



Friday, May 18, 2018

CALORIE FACT

Raising Cane's® Crinkle-Cut Fries have 390 calories. The Cane's Sauce has 190 calories. The 3 Finger Combo (no drink) has 1,060 calories. You would have to walk 10 miles to burn off those calories. If you replace the fries with coleslaw, you would save 290 calories. If you cut out 290 calories from your diet every day, you would lose 1 pound every 12 days.

CALCULATE METABOLIC RATE

With a simple calculation, you can estimate your resting metabolic rate. If you are a woman, multiply your weight in pounds by 10. If you are male, multiple your weight in pounds by 11. This gives you a rough estimate of the number of calories you need to maintain your current weight. By increasing your percentage of lean body mass through exercise, you'll increase your resting metabolic rate.

CALORIES BURNED IN FAT & MUSCLE

Muscle tissue has been observed to burn roughly seven to 10 calories per pound per day, compared to two to three calories per pound per day for fat.

FEWER SNIFFLES

People who get less than 7 hours of sleep per night are 3 times more likely to catch colds. Reason: sleep boosts immunity; too little impairs it.

WAIST CIRCUMFERENCE UPS RISK

A study in *The New England Journal of Medicine* found that an increase in waist circumference of about two inches raised the risk of death by 17% in men and 13% in women.

HEALTH FACT

Researchers estimate that a fourth to a third of breast cancers in postmenopausal women may be due to physical inactivity and overweight/obesity.

DID YOU KNOW?

Restaurant tortilla chips pack 1,067 calories and 55 grams of fat per basket.

HEALTH FACT

How much you weigh in your late 40s is the strongest predictor of whether you'll develop diabetes in your 50s, reports a recent Australian study. Women who were overweight were three times as likely to become diabetic as those at a healthy weight; obesity upped women's risk sevenfold.

HEALTHY RECIPE

Pleasing Pretzel-Strawberry Dessert

- 1-1/2 C. finely crushed pretzels
- 1/2 C. sugar, divided
- 1/2 C. butter, melted
- 12 oz. reduced fat cream cheese
- 2 Tbsp. fat-free milk
- 1 C. thawed fat free whipped topping
- 2 C. boiling water
- 1 pkg. (0.6 oz.) strawberry flavor sugar free gelatin
- 1-1/2 C. cold water
- 4 C. fresh strawberries, sliced

Heat oven to 350°F. Mix pretzel crumbs, 1/4 cup sugar and margarine; press onto bottom of 13x9-inch pan. Bake 10 min. Cool. Beat cream cheese, remaining sugar and milk until blended. Stir in whipped topping; spread onto crust. Refrigerate until ready to use. Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Stir in cold water. Refrigerate 1-1/2 hours or until thickened. Stir in strawberries; spoon over cream cheese layer. Refrigerate 3 hours or until firm. Makes 24 servings. *Per serving: 110 calories, 10 g carbohydrate, 2 g protein, 7 g fat, 1 g fiber, and 170 g sodium.*

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