

### EAT UP! IT'S OUR SPECIAL NUTRITION ISSUE!

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### HAPPY NEW YEAR!



#### DID YOU KNOW?

To celebrate the new year in Scotland, barrels of tar are set afire and rolled down the streets. This symbolizes the old year being burnt up—which allows the new year to enter.

## IT'S IN THE BAG: WEIGHT LOSS MADE SIMPLE

At the start of every year, millions of Americans vow to lose weight. Fortunately, finding the perfect diet doesn't have to be stressful. In fact, it can be as simple as changing a few of your current eating habits.

First, consider your eating environment. Often, individuals use external cues (like there's no more food left) rather than internal ones (like that they are feeling full). Therefore, it's dangerous to eat straight from the bag or carton. Simply seeing the food on a plate or in a bowl can drastically reduce your overall intake.

Just remember to use the *right* bowls and plates. Research shows that the larger the plate, the serving bowl, the packaged box, even the serving utensil, the more we'll eat. For an easier transition, mini-size your bowls and plates. Replace short, wide glasses with tall, skinny ones,



and repackage foods you buy in bulk into small servings.

Also, don't forget that the variety of foods served can affect your intake. The more variety there is, the more we'll eat. Therefore, when trying to incorporate something healthy into your diet, serve a medley of it. In-

stead of eating a whole plate of broccoli, why not mix in some tasty carrots, peas, and cauliflower?

And if you really want to reach your goal weight without much effort, simply cut 200 to 300 calories from your daily diet for a whole year. You'll lose 10-20 pounds using this method. The best part? These are mindless calories that can be eliminated by simply serving yourself four to five fewer bites at a meal.

Lastly, to prevent snacking, chew mint gum. *Nothing* mixes well with that strong flavor!

## MORE BLACK-EYED PEAS, PLEASE!

Eat this lucky legume!

Did you eat your black-eyed peas to celebrate 2007? If so, give yourself a pat on the back!

Black-eyed peas offer more than just distinctive flavor and rapid cooking potential. These tiny treats are a good source of B vitamins, potassium, and fiber—which promotes your digestive health and relieves constipation. They also contain no cholesterol and little fat. Eating them regularly may even help prevent colon cancer and reduce blood cholesterol (a leading cause of heart disease).

Since black-eyed peas and other legumes aren't complete proteins, it's best to combine them with a grain to create a complete meal. Why

not munch on some cornbread or add some rice to your bowl? Adding grains is a great way to enjoy a healthy, meat-free entrée.



If you're worried about intestinal discomfort often associated with legumes, change the soaking water several times when preparing your dried black-eyed peas. You may even choose to switch to canned peas. When canned, some of the gas-producing substances are eliminated.

Originally from Africa, black-eyed peas are one of the most widely dispersed beans in the world. Why not join the crowd and add them to your pantry this year?

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Valentine's Day edition!

HEALTH BENEFITS THROUGH THE GRAPEVINE

Every New Year's Eve, the Spanish eat twelve grapes at midnight to secure twelve happy months in the coming year. Although this may sound like a strange ritual, adding grapes to your diet is a *sweet* way to improve your health year round.



leads to the formation of plaque in artery walls.

If you do go for the juice, choose the purple (Concord) kind, which is far richer in antioxidant flavonoids than red or white. Surprisingly, eating red table grapes won't provide as much protection as drinking

Research has shown that grapes contain a compound called pterostilbene that may reduce cholesterol and triglycerides (a type of blood fat) just as well as a prescription drug. Grapes also contain natural chemicals that have the potential to stop the spread of cancer cells.

the juice. That's because the juice is made by crushing the skin, flesh, and seeds (which are especially rich in flavonoids). When you munch on whole grapes, these nutritious seeds are normally discarded.

In addition to munching on whole grapes, drinking grape juice is a great way to celebrate a healthy new year. The flavonoids in grape juice, like those in wine, have been shown to prevent the oxidation of so-called bad cholesterol (LDLs, or low-density lipoproteins) that

If you still prefer whole grapes to grape juice, however, try to mix in other delicious fruits. A simple solution? Make a flavorful fruit kabob with cubes of baby Swiss cheese, fresh pineapple chunks, seedless grapes, and strawberries. Snackers of all ages will definitely send this tasty recipe through the grapevine!

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