

**Eggs Contribute Insignificant Risk To Heart Disease:**

A study recently published online in the journal *Risk Analysis* estimates that eating one egg per day is responsible for less than 1 percent of the risk of coronary heart disease (CHD) in healthy adults. Alternatively, lifestyle factors including poor diet, smoking, obesity and physical inactivity contribute 30 to 40 percent of heart disease risk, depending on gender. This study adds to more than thirty years of research showing that healthy adults can eat eggs without significantly affecting their risk of heart disease.

**Fast Food Meals Are Smaller, Have Fewer Calories Than Food Served At Restaurants:**

A new study in the *Review of Agricultural Economics* compares fast food and table service meals at restaurants. Results show that both are larger and have more calories than meals prepared at home, with the typical fast food meal being smaller and having fewer calories than the average meal from a table service restaurant.

**Extra-Virgin Olive Oil Has Anti-Cancer Components:**

Good quality extra-virgin olive oil contains health-relevant chemicals, 'phytochemicals', that can trigger cancer cell death. New research published in the open access journal *BMC Cancer* sheds more light on the suspected association between olive oil-rich Mediterranean diets and reductions in breast cancer risk.

January 9, 2009

**This month:**

**Healthy Weight Week:**

**January 18 - 24, 2009**



“The rest of the world lives to eat, while I eat to live.”

-Socrates.

To lose weight, change your attitude to food. Do not treat food as an award or consolation. Food is fuel for your body. Choose food packed with vitamins, fiber, and other essential nutrients, not just calories.

**What is Normal Eating?**

In celebration of Healthy Weight Week from January 18– 24, take a look at these “normal eating” tips.

Normal eating is:

- Being able to eat when you are hungry and continue eating until you are satisfied.
- Being able to choose foods you like and truly getting enough when you are eating, not just stopping because you think you should.
- Being able to use some restraint in your food selection to get the right foods, but not being so restrictive that you miss out on pleasurable foods.
- Giving yourself permission to eat sometimes because you are happy, sad, bored or just because it feels good.
- Eating 3 meals a day most of the time, but it can also be choosing to munch throughout the day.
- Leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful and fresh.

Source: *How to Get Your Kids to Eat, But Not Too Much* by Ellen Satter, RD, ACSW, Bull Publishing, 1987.

## Upcoming Events

Looking to eat healthier in the New Year?

If so, join... [New Year, New You Challenge!](#)

**(January 19, 2009 - February 27, 2009)**

[The Free New Year, New You Challenge:](#)

- Develop a **Personalized** Eating Plan!
- Gain practical tips for **Portion Control!**
- Regular **Motivational Emails!**
- **Jump Start** your **2009 healthy eating goals** with the **Challenge Log** to track your progress!

To Register: Call 785-9865. email:

[deback.judy@co.la-crosse.wi.us](mailto:deback.judy@co.la-crosse.wi.us)



## Nutrition on a Budget

### **Pre-packaged Snacks**

Small fruit, pudding, jello, and chip packages are quick and convenient when making your lunch for the day. Save money by purchasing larger containers of foods such as yogurt, cottage cheese, jars of applesauce, or pudding mix to make your own pudding, then packaging them into smaller containers and adding them to your lunch.



Do you have a nutrition question for one of your Registered Dietitians?

Feel free to submit your questions to:

[loging.jennifer@co.la-crosse.wi.us](mailto:loