than you realize? Think about whether you really want it. If you do, will a small serving satisfy you?

Or maybe you give in to the notion that I’ve already “blown” my diet so it doesn’t matter what I eat now.

Keep in mind the bottom line: More calories just add more pounds. If you overindulge, get back on a sensible eating pattern the next day.

Finally, fit in extra exercise every day. Staying active can increase your energy and help offset excess calories.

What a healthy idea!
Source: http://www.yearofgoodhealth2007.com/

The holidays are a time for giving and gaining – weight, that is. The season presents many occasions for overeating. Listed below are the average calories in some foods served at a typical party:

*1 handful of honey-roasted peanuts: 152 calories
*2 handfuls of potato chips: 316 calories
*3 crab puffs: 240 calories
*2 martinis: 320 calories
*2 glasses of champagne: 170 calories
*6 buffalo wings with blue cheese dressing: 395 calories
*1 slice of pizza: 270 calories
*1 piece of ice cream cake: 410 calories
*1 brownie: 243 calories
*1 slice of pumpkin pie: 240 calories

Are you a mindless overeater at parties or special meals, swallowing more food than you realize? Think about whether you really want it. If you do, will a small serving satisfy you?

Or maybe you give in to the notion that I’ve already “blown” my diet so it doesn’t matter what I eat now. Keep in mind the bottom line: More calories just add more pounds. If you overindulge, get back on a sensible eating pattern the next day.

Finally, fit in extra exercise every day. Staying active can increase your energy and help offset excess calories.

What a healthy idea!
Source: http://www.yearofgoodhealth2007.com/

10 Ways to prevent Colds & Flu

1. **Wash your hands.** The primary way to catch someone else’s virus is by touching something that’s infected, and then touching your own face (especially your nose and eyes).

2. **Carry an alcohol-based hand sanitizer** or gel to use when soap and water are not available.

3. **Hands Free.** Avoid biting nails or putting your hands near your mouth, nose and eyes.

4. **Use paper–** as in paper cups in the bathroom or kitchen– when you or someone in your home has a cold or flu. Keep plenty of tissues in handy places– and wastebaskets next to boxes of tissues.

5. **Keep it clean.** Stop the spread of viruses by airrying out rooms, emptying wastebaskets wiping down surfaces with disinfectant wipes and washing towels and washcloths after each use.

6. **Keep the air moist.** Invest in a humidifier or place pans of water near a heat source to boost the humidity in dry, cold winter air.

7. **Try and avoid sick people.** Sounds cruel, but stay away from people you know are sick to reduce the spread of germs.

8. **Wear gloves or mittens** while grasping handrails on stairs and escalators, use gloves when touching gas pumps or ATM buttons and shopping carts.

9. **Manage Stress.** Your stress levels can indeed influence your immune system.

10. **Take care of yourself.** Get plenty of rest, eat properly, exercise regularly– and your immune system will take care of you!

Source: Start Taking Charge, Colds and Flu, Hope Health 2006
Car Safety During the Winter Months

The leading cause of death during winter storms is transportation-related accidents. Preparing your car for the winter and knowing how to reach if stranded or lost on the road are keys to safe winter driving. These tips might help you to avoid a transportation-related emergency:

- Have a mechanic thoroughly check your vehicle, including the battery, antifreeze, wipers, wiper fluid levels, oil level, brakes and defroster.
- Make sure your tires have adequate tread.
- Keep at least one windshield scraper and a small broom in your car for ice and snow removal.
- Have a portable, battery-powered radio in your car.
- Maintain at least half a tank of gas during the winter season.
- Dress warmly; wear layers of loose-fitting, layered, lightweight clothing.
- Carry food (such as snacks), bottled water and a can opener.
- Keep extra necessary medications and baby items in your car.
- Carry a winter car kit in your car that includes: Flashlight/Batteries/First-aid kit/Pocket knife/Blankets/Sleeping bag/Matches/Gloves/Hat/Extra clothes/Small bag of sand/Shovel/Tools (pliers, wrench, screwdriver)/Booster cables/Food and water/A red cloth to use as a trouble sign.

If you become stranded in your vehicle during a longer trip, use the supplies in your car kit and display your trouble sign. Don’t leave the vehicle in severe weather, unless help is nearby. Do minor exercises in your car. Occasionally, for no more than 10 minutes at a time, run the vehicle, but make sure to crack the window open to prevent carbon monoxide poisoning.


Gearing up for GET FIT

January 14 – April 11, 2008

Cost: Discounted Rate for New GetFit participants who are NMU Faculty/Staff/Students or Spouses or PEIF Members - $170. Returning GetFit participants who were enrolled during 2007 - $90.00.

The GetFit program is a scientifically-based physical fitness program designed to promote active lifestyles for the improvement and maintenance of body composition, muscular endurance, muscle and joint range of motion and flexibility, and cardiovascular (aerobic) efficiency. Each new participant completes an exercise fitness assessment, which includes body composition estimation for lean body weight and percent fat, and a graded exercise treadmill or bicycle ergometer test with monitored blood pressure and electrocardiogram. Individualized exercise recommendations are then prepared for each participant based on his/her exercise test results. Participants then implement their exercise recommendations within a professionally supervised program of activities geared towards individual needs and interests.

