



Tipping in Cuba

Cuban tourism workers rely on tips. People who deserve a US\$1 tip include museum staff who give you a complete tour, hotel guards who watch your rental car all night, helpful bus drivers, attentive waitstaff or anyone in the service industry who goes beyond the call of duty.

Paladars may or may not add 10-20% onto your bill as a 'tax' or 'service charge'. If you suspect a scam, ask to keep the bill and see what happens. All private businesses are heavily taxed to discourage competition with state-run entities, and the added costs are, of course, passed

on to you. Avoid *jineteros* (touts) who offer to lead you to a room or restaurant, unless you don't mind having an extra US\$5 or so tacked onto your bill.

Refrain from handing out money or anything else to children or beggars on the street. Cubans are not allowed to beg from tourists, and plainclothes police are on duty in most places where tourists and Cubans mix. It may be gratifying to hand out trinkets to people you view as needy, but these people could be questioned as soon as you disappear from sight, and you

may be personally responsible for sending someone to prison.

If you're not in the habit of tipping, you'll learn fast in Cuba. Wandering street vendors, parking guards, ladies at bathroom entrances, restaurant wait staff, tour guides – they're all working for hard currency tips. Musicians who besiege tourists while they dine, converse or flirt will want a peso. Taxi drivers will appreciate 10% of the meter fare, but if you've negotiated a ride without the meter, don't tip as the whole fare is going straight into their wallets.

Inside this issue:

Tipping in Cuba	1
Cuba's Music	1
Face lift in your fridge	2
Weight Loss Plateaus	2
Portion Size Recap	3
Recipes	3
Meal Plans	4

Special points of interest:

- Eyeballing portion sizes
- Music of Cuba
- Meal Plans
- Answers to last months puzzles attached



Cuba's Music



African slaves brought rhythms and ritual dances to Cuba, where they were blended with Spanish guitars and melodies and then appropriated and developed throughout the Americas. (the USA in the 1920s jumped to rumba rhythms, and these, fused with jazzy horn sections and drums

became the big-band sound)

The conga-line dance was developed by slaves shackled together, while much of contemporary Cuban dance has important associations with Afro-Cuban *Santería* religion.

The most popular Cuban music today is *son*, which developed in the hills of the Oriente before the turn of the century and incorporates guitars, *tres* (a small Cuban stringed Instrument with three pairs of strings), double instrument with three bass, bongos, claves, maracas and voice. Mambo, bolero, salsa and chachachá music also derived from this form.

A FACELIFT IN YOUR FRIDGE

Dr. Nicholas Perricone says that wrinkles and lines can be reduced by what you decide to put in your grocery cart. Here are some of his best bets for anti-aging and better nutrition.

Best carbohydrate choices

Artichokes, avocados, dark-green leafy vegetables, broccoli, cabbage, Chinese cabbage, spinach, escarole, romaine lettuce, cherries, berries (blueberries, strawberries, blackberries, etc.), apples, pears, barley, beans (dried and fresh), bean sprouts, endive, eggplant, cabbage, kale, red and green peppers, bok choy, celery, cucumbers, kidney beans, pinto beans, chick peas, cauliflower, Brussels sprouts, honeydew melons, lentils, bean sprouts, mushrooms, tomatoes, turnips, pomegranates, snow peas, slow cooking oatmeal

Best Protein sources

Wild Alaskan salmon, halibut, trout, anchovies, sardines, poultry, yogurt, high EFA eggs, kefir, cottage cheese, tofu

Best fats

Extra virgin olive oil, flax oil, flax seed, nuts (esp. almonds, hazelnuts, walnuts and macadamia), pumpkin, sesame and sunflower seeds

Beverages

Spring water, green tea, white tea, black tea

Grains

Buckwheat, whole oats, barley

Spices

Turmeric, ginger, cinnamon, oregano, basil, thyme, cayenne, (every spice and herb you can think of are stellar anti-aging foods)



OVERCOMING FRUSTRATING WEIGHT-LOSS PLATEAUS

If you ever had a problem starting a diet only to hit the dreaded plateau where it seems no matter what you do, you are not alone. When weight loss stalls, it's usually because your body has adjusted to your new diet. But don't cut back even more—that signals the body to prepare for famine and store the food as fat. Instead, try

switching up your exercise routine. Our bodies adjust to activity if we always do the same thing, but alternating your regimen every three weeks can help jump start weight loss again. So if most of your activity is cardio, (walking, running, biking, etc) cut it in half and work in some resistance moves like bicep

curls. (You do not need to purchase weights if you don't have any. Soup or juice cans will also do the trick. Just make sure whatever you use it is the same weight for both sides). If you are already doing both, add some variety. For example, if you are a walker only, incorporate 60 seconds of jogging every five minutes. If you are a treadmill or stairmaster pro, add 60 seconds of jumping rope every five minutes.

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresea, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.
[H. Jackson Brown, Jr.](#)

POTATO & SUN DRIED TOMATO GRATIN (3PTS)

3 large uncooked potatoes, peeled and cut crosswise into 1/4" thick rounds
1 Cup sun-dried tomatoes, without oil, thinly sliced
2 oz low fat Swiss Cheese, shredded (about 1/2 Cup)
3/4 Cup fat free sour cream
2 TBSP seasoned bread crumbs
2 tsp dried basil
2 TBSP Parmesan Cheese
1/2 tsp salt
1/4 tsp pepper

Preheat oven to 350. Coat an 11" X 7" baking pan with Pam.

Place potatoes in large saucepan and pour enough water to cover. Heat over med-High and bring to boil. Reduce heat and simmer until fork-tender (8 Min). Drain and transfer potatoes to a large bowl. Add sun dried tomatoes, sour cream, basil, salt & pepper and gently toss to combine.

Transfer potato mixture to baking pan and top with Swiss cheese. Combine bread crumbs and Parmesan and sprinkle over Swiss cheese. Bake until golden (40 Min)

Makes 6 servings

PORTION SIZES — How to eyeball a proper portion.

You can never discuss portion sizes too often. Even if you start out diligently checking portions, after awhile, the eye is not as reliable and our portion choices tend to increase. Here is another visual on portion sizes.

1 tsp. of salad dressing equals
the size of a half dollar

1/2 tsp. of oil equals
1 thimble full



A small (2 oz.) bagel equals
the diameter of a round beverage coaster

A tortilla equals
a salad plate



A medium baked potato equals a computer mouse

1 cup of pasta equals
1 baseball



1 half-oz. roll equals
a bar of soap

1/2 cup veggies equals
the bulb part of a standard light bulb

1/2 cup of rice equals
a custard cup

1 oz. of nuts equals
2 shot glasses

1/4 cup of sour cream equals 1 golf ball

3 oz. of meat equals
a pack of tissues or deck of cards

1 1/2 oz. of raisins equals
1 soup ladle



1 cup of dry cereal equals
1 wine glass

1 oz. chunk of cheese equals
2 dominoes or your thumb



1/2 cup of rice or pasta equals
the amount that fits into a cupcake wrapper

A pancake or waffle equals
the diameter of a CD

3 oz. of fish equals
an eyeglass case

1 tsp. of peanut butter equals
a lipstick cap

1 oz. of chocolate equals
1 package of dental floss



SEARED SCALLOPS TERIYAKI (3PTS)

- 1 Cup Snow Peas, Trimmed
- 2 medium Carrots thinly sliced
- 1/4 lb Asparagus, (Cut into 3" pieces)
- 2 Cups Shittake Mushrooms, trimmed
- 1 Lb Scallops
- 1/4 Cup Teriyaki Sauce
- 2 TBSP Soy Sauce
- 3 TBSP Rice Vinegar

Place snow peas, carrots, mushrooms and asparagus into a steamer. Cover and cook until tender, about 3-5 minutes.

Heat a non stick skillet on high. Add scallops and let brown, 2 min.) Turn and cook until firm and opaque, about 2 minutes more. Remove from heat and add teriyaki sauce. Toss vegetables with soy sauce and vinegar. Divide veg's among 4 plates. Top with scallops and serve.

