Spice Things up a Little!

Spices and herbs can help retain flavor in your foods while cutting back on dietary fat, sugar, and salt.

Reducing Fat: Lose the sauce to cut calories. According to Ann A. Hertzler, PhD, RD, “… removing a tablespoon of fat removes about 10 grams of fat and 100 calories – an amount which could represent a 10 pound weight loss in a year. The calories in herbs and spices are far less than in batters, gravies, sauces and fried foods.”

Reducing Sugar: Reduce or eliminate sugar by using these sweet-tasting spices recommended by Hertzler:

- Allspice
- Cloves
- Anise
- Cinnamon
- Ginger
- Cardamom
- Mace
- Nutmeg

Reducing Salt: Here are some tips when using spices and herbs to help you reduce the salt in foods:

- Savory flavors, and flavors with “bite,” such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander, and onion, are the most effective in replacing the taste of salt, according to the American Spice Trade Association (ASTA).
- Omit the salt when cooking pasta, and flavor with basil, oregano, parsley and pepper. Or, use an Italian seasoning blend.
- Use powdered garlic and onion rather than their salt forms. Plus, the powdered forms are more potent – you only need to use half as much.
- Check labels to see if “salt” or “sodium” are listed among the ingredients.

Alice Henneman, MS, RD, “Add a Little Spice (& Herbs) to Your Life!”

Any Way You Slice it...

Store-bought bread can vary wildly in the size and weight of its slices. Look for soft style or thin cut breads that weigh less than 30 grams per slice. You’ll cut your carb and calorie intake by close to 50 percent, and you’ll never know the difference.

Cardio or Lifting Which Comes First?

People developing their personal fitness plans often wonder – In a workout, is it best to do cardio first or lift weights first? The answer depends on what you are trying to accomplish. What’s your goal?

Improve overall health: Your choice. It really doesn’t matter if you lift weights first or do endurance training first.

Increase cardiovascular endurance: Cardio first. You should perform endurance exercise when you have plenty of energy for long-distance exercise.

Increase muscle size and strength: Lift weights first, when the body’s main source of energy for muscle contraction (glycogen) is high.

Burn calories for fat loss: Cardio first, then lift weights.

Elizabeth Quinn, About.com

Gardening Safety Tips

Don’t interrupt your green thumb activities with a trip to the emergency room. Below are some tips to help keep you safe and healthy so that you can enjoy the beauty and bounty gardening can bring.

- Follow instructions and warning labels on chemicals and lawn and garden equipment.
- Make sure equipment is working properly. Sharpen tools carefully.
- Keep harmful chemicals, tools and equipment out of children’s reach.
- Wear safety goggles, sturdy shoes and long pants when using lawn mowers and other machinery.
- Protect your hearing when using machinery.
- Wear gloves to lower the risk for skin irritations, cuts and certain contaminants.
- Protect yourself from diseases caused by mosquitoes and ticks. Use insect repellent and read the label instructions carefully.
- Lower your risk for sunburn and skin cancer. Wear long sleeves, wide-brimmed hats, sun shades and sunscreen with SPF 15 or higher.
- Drink plenty of water throughout the day to replace lost fluids.
- Pay attention to signs of heat-related illness, including extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion or unconsciousness.
- Before you start gardening this season, make sure your tetanus/diphtheria vaccination is up to date.

Spokane Regional Health District – CDC Family Health