The initial exercise fitness assessment for new participants must be completed prior to entry in the program, and will be conducted before the start of the program. The activity sessions will begin Monday, January 14, and continue until Thursday, April 11, 2008. There are three activity sessions from which to choose: Mon/Tues/Thur from 6:30 - 7:30 a.m. Mon/Tues/Thur from 9:00 - 10:00 a.m. Mon/Wed/Thur from 5:00 - 6:00 p.m.

Each activity session is based in the Exercise Science Lab, PEIF Room 140. Space per session is limited. Please register as early as possible. Call 227-2130 for registration forms.

CROSS COUNTY SKIING

Home of the Noquemanon Ski Marathon, Marquette County has nearly a dozen marked cross-country ski trails and several Nordic skiing events. Experience the natural beauty and wild-life of the Upper Peninsula on trails winding through the snow-covered forests along frozen rivers and lakes. Take the entire family on beginner-level trails or spend an entire day on challenging courses for advanced skiers.

Maps, rental equipment and tour services are readily available around town.

Trail Sense:
- No dogs on maintained trails.
- Obey trail signs.
- Yield track to faster skiers.
- If you fall, clear the tracks as fast as possible and repair damage.
- Be careful on down-hills.
- Do not stop where you obstruct a trail or are not visible from above.

If you carry it in, carry it out.

Do not litter. Carry it out!

You can visit numerous trails around the area like, Al Quaal Recreation Area, Anderson Lake Trail, Blueberry Ridge Trail, Kawbawgam Ski Trail, Maple Lane Ski Area, Marquette City Fit Strip, Negaunee Community Center Ski Trail and Kivela Road Trail, and Presque Isle Park. CLICK HERE for details, trail maps and information.

Snow Shoe Trails coming in January

Source: http://www.marquettecounty.org/skiing.php
Food for Thought

Send your recipes to anherman@nmu.edu!

CRANBERRY RELISH

This is a family favorite of mine and only a treat we get on the holiday's. It puts a little twist on the traditional cranberries of the season, along with adding a little health to the holidays. You will truly enjoy this treat! Oh and feel free to make it the night before, we all know how busy the holidays are!

Dissolve 1 large package of strawberry JELLO (or wild strawberry) in 1/2 cup of boiling water, Add 1/2 C of orange juice after the JELLO is dissolved

ADD IN THE FOLLOWING

- 1 can whole Cranberry Sauce
- 1 4oz can of chunk or crushed pineapple preferred
- 2 apples, cut fine (pealed)
- 2 oranges, sectioned and cubed
- 1/4 cup sugar or sugar substitute
- 1 cup chopped nuts, (walnuts preferred)

Chill for at least 2 hours before serving

Serves 6-8

Shaking the Habit!

Here are some tips to reduce the amount of salt (sodium) in your diet.
- Limit salty snack foods such as potato or corn chips, salted pretzels, salted popcorn.
- Choose reduced-sodium products whenever available, such as reduced sodium soups, soy sauce, canned tuna, spaghetti and barbecue sauces.
- Watch canned or frozen vegetable-many have added sodium.
- Processed foods have more sodium-buy fresh, natural foods more often.
- Limit the time you eat at fast food restaurants as their foods are usually high in sodium.
- Use salt free seasoning blends.
- Season with herbs and spices, most of which are sodium free.

Foods that are High in Sodium

- Cured meats: ham, bacon, sausage, hot dogs, luncheon meats (bologna, salami etc)
- Fish, canned in oil or brined
- Canned shellfish
- Salted nuts, seeds and snacks
- Soy protein products
- Pizza, Lasagne, Frozen dinners, dehydrated soups, Cheeses
- Buttermilk, Instant cocoa mixes, Bouillon cubes, Olives, pickles
- Pollock relish, Meat tenderizers, Seasoning salts

Read the Labels!

Here are the key words that indicate that a food may be high in sodium or have ingredients that contain sodium.

- Salt + Sodium + Monosodium glutamate (MSG)
- Baking Powder + Baking Soda + Disodium phosphate + Sodium benzoate + Sodium hydroxide + Sodium nitrate + Sodium propionate + Sodium Sulfite

So put the shaker in the cupboard and use it sparingly.

- 1/4 tsp of salt = 575 mg of sodium
- 1/2 tsp salt = 1150 mg sodium
- 1 tsp salt = 2300 mg sodium

Source: Michigan Department of Community Health

The Sweetest Potato of All

The versatile sweet potato is ideal fare for the health-conscious food consumer. With the ever-growing interest in health and natural foods, the sweet potato is quickly finding its place in the family weekly diet the year around. The sweet potato blends with herbs, spices and seasonings producing delicious dishes of all types. From processed baby foods to the main dishes, casseroles, salads, breads and desserts, sweet potatoes add valuable, tempting nutrients and color to any meal.

As a main dish or prepared as a dessert, the sweet potato is a nutritious and economical food. One baked sweet potato (3 1/2 ounce serving) provides over 8,800 IU of vitamin A or about twice the recommended daily allowance, yet it contains only 141 calories making it valuable for the weight watcher. This nutritious vegetable provides 42 percent of the Recommended Daily Allowance (RDA) for vitamin C, 6 percent of the RDA for calcium, 10 percent of the RDA for iron, and 8 percent of the RDA for thiamine for healthy adults. It is low in sodium and is a good source of fiber and other important vitamins and minerals. A complex carbohydrate food source, it provides beta carotene which may be a factor in reducing the risk of certain cancers.

Helpful Hints:

- Bake a large pan of sweet potatoes at the same time. This saves time and energy. Freeze for later use or store the sweet potatoes in the refrigerator for 7 to 10 days.
- Freshly dug or uncured sweet potatoes are better boiled and used in dishes that include fruits or syrups. The curing process makes the sweet potato sweeter and improves the cooking quality. Canned or frozen sweet potatoes may be substituted for the fresh form in any recipe calling for cooked sweet potatoes as the starting point. Canned sweet potatoes are generally smaller in diameter because of their better canning qualities. Six to eight canned sweet potatoes are approximately the equivalent of four medium fresh sweet potatoes. One can use the measurement relationship below as a guideline.

<table>
<thead>
<tr>
<th>Fresh Canned Cooked &amp; Mashed</th>
<th>2 med. SP</th>
<th>3 to 4</th>
<th>1 1/4 cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 medium</td>
<td>1 pound can</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>4 medium</td>
<td>3 quart cans</td>
<td>2 1/2 cups</td>
<td></td>
</tr>
</tbody>
</table>

- To reduce calories in your favorite sweet potato recipe, experiment with the recipe by reducing the sugar or fat by using the next lower measure on the measuring cup. For example, when a recipe calls for 1 cup of sugar or fat, reduce the amount to 3/4 cup. For 3/4 cup, reduce it to 2/3 cup, and so on.
- Sweet potatoes can be baked, boiled, fried, broiled, canned or frozen. They can also be cooked in the microwave oven.
- If you are cutting calories, serve a plain sweet potato, cut down on margarine or butter and use skim milk or unsweetened orange juice as liquid when you prepare mashed sweet potatoes.
- Remember, it is what you add to the sweet potato that increases calories.
- Small, baked in skin ............... 141 calories
- 3 1/2 ounces, candied ............. 168 calories
- 3 1/2 ounces, canned, syrup pack... 114 cal.
- A freshly baked or boiled sweet potato is delicious and nutritious. You need only to add a pat of butter or serve it plain. Don't feel that you must add high-calorie ingredients to make the sweet potato acceptable.

Source: http://plantanswers.tamu.edu/vegetables/sweetpotato.html
By: Dr. Madelyn Fernstrom

Do you feel overwhelmed by the holiday season? If so, you're not alone. If your visions of the winter holidays lean more toward frantic shopping, 2 a.m. cookie baking and slugging through office parties rather than conjuring up relaxing times with family and friends - read on. It's time to simplify your holiday, restore the fun and reduce the pressure. Holiday stress doesn't help your physical or mental well-being. Is this the kind of sacrifice you must make to enjoy the holidays? To me, the answer is a resounding no. I'd like to share my "Big 5" strategies so that you can adjust your "holiday barometer" in order to keep your stress level down and your pleasure up.

1. **Don't Sweat the Small Stuff:** This is a time to throw perfectionism out the window. Whether it's selecting a gift, baking the ultimate cake or planning a party, stick to the basics and keep in mind the truth in the simplicity of this statement: "It's the thought that counts." Avoid the agony of striving to be perfect at any cost (and with no thought to time!). A good effort is what counts the most, and you'll save hours of worrying about minutiae that only you will notice.

2. **Ask for Help:** Family members and friends do want to help. Allowing others to help and asking for assistance lets you be more efficient. Don't look at this request as burdening others; turn it into a bonding experience with family and friends. Even for those activities you've done for years (12 varieties of cookies, anyone?), when the enjoyment factor clicks down because of lack of time and/or energy, it's time to make a change.

3. **Keep a Schedule - and Stick to It:** This is a tough, but necessary, action to avoid major holiday burnout. There are only 24 hours in a day. Make a list of "Must Do," "Would Like to Do" and "Feel Obligated to Do" (and don't feel guilty about that last category!). Such a list helps prioritize activities and allows you the flexibility to pick and choose from among them while maintaining better control of your time.

4. **Socialize Intelligently:** While most of us enjoy the abundance of both large parties and small, informal gatherings, these can often become too much of a good thing. Pre-plan your activities, and discuss the proposed game plan with your friends and family. Plus, it's OK to decline an invitation when the timing doesn't work: Just like you, the party-giver knows this is a busy time for everyone.

5. **Get Enough Sleep:** While this sounds impossible, it's quite manageable if you plan for it. Aim for eight hours, but don't sleep less than seven. If you're sleeping six hours or less each night, take a power nap. While it's not the same as solid sleep, it's a definite boost.

Happy Holidays to all!