

CULE CUBA DIET NEWS

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Cuban Nightlife

The Cuban nightlife is concentrated in Havana, the Varadero beaches and in the tourist resorts. Salsa dancing is one of the most known aspects of the country, and the visitors can take lessons with a Cuban professor or shake their hips to the rhythms of clubs like the Tropicana and the Varadero Mambo.

The theatre, opera and ballet offers in Havana are also

Interesting, and generally very cheap; the cinemas have films translated to Spanish, although sometimes they have subtitles.



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Special points of interest:

- ❖ Spanish for banking in CUBA
- ❖ Measuring your success
- ❖ Recipes

Spanish At A Glance

Where is the nearest bank? - ¿Dónde está el banco más cercano?

DOHN-day ess-TAH el BAHN-ko mahss sayr-KAY-no?

Will you cash a traveler's check? - ¿Quiere usted cobrarme un cheque de viajero?

KYAY-ray ooss-TED ko-BRAHR-may oon CHAY-kay day vyah-HAY-ro

What is the exchange rate on the dollar? - ¿A cómo está el cambio del dólar?

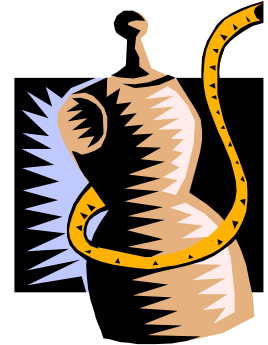
A KO-mo ess-TAH el KAHM-byoh del DOH-lahr?

Can you change this for me? - ¿Puede usted cambiarme esto?

PWAY-day ooss-TED kahm-BYahr-may ESS-toh?

Taking Measurements

Body measurements are a great way to see changes. Even if the scale is not going down much, you may be toning which will result in better fitting clothes and tell you that you've lost inches. The tape measure will tell you how many. As for locations, I suggest measuring the key areas where you are looking to lose weight. The following list gives you the specific anatomical locations for taking accurate measures.



- **Upper Arm:** measured between the shoulder and elbow with your arm at your side
- **Abdomen:** measured at the level of your belly button
- **Waist:** measured narrowest point above your belly button, but below your breast bone (sternum)
- **Hips:** measured at the widest point of the hip or buttock region
- **Thigh:** measured at the maximal girth of the thigh

Remember that your measurements are only as good as your technique. Observe these guidelines. Make sure the tape measure is even. A crooked tape gives crooked readings. For the abdomen and waist, maintain normal breathing and take the reading at mid breath.

Take measures directly against the skin where possible. Otherwise, wear something form-fitting. Bulky clothes will add inches to your measures.

CUBA Questions & Answers

Q How much do you tip in Cuba?

A Less than elsewhere in the world - approximately 5%.

Q How much are taxis from the airport to the center of Havana?

A A trip takes 35/40 minutes from the airport to the center of Havana and should cost no more than \$15 by taxi. You must agree on a price before starting your journey. Taxis cost anywhere from 35 cents/km to 75 cents/km. Try to catch a "Panataxi" whenever possible - they are the cheapest. "Turistaxi" is the most expensive.

Q Can I use my cellular phone in Cuba?

A Cuba is still on an analog communications system. Digital cellular phones do not work there.

Q Where do I go in Havana to listen to live, Cuban music?

A Music is everywhere in Cuba. A favorite among both Cubans and tourists is "La Lluvia de Oro" in Old Havana. It is a large bar, has no cover charge, and is located on the corner of Habana & Obispo Streets. You will find a different, live salsa band playing there everyday.

Q How do I cancel my credit cards in Cuba if they are lost or stolen?

A A company called "FINCIMEX", located in the basement of the Habana Libre Hotel, on 23rd & L Streets, Vedado, will call and cancel your cards for you, free of charge. This office will also help you if you have a problem with any of your credit cards, even those cards originating from the USA. Their phone number is 33-44-66, and fax# 33-40-

Q Why are there police on almost every corner?

A The police are there to keep the streets safe, prevention being better than cure. They are not only in tourist areas but also in the community. Cuba is probably the safest place in the world, largely due to a police presence on the street. You can safely walk the streets at any hour of the day or night. But still be careful, exceptions prove the rule.

Q When is the coolest time of the year in Cuba?

A From November thru March the temperature can drop to the low 20's. Unlike most other Caribbean islands, the temperature in Cuba can get quite chilly in the winter. Long sleeve shirts and light jackets may be necessary in the evenings.

Desk Exercises

SIT UPS

Sit in a stationary chair that has arms.

Sit back so that your back is supported by the chair. Hold onto the arms and holding your legs together at the knees, lift as high as you can. Repeat 10 times. Rest, repeat 10 times, rest and repeat 10 more times.



STRETCHES

Sitting straight in your chair, turn your head to the right as far as you comfortably can, aiming to line your nose up with your shoulder. Hold for 10 seconds then turn back to front and repeat with left side, then back to front again. Repeat this three times on each side.

PUSH UPS

Stand in front of your desk with feet at edge of desk. Take 3 steps backward. Lean forward to reach the edge of your desk, depending on how long your arms are, you may need to step back once again. Keeping feet shoulder width apart bend your elbows and lower yourself towards your desk until your elbows are level with your shoulders and chest is almost touching desk. Do 10 pushups, rest, repeat, rest and repeat.

All our dreams can come true,
if we have the courage to pursue
them.

-Walt Disney

Sitting straight in your chair drop head so your chin touches chest. Hold for 10 seconds and return head to normal position. Repeat three times.

Hold your right arm straight out in front at shoulder level, place the palm of the left hand onto your elbow and gently push your right arm across left side of your body as far as comfortable. Hold for 15 seconds, switch arms and repeat, do this 3 times each side.

Sitting straight in your chair lift your shoulders up and back rotating 10 times, switch directions and rotate up and forward 10 more times.

Breakfast

- 6 large egg whites
- 3 large eggs
- 1 medium onions, chopped
- 1 large tomatoes, beefsteak, seeded and chopped
- 1/4 cup basil, chopped
- 1/8 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste
- 6 slice high-fibre bread, toasted and cut diagonally into 4 slices each

With a fork, lightly beat egg whites and eggs. In a large skillet coated with cooking spray, sauté onion over medium heat, stirring frequently, until it starts to turn golden, about 5 minutes. Add tomatoes and cook 1 minute more. Add eggs and scramble until cooked, about 2 minutes. Add half the basil and season with salt and pepper. Top toast with egg mixture and sprinkle each with

BLT Chicken Salad

(Serves 4 at 5 pts each)

- 1/4 cup President's Choice Blue Menu Fat Free Mayonnaise
- 1 Tbsp onion
- 1/2 Tbsp lemon juice
- 1/8 tsp black pepper
- 1 1/2 Tbsp BBQ Sauce
- 4 cups lettuce
- 1 large tomato, cut into thin wedges
- 4 slices crisp cooked bacon
- 2 chicken breast sliced in strips and cooked

In a small bowl, combine first 5 ingredients for the dressing. Cover and refrigerate until ready to serve.

Place lettuce in a bowl. Sprinkle with tomatoes, chicken, and bacon. Drizzle with dressing when ready to serve!

Sample Menus. Choose 1 meal plan from each column and 3 snacks to make up your days menu (refer to February's issue for daily point allotment)

4 pts

Breakfast Bruschetta
2 slices WW bread
1 Orange

4 pts

1 Cup special K
1/2 C Skim Milk
1/2 banana sliced onto cereal

4 pts

1 Cup Honey Nut Cheerios
1/2 Cup Skim Milk
1 1/2 C Strawberries

4 pts

Strawberry smoothie
1/2 Cup Cold Skim Milk
3/4 Cups strawberries
1 1/2 tsp sugar (if needed)
1/2 Cup Ice
Mix all in blender until thickened
2 slices WW toast w/1 TBSP Jam

5 pts

1 poached egg
1 slice WW bread
1 banana
Black coffee/tea

5 pts

1 Cup fat free Yogurt (any flavor)
1/2 banana
1/2 C strawberries
1/2 C honeydew melon
1/4 Cup low fat granola

7 pts

BLT Chicken Salad
1 cups Gardennay Tomato & Basil Soup
1/2 Cup Yogurt
Coffee/Tea

(Burger King)

8 pts

1 - Jr. Whopper 1 garden salad 2/ 2 tbsp fat free dressing (use your own not BK's)

(Tim Hortons)

7 pts

1 bowl hearty vegetable Soup
10 oz café mocha
4 slices melba toast (you bring)

6 pts

1 Large pita cut into two halves
Stuff with Lettuce, cucumber, tomato (as much as you want)
2 TBSP Calorie Wise Peppercorn Ranch dressing (1 TBSP for each half)
1 apple
4 graham wafer
Coffee/tea

7 pts

1 can white flaked tuna (drained)
1 can French style green beans (drained)
2 TBSP calorie wise Sun dried tomato & Oregano Kraft dressing.
Heat bean and drain, add tuna and dressing.
2 large Sun-dried Tomato & Oregano rice cakes

8 pts

- Grilled Chicken Pizza

1 large Pita
1/2 Chicken Breast, cooked and cubed
3 TBSP skim milk mozzarella
1 tsp olive oil
1/4 Cup Chopped fresh basil
1 clove garlic
1/8 tsp salt
1/8 tsp pepper
Toss chicken, basil, oil, garlic, salt & pepper in small bowl. Spread mixture evenly over pita and top with mozzarella. Bake 375 8-10 minutes

- Side garden salt w/light dressing
- 1 Snack wells chocolate sandwich cookie

8 Pts

1 Cup Whole Wheat pasta, cooked
1 Cup Medley veg's (carrots, broccoli, cauliflower)
3 TBSP Sun-dried Tomato Pesto sauce
Cut veg's into bite size pieces, steam for 2-3 minutes until tender crisp. Stir into cooked pasta. Add pesto sauce and stir until blended.
1 Garden salad w/light dressing.
1 C Jello chocolate fat free pudding made with Skim milk topped with 2 crushed graham wafers.
Black Coffee/ Tea (add 1 pt if using lt cream or 1/2 pt if using whole milk)

Applebee's—Weight Watcher Menu

(For those of you with an Applebee's Restaurant in your area)

Tango Chicken Salad = 7 Pts

Mesquite Chicken Salad = 5 pts

Sizzling Chicken Skillet = 7 pts

Teriyaki Shrimp Skewers = 5 pts

Berry Lemon Cheesecake = 5 pts

Tortilla Chicken Melt = 10 pts

Grilled Tilapia with Mango Salsa = 6 pts

Onion Soup = 3 pts

Chocolate Raspberry Cake = 4 pts