



CULE CUBA DIET NEWS

Volume 1, Issue 4

April 21, 2005



VARADARO

Located in the narrow and long Hicacos Peninsula, on the Atlantic Ocean, and 140 km. (87.5 miles) from Havana, Varadero has become Cuba's major tourist resort, expanding along 20 km. (12.5 miles) of beautiful sandy beaches and surrounded by warm and crystal-clear waters that are the favorite attraction for foreign visitors

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SPANISH AT A GLANCE

This new section of the newsletter will be dedicated to phrases and words that a traveler most often needs.

We will cover phrases grouped together by subject matter with pronunciation to help you practice the words as you learn them.

This should make for a more enjoyable and interesting vacation.

Many letters in Spanish are pronounced the same as they are in English.

Since these sounds rarely vary, you can follow these guidelines in pronouncing all Spanish words. There are a few differences, Spanish contains four additional letters not found in English; ch, ll, ñ, and rr. All letters are pronounced with the exception of h.

The letters v and b are most often pronounced

like the English b.

Words ending in a vowel, an n, or an s are stressed on the next to last syllable— **casa** (KAH-suh).

Words ending in a consonant (other than n or s) are stressed on the last syllable— **general** (hehn-eh-RAHL). A written accent is required on any words that break these rules— **lápiz** (LAH-pees).

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Special points of interest:

- Diet & Menopause
- Tips of the Month
- Spanish at a Glance

Meal Plans & Menopause

You already knew that menopause could affect your mood, sex drive, and memory, as well as your heart and bones. But here's another, less-discussed effect: changes in digestion. "When estrogen levels drop and the slow-down effect of progesterone becomes more dominant, there can be a gut reaction," according to Larrian Gillespie, MD, author of *The Menopause Diet* (Healthy Life Publications, 1999). "Understand that it's a natural aging process—and that you can take assertive action to change the way you eat."

Here's how:

- **Enjoy frequent, small meals.** Try 5 or 6 mini meals instead of the traditional big three. Dr. Gillespie recommends eating no more than 250 to 300 calories per meal.
- **Focus on fruits, vegetables, and whole grains.** To avoid bloating, gas, and constipation, Dr. Gillespie recommends choosing high-fiber goodies such as fruits and vegetables. (*Prevention* recommends nine servings a day.)
- **Indulge in a bit of butter.** Eating a small amount of dietary fat in one sitting—10 g per day—can stimulate the gallbladder to empty, preventing the formation of gallstones. "Melt a scant tablespoon of unsalted butter, and use it to dip your veggies," says Dr. Gillespie. (If you already have gallstones, don't try this.) But keep total fat intake to about 40 g a day.
- **Exercise three times a day for 10 minutes at a time.** Exercise will help in almost every aspect of digestive functioning, and it will also help you avert midlife weight gain.

Munchies After Menopause

You're not imagining it: Your appetite really does mushroom during menopause. So say researchers from Oregon Health & Science University who studied monkeys who'd had surgical menopause.

During the two months after surgery, the monkeys ate 67 percent more food each day.

"Their body weight jumped by 5 percent," says researcher Judy Cameron, PhD. "They're well on their way to chubbiness." And their blood levels of the hormone leptin soared; leptin produced by fat cells

in monkeys and humans is associated with an increase in obesity. (Scientists study

monkeys because like their human cousins, they go through menopause.)

Stabilize your weight *before* you go into menopause, recommends Cameron. "It makes sense to develop healthy eating habits early in life so you can better deal with menopause, which can encourage weight gain."

Time is a dressmaker specializing in alterations.

Faith Baldwin

BREAKFAST SUNDAAE (SERVES 1 - 5 PTS)

1/2 Cup Cottage Cheese
 1/2 Cup low-fat Granola
 1/2 Cup of Sliced Fruit (bananas, blueberries, strawberries or melon, for example)
 1 TBSP Honey

Spoon 1/4 of the cottage cheese into a glass, top with granola. Layer the remaining cottage cheese and granola and top with sliced fruit.

Drizzle with honey.

TIPS OF THE MONTH

- Instead of whole milk, switch to 1 percent. If you drink one 8-oz glass a day, you'll lose 5 lb in a year.
- Get calories from foods you chew, not beverages. Have fresh fruit instead of fruit juice.
- Have a V8 or tomato juice instead of a Diet Coke at 3 pm.
- Limit alcohol to weekends.
- Eat at home
- Cut back on or cut out caloric drinks such as soda, sweet tea, lemonade, etc. People have lost weight by making just this one change. If you have a 20-oz bottle of Coca-Cola every day, switch to Diet Coke. You should lose 25 lb in a year.
- "The best portion of high-calorie foods is the smallest one. The best portion of vegetables is the largest one. Period."
- Don't "graze" yourself fat. You can easily munch 600 calories of pretzels or cereal without realizing it.
- Remember, EAT before you meet. Have this small meal before you go to any parties: a hardboiled Egg, Apple, and a Thirst quencher (water, seltzer, diet soda, tea).
- Make exercise a non-negotiable priority.
- Brush your teeth right after dinner to remind you: No more food.

SPANISH AT A GLANCE - Vowels

When pronouncing the words in the following examples, stress the vowels that appear in CAPITAL letters.

| <u>Spanish Letter(s)</u> | <u>Sound in English</u> | <u>Examples</u> |
|--------------------------|--|-----------------------------------|
| a | ah (<u>y</u> acht) | taco (TAH-koh) |
| e | ay (<u>d</u> ay) eh (<u>p</u> et) | mesa (MAY-sah) perro (PEH-roh) |
| l | ee (<u>m</u> ee <u>t</u>) | libro (LEE-broh) |
| o | oh (<u>o</u> pen) | foto (FOH-toh) |
| u | oo (<u>t</u> oo <u>th</u>) | mucho (MOO-choh) |
| au | ow (<u>c</u> ow) | causa (COW-sah) |
| ei | ay (<u>d</u> ay) | aceite (ah-SAY-tay) |
| ai | y (<u>t</u> ype) | baile (BY-lay) |
| ie | yeh (<u>y</u> et) | abierto (ah-BYEHR-toh) |
| ue | weh (<u>w</u> et) | bueno (BWEH-noh) |

SPANISH AT A GLANCE

Consonants

| <u>Spanish Letter(s)</u> | <u>Sound in English</u> | <u>Examples</u> |
|-----------------------------------|---|--|
| c (before a, o, u) | hard k sound (<u>c</u> at) | Cuba (KOO-bah) / cosa (KOH-sah) |
| c (before e, i) | soft s sound (<u>c</u> ent) | central (seh-n-TRAHL) / cinco (SEEN-koh) |
| c (before e, I, Castilian) | a th sound instead of s | gracias (GRAH-thee-ahs) |
| cc | hard and soft cc (<u>ac</u> cept) | acción (ahk-see-OHN) |
| ch | hard ch sound (<u>ch</u> air) | muchacho (moo-CHAH-choh) |
| g (before a, o, u) | hard g (<u>g</u> o) | gafas (GAH-fahs) / goma (GOH-mah) |
| g (before e, I) | breathy h (<u>h</u> ot) | general (hehn-eh-RAHL) |
| h | always silent | hasta (AHS-tah) |
| j | breathy as in h (<u>h</u> ot) | José (ho-SAY) |
| l | english l sound (<u>l</u> amp) | lámpara (LAHM-pahr-ah) |
| ll | as in English y (<u>y</u> es) | pollo (POH-yoh) |
| ll | ly sound (million) | llamo (LYAH-moh) |
| n | as in english n (<u>n</u> o) | naranja (nah-RAHN-ha) |
| ñ | as in english ny (<u>ny</u> on) | señorita (she-nyoh-REE-tah) |
| qu | as in english k (<u>k</u> eeep) | que (kay) |
| r | trilled once | caro (KAH-roh) |
| rr (or r at beginning of word) | trilled strongly (oper <u>ator</u> , three) | rico (RREE-koh / perro (PEH-rroh) |
| s | as english s (<u>s</u> ee) | rosa (ROH-sah) |
| v | qpprox. qs in english b (<u>b</u> ook) | primavera (pree-mah-BEHR-ah) |
| x | as english s, ks (<u>s</u> ign, <u>s</u> ocks) | extra (ES-trah) examiner (ek-sah-mee-NAHR) |
| y | as english y (<u>y</u> es) by itself y-l | yo (yoh) y (ee) |
| z | as english s | zapato (sah-PAH-toh) |
| z | a th sound instead of s | lápiz (LAH-peeth) |

The above pronunciations are common for most Spanish speaking countries. However, countries not in Central and South America use the Castilian pronunciation which differs for the bolded & underlined above.

Frequently Used Expressions

| | | | |
|--|--|----------------------|--|
| Hello! | Hola! (OH-lah) | That's alright, okay | Está bien (eh-STAH bee-ehn) |
| Yes | Sí (see) | Good morning | Buenos días (bway-nohs DEE ahs) |
| No | No (noh) | Good afternoon | Buenas tardes (bway-nahs TAHR-dehs) |
| Please | Por favor (pohr-fah-BOHR) | Good evening | Buenas noches (bway-nahs NOH-chehs) |
| Thank You (very much) | (Muchas) gracias (MOO-chahs GRAH-see-ahs) | Sir | Señor (seh-NYOHR) |
| You're Welcome | De nada (day NAH-dah) | Madame | Señora (seh-NYOHR-ah) |
| I'm sorry | Lo siento (loh see-EHN-toh) | Miss | Señorita (seh-nyohr-EE-tah) |
| Excuse me: (if bumped into) | Perdón (pehr-DOHN) | Good bye | Adiós (ah-DYOHS) |
| (if leaving group or Walking in front of) | Con permiso (kohn pehr-MEE-soh) | See you later | Hasta la vista (AH-stah lah BEE-stah) |
| (To get ones attention) | Por favor (pohr-fah-BOHR) | So Long | Hasta Leugo (AH-stah loo-AY-goh) |
| | | See you tomorrow | Hasta mañana (AH-stah mah-NYAH-nah) |