CHOCOLATE ROOT BEER FLOATS

- 12 oz Diet Root Beer
 - 2 TBSP lite Chocolate syrup
 - 1 Cup fat-free vanilla frozen yogurt.
- Divide root beer between 2 tall soda glasses. Add a tablespoon of chocolate syrup to each and stir.
- Put 1/2 Cup scoop of frozen yogurt into each float. Serve immediately with straws and dessert spoons.
- Makes 2 servings (3 Pts each)

CHICKEN WRAPS WITH SPICED YOGURT SAUCE (5 PTS)

- 1 1/2 Cup Plain Fat Free Yogurt
- 3/4 tsp Garlic Salt
- 1/4 tsp chili powder
- 1 lb boneless, skinless chicken breasts cut into 1 1/2" chunks
- 4 medium fat-free flour tortillas
- Roasted Red Peppers
- 1 Cup Arugula
- 2 TBSP lemon juice
- 3/4 tsp Curry Powder

Combine yogurt, lemon juice, garlic salt, curry powder and chili powder. Measure 1/2 C sauce & refrigerate. Add chicken to remaining sauce, coat well and marinate in fridge 1-3 hrs. Preheat grill, thread chicken onto 4 metal skewers; discard marinade. Cook chicken until no longer pink in centre, about 10min per side. Remove chicken from skewers and place equal amounts down centre of tortilla. Top each with 1/4 of arugula leaves, 1 roasted red pepper slice and 2 TBSP of reserved yogurt sauce. Fold in bottoms of tortillas, roll and enjoy.

Sample Menus. Choose 1 meal plan from each column and 3 snacks to make up your days menu

5 pts

1 English Muffin
1 Poached Egg
1 slice Kraft thin cheese
Coffee/tea

5 pts

1 Cup Vanilla silhouette yogurt
1 Banana
1/2 Cup Low Fat granola
(Layer all three and repeat)

5 pts

Spread 1 TBSP Peanut butter and
1 1/2 TBSP spreadable fruit on 2
slices weight watchers Bread
1 orange
Coffee/tea

5 Pts

2 frozen low fat waffles toasted
with 2 TBS with low calorie
maple syrup
1/2 Cup Yogurt
Coffee/Tea

3 pts.

Two poached eggs
Two slices WW bread
Coffee/tea

6 pts

Chicken Wrap with spiced yogurt
Garden salad with light dressing

5 pts

1 can water packed white tuna
1 garden salad with light dressing
Orange

6 pts

2 Cups Campbell's Gardennay
Mediterranean herbed tomato
soup
5 sun dried tomato melba toasts
1 garden salad with light dressing

6 pts

Cheese "n" Bacon sandwich
Split 1 English muffin; top 1 half
with 1 slice low-fat cheddar
cheese and 2 crisp bacon slices,
cumbled, then top with other
muffin half. Toast in toaster oven
until cheese is melted.

6 pts

1 small fast food hamburger
1 fast food side salad with 2 TBSP
fat free Italian dressing.
Coffee/Tea

8 pts

Seared scallops teriyaki
1/2 cup cooked rice
Side salad
Fat free pudding 1 Cup
Coffee/tea

9 pts

Garden salad with light dressing
Potato & Tomato gratin
1 small (4 oz) Lean steak
Coffee / tea

10 pts

Sun Dried Tomato chicken *
1/2 Cup Rice
1 Cup each broccoli and cauli-
flower with 1 tsp butter
* Slice a pocket into two bone-
less/skinless chicken breast be-
ing careful not to cut all the way
through. Mix 1 tsp fresh thyme,
1 oz cubed gorgonzola cheese
and 4 tsp sun dried tomatoes,
cut into small pieces. Stuff
breast pocket. Salt the breast
and pat with flour. Brown in
skillet then simmer in chicken
broth until cooked. Serves 2

Snacks

1 1/2 Cups Strawberries (1 pt)
8 Caramel mini cakes (1 pt)
1 bottle light beer (2 pts)
1 scoop chapmans frozen yogurt (Cappacino-YUMMMY) (2 pts)
1 6" Flour tortilla, cut into 8 triangles and baked, served with 1/4 Cup salsa (2 pts)
Chocolate root beer float (3 pts)