a great-for-you green. It's more than 90% water. Still, it can fill you up with few calories and zero fat and cholesterol.

From WebMD



Mediterranean Diet

The Mediterranean diet is based on the traditional eating habits found in southern Italy and Greece in the early 1960s. It focuses on plant-based foods – heavy on vegetables, fruits, legumes, fish, olive oil and some amount of nuts. This plan has been used in clinical trials showing health effects.

- limit on fish, nuts, meat and dairy to only three servings a week – not every day.
- lack of animal fat. meat is an accent, not a centerpiece, of your meal.

- **Vegetables:** Three servings a day. One serving equals 1/2 cooked or 1 cup of raw vegetables.
- **Fruits:** Three servings a day. One serving equals 1/2 to 1 cup.
- **Olive oil:** One tablespoon a day, but no more than four tablespoons a day. This includes your cooking oil.
- **Legumes:** Three servings a week of beans, peas, alfalfa, peanuts, etc.
- **Fish:** Three servings a week. The smellier the fish are, the better, because smelly fish contain higher levels of omega-3 fatty acids. Smart choices include salmon, tuna, herring, sardines, mackerel and anchovies.
- **Nuts:** Three servings a week. One serving equals 1/4 cup, one ounce or two tablespoons of nut butter. Ideally, go for raw, unsalted and dry-roasted walnuts, almonds or hazelnuts.
- **Starches:** Three to six servings a day. One serving equals 1/2 cup cooked, one slice of bread or one ounce of dry cereal. Choose whole grains, oats, barley, brown rice, quinoa and red skin or sweet potatoes.
- **White meat:** Three three-ounce servings a week. Choose skinless poultry, which includes choices such as chicken, turkey, pheasants and ostrich instead of red meat. You should have no more than one serving, meaning three ounces, of red meat a week. Choose lean cuts such as sirloin, tenderloin or flank steak if you have to have red meat.
- **Dairy/eggs:** Three servings a week. Choose 1 percent or fat-free milk, yogurt or cottage cheese. There are no limits on egg whites.
- **Desserts:** One three-ounce serving a week. If possible, let fruit be your dessert. If you have to eat baked goods, choose one with healthy ingredients, and eat smaller portions.
- **Wine:** Four to six ounces a day. No beer or hard liquor; drinking wine is optional. Don't start drinking if you've never drank before. There is no good data that taking up alcohol will prevent heart disease.

from the Cleveland Clinic

Eating is one of the greatest pleasures in life. Enjoy your food, eat what's good for you in moderation and remember the words of Hippocrates: "Let food be thy medicine, and medicine be thy food."