

Improve Your Nutrition

About 95% of dieters who manage to lose a significant amount of weight inevitably gain it back. Going from diet to diet, repeatedly losing and gaining weight, is potentially harmful.

The body responds to a decrease in calories (energy) as it would in starvation: your metabolism becomes more efficient, slowing or preserving the rate at which calories are burned. Studies conducted with animals suggest that repeated dieting will hold down your metabolic rate which is why it may be increasingly more difficult to lose weight with each new diet.

Countless studies have been conducted regarding weight loss and yo-yo dieting. Don't be fooled into thinking that special creams and pills are effective in long-term weight reduction. You can spare yourself time, money and frustration by avoiding fads and gimmicks. The bottom line is that anything but a lifelong commitment to consuming fewer calories is doomed to fail.

This may come as bad news to most people but the only way to make weight loss permanent is to change your behavior. Chronic overeating is an addiction, just like smoking and drinking. An alcoholic must not drink in order to stay sober and a smoker must give up cigarettes to reap the benefits. The same is true for overeating; there is a pattern of behavior that must be modified or

discontinued in order to see results. It's not easy to break lifelong eating habits and the bad ones shouldn't be tackled all at once. It becomes too overwhelming and too easy to give up. By making small goals, maybe one or two a month, you can see the light at the end of the tunnel. A registered dietitian can be helpful in this area.

Did you know that by trimming your caloric intake by 500 calories per day, you may lose 1 to 3 pounds a week? For example, if you drink 3 regular Cokes in one day, by switching to diet Coke or mineral water, you consume almost 500 calories less per day. That could amount to anywhere from a 4 to 12 pound weight loss in one month. This is a very reasonable goal.

Any physical activity burns calories. It can also be very relaxing. Exercise goes beyond burning calories. It also raises your metabolic rate, causing calories to be burned at a faster clip for about three hours after each workout! Exercise plus diet has been shown to be more effective at keeping weight off than either strategy alone.

Niether diet or exercise will produce the immediate effects that most people long for. But taken together, they can't fail if incorporated as a permanent change in lifestyle. As far as researchers can tell at this time, it's the only way to break the yo-yo dieting syndrome.

TOOTH TALK

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GETTING READY: YOUR CHILD'S FIRST TRIP TO THE DENTIST

Prepare Yourself:

Think about your own visits to the dentist. Are you afraid to have dental treatment done to you? Did you have a bad experience as a child?

Things are different now. There is no reason for dental-work to hurt your child. If YOU have a good attitude about going to the dentist, your child will have a good dental visit.

Before You Go:

Visit the dental clinic ahead of time. Ask if your child can look around and meet the dental staff.

Play dentist with your child. Use a flashlight and count each other's teeth.

Read books to your child about going to the dentist. Check out books from the local library (Siletz Library has 2 books)

What to Say:

Tell your child what will happen at the dentist. If the visit is for a check-up, you might say, "Today someone will clean and count your teeth. They might even take pictures of your teeth."

If the visit is for dental treatment, you might say, "Today the dentist is going to take the bad germs from your tooth and give you a shiny new filling."

Keep the explanation simple, and keep positive. Try to remember that children take cues from you, so try not to appear frightened or nervous on the day of the visit. Give your child a chance to make his or her own opinion of the dentist. It just may surprise you to learn that your child had a good experience after-all!

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ORIGINS OF EVERYDAY ITEMS

➤ The safety pin as we know it today was invented in 1849, when Walter Hunt patented the first modern design. Primitive precursors were developed in Europe about 3,000 years ago and became the standard device for fastening clothes.

➤ The first toothbrush with bristles was developed in China in 1498. Bristles were taken from hogs at first, and later from horses and even badgers. Nylon bristles were developed in 1938.

➤ The first elevator, called the flying chair, was erected in King Louis XV's private apartments in the Palace of Versailles in 1743. The chair was operated by weights.



Bring a Chicken to Dinner for National Chicken Month

The National Broiler Council sponsors National Chicken Month to focus attention on one of the most versatile, nutritious, convenient and economical foods available. Chicken is a low-fat food that can be prepared with a minimum of time and effort, a big plus for busy people. Here's a great recipe for stuffed chicken breasts that is quick, and easy to prepare — and delicious.

(The ingredients should be multiplied by the number of guests to be served.)

1 boned, skinned chicken breast	1/2 cup dry white wine
1 1/2 tablespoons butter or margarine	2 tablespoons freshly chopped, peeled, seeded tomatoes
1 thin slice ham	2 tablespoons cream
1 thin slice Swiss cheese	1 tablespoon chopped parsley
1 tablespoon finely minced shallots	
3 mushroom caps	

Beat the chicken breast with a cleaver until very thin. In a pan on medium heat, melt the butter and cook both sides of the chicken until it is no longer pink, about two to three minutes in all. Fold this thin piece over once to hold the ham and cheese. Remove the chicken from the pan and keep it warm. Sauté mushrooms and shallots in the pan drippings for about three minutes, then add the wine and tomatoes. Simmer three

minutes, then add the cream. Return the chicken to the pan and heat slowly, but do not let it boil, turning several times. After about five minutes, add the parsley and season to taste. Serve at once over rice or noodles.

The Salmonella Scare

Chicken must be handled properly to avoid the risk of salmonella infection. But the dangers can be eliminated by taking certain precautions:

- ★ Don't buy chicken whose "sell by" or "best used by" date has passed.
- ★ Put raw chicken in plastic bags so drippings can't contaminate other foods.
- ★ Refrigerate chicken as soon as possible. Freeze it if you aren't using it that day.
- ★ Wash hands, utensils, counters and cutting surfaces with hot soapy water between preparation of different foods.
- ★ Use a plastic cutting board for preparing chicken; it will be easier to clean.
- ★ Wear gloves when handling meat if you have a cut or open wound on your hand.
- ★ Use a meat thermometer to make sure your chicken is cooked to at least 165 degrees F (74 C) to kill the bacteria.