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Travelling Tips from the CULE Convention Committee

Following are a few traveling tips for the upcoming CULE Convention that will be held in Varadero, Cuba January 21st and 22nd, 2006.

If you or your guests do not have a passport, please ensure you give yourself plenty of time to obtain one. Further information on passport processing times can be obtained at the passport Canada website at www.ppt.gc.ca.

The Health Unit that we checked with in Ontario indicated that they strongly recommend hepatitis "A" and "B" shots which cost \$150.00; tetanus shot (free) and perhaps a typhoid fever shot, which is \$30.00. They indicated that this

is only a recommendation but a HIGH recommendation. It is suggested that everyone go to their local health unit or physician and question them on immunizations. We have checked with Coughlin and they have indicated that immunizations are covered under our plan.

Single parents, traveling alone with children under 18 years of age, will require a letter from the other parent authorizing the child to leave the country.

We have confirmed with the Hotel that they can exchange Canadian or American money. CAA Travel has advised that it is best to take Canadian currency. Air Canada and its regional carriers allow each

customer to bring along two pieces of luggage which is carried in the baggage compartment of the aircraft at no charge. This is known as the "free checked baggage allowance". The overall measurement of each piece (L + W + H) must be less than 62 inches or 158 cm, and the weight less than 70 lbs or 32 kgs. Do not exceed these limits or you will have to pay an additional amount at the airport prior to travel.

Checked baggage weighing more than 100 lbs or 45 kgs. will not be accepted. Please contact the nearest Air Canada Cargo office for additional information.

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Special points of interest:

- Traveling Tips
- How's it Going?
- Benefits of Walking
- Recipes
- Meal Plans

How's it Going?

OK, it has been eight months since the start of the CULE/CUBA Diet News. So how are you doing?

If you would like to share your successes, struggles, etc, we would love to hear from you.

As stated in previous newsletters, the goal of this newsletter is NOT just to lose weight. It is to learn some healthy eating and living habits that we can follow throughout our lives. So if you have started an exercise plan, if you

you are more aware of what you eat, have lowered your blood pressure, just plain feel better, etc. These are all successes. Congratulations! Maybe you found a great recipe or exercise you can share. Send any tips, hints or successes to Colleen.

Walk In The Park

Do the 2-mile walk in 40 minutes (beginners)

30 minutes (intermediate) 25 minutes (Advanced)

- 1) Scout out your park with a pedometer to find an uninterrupted 2 mile path. Beginners look for a relatively flat and even path, while those looking for added challenge can choose a trail that has hills.
- 2) Once you have mapped out your route, warm up your muscles to reduce risk of injury; Walk at a moderate pace for 5 minutes. Then step up your pace for the rest of the work out.
- 3) After you complete the 2 mile walk, perform one or more of the **fitness extras** that follow.
- 4) Cool down with a 5 minute walk at an easy pace and some light stretching.
- 5) Aim to do this walking routine 3-5 times a week.

Gauge the intensity of your walk:

On a scale of 1-10 (3 being an easy warm-up and cool down pace and 10 a pace that leaves you gasping for breath), aim to maintain a level of around 6-8 for your walk.

So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.
Christopher Reeve

Fitness Extras

Select one or two of these bonus fitness moves and reap even bigger calorie burns.

- **Reverse Walker:** Walk forward half the length of a soccer field; then walk backward to your starting position. Rest 30 seconds and repeat. (Strengthens Quads, shins)
- **Step It Up:** Climb up and down a set of stairs, keeping your back straight and placing your entire foot on each step. Continue for 3 minutes. (Strengthens: Quads, glutes, calves, & hamstrings)
- **Toning Time-Out:** Sit on an edge of a bench (make sure its bolted to the ground), with feet flat, hip-width apart about 2 feet in front of you. Grip the bench edge with hands shoulder-width apart and straighten your arms as you raise yourself off the bench. Bend your arms and lower buttocks aiming to have upper arms parallel to the ground. Straighten arms to raise yourself up. Repeat 10 times. (Strengthens: triceps)

Cancer Fighter

When it comes to Ovarian cancer, you may already be doing the best thing you can to prevent it: exercising. A recent study found that women who were moderate exercisers reduced their risk of developing the disease by 30 percent compared with those who were sedentary. Since there is no standard screening test, ovarian cancer is hard to detect early.

However, if you answer yes to any of these questions, ask your physician whether you should be tested.

DO YOU HAVE

- a family history of ovarian, breast, or colorectal cancer?
- Abdominal swelling, sever bloating, or ongoing stomach pain?
- Unusual vaginal bleeding or pelvic pressure?

Strut It

Exercise such as brisk walking may reduce levels of hormones lined to ovarian cancer; it also fights obesity, another risk factor for the disease.



Roasted Tomato, Pepper & Onion Quiche

6 large eggs
 1 Cup fat-free cottage cheese
 1-8 oz pkg fat free feta cheese, crumbled
 1 Cup finely chopped roasted peppers
 1 Cup finely chopped roasted tomatoes
 4 scallions, finely chopped
 2 tsp. Dried oregano
 Freshly ground pepper to taste.
 Preheat oven to 375. Spray 2 nine inch pie plates with nonstick spray.
 Beat the eggs in a large bowl; then stir in remaining ingredients. Divide mixture between 2 pie plates and bake until firm and lightly browned along edges (about 25 min)
 Cut each pie into 6 wedges
1 Slice = 2 Pts or 2 Slices = 4 Pts

Roasted Peppers (Makes 4 Cups)
 Great in sandwiches too
 6 large red, green, yellow & orange peppers cored, seeded and cut into finger size strips. / 2 TBSP Extra virgin Olive Oil / 4-6 unpeeled garlic cloves / 1 tsp salt / Pepper to taste
 Preheat oven to 350. Line baking sheets with foil and spray with non stick spray. Divide pepper strips between baking sheets, with the garlic. Drizzle with oil and sprinkle with salt and pepper. Roast turning occasionally, until tender and slightly blacked on edges (25-30 Min) Let Cook. Squeeze out garlic pulp and toss with peppers.

Roasted Tomatoes (Makes 4 Cups)
 Follow same procedure as for peppers, replace peppers with 8 large tomatoes. Turn oven down to 300 Halve tomatoes, squeeze out and discard seeds. Roast cut side up 2 1/2-3 hours. Cool, remove skins.

Grilled Cheese

Spray 1 side of 2 slices reduced calorie high-fiber bread with non-stick olive oil spray. Turn over 1 slice; top with 1 TBSP freshly grated Parmesan cheese, 1 thin slice tomato, 3 thin slices (1oz) reduced-fat cheddar cheese, and remaining bread, sprayed side up. Spray a medium nonstick skillet with nonstick spray and set over medium heat. Add the sandwich and cook, pressing the top occasionally with a spatula, until bread is toasted and cheese is melted, about 2 minutes each side.

Serves 1

Points Value: 3 1/2

Think You're So(da) Smart?

When it comes to losing weight, reaching for a diet soda may not be such a smart move. Research from the University of Texas Health Science Centre shows that study participants who routinely drank diet soft drinks had a higher risk of obesity than those who drank regular soda. In fact, for each can of diet soft drink that participants drank a day, their risk of obesity increased a whopping 41 percent.

Take A Stand

Overweight people sit for about 150 minutes more each day than slim people, resulting in 350 fewer calories burned a day. Take that as good motivation to stand while talking on the phone or waiting for your next bus..



Cinnamon Crisps (8 wedges = 2 pts)

Spread 1 medium pita with a light skim of becel. Sprinkle on a mixture of 3 parts cinnamon to 1 part splenda. Cut pita into 8 wedges with a pizza wheel.

Bake at 350 for about 5-6 minutes, until crispy. Good warm or cold.

Make Ahead Tip: Make a big batch and store in airtight container for up to 4 days.

Can substitute butter for becel and sugar for splenda and add 1/2 pt extra for total of 2 1/2 pts

Sample Menus. Choose 1 meal plan from each column and 3 snacks to make

5 Points

1/2 toasted whole-wheat English muffin with 1 tsp butter.
 3/4 C bran-flake cereal with 1/2 Cup Fat free milk
 3 fresh apricots, sliced

6 Points

Top 1 Cup steamed spinach with 1 fried egg (prepared without fat) and 1/4 Cup feta cheese
 1/2 large whole wheat pita

6 1/2 Pts

Grilled Cheese (recipe pg 3)
 1 Apple
 1 Cup Yogurt

7 Points

3/4 Cup Low fat granola cereal with 1/2 Cup lemon chiffon light yogurt and 3/4 Cup fresh raspberries.

Points

Cooked oatmeal prepared with fat-free milk and topped with diced or grated apple and dash of cinnamon.

6 Points

1 oz sliced lean ham, 1 slice swiss cheese, 1/2 Cup mixed greens and 2 tsp. Dijon mustard on a 3 oz high fiber roll
 Mixed green salad with 2 TBSP fat free dressing
 1 small pear

5 Points

3 Cups mixed greens tossed with 2 oz fat free smoked turkey luncheon meat and 1/4 Cup scallions, and 1 Cup red grapes
 1 TBSP walnuts and 3 TBSP fat free vinaigrette
 1 Cup reduced sodium chicken broth with 1 TBSP sliced scallions
 1 2oz high fiber roll

7 Points

Preheat oven to 425, sprinkle 1/4 cup low fat shredded mozzarella cheese on a 7 inch tortilla. Arrange slices of 1 plum tomato on top. Bake in non stick pan on bottom rack for 10 minutes until crisp. Top with 2 fresh basil leaves and drizzle with 1 tsp olive oil.
 8 Cinnamon crisps

6 1/2 Points

- Cajun Cod/Haddock Fillet
 Bring 1/2 Cup canned hot and spicy vegetable or tomato juice to a boil in a skillet. Add 7 oz fresh or frozen fish fillet. Cover and cook over medium-low heat for 7 minutes or until fish flakes. Sprinkle with fresh oregano
- 1/2 Cup Cooked whole-wheat couscous
- 1 1/2 Cup green bell pepper strips sautéed in 1 tsp flaxseed oil

6 1/2 Points

- Ginger Chicken 'N Broccoli
 Mix 1 tsp cornstarch or arrowroot with 1/2 Cup low sodium chicken broth and 2 tsp soy sauce. Stir fry 4 oz chicken breast pieces in skillet over med. Heat until done. Remove chicken. Stir fry 2 Cups broccoli with 1/4 Cup Broth, 2 tsp grated ginger, and 1 clove minced garlic until broccoli is cooked through but crisp. Stir in cornstarch mixture. Bring to a boil. Add chicken, stirring until hot.
- 3/4 Cup noodles topped with 1/4 Cup minced scallions and 1/2 TBSP toasted sesame seeds.

SNACKS

1 Cup cantaloupe cubes = 1 pt
 1/2 Cup fat free ice cream = 2 pts
 2/3 Cup chocolate fat-free, sugar free pudding served with 3/4 C Raspberries = 2 1/2 pts
 1 Cup fat free frozen yogurt = 3 pts

1 large orange = 1 pt
 1 banana = 2 pts

1/2 English Cucumber = 1 pt
 Cinnamon Crisps (8) = 2 pts

Stacked Apple: Remove core from small apple and slice horizontally in 3 pieces. Spread 1 tsp peanut butter atop each slice and stack the apple slices = 3 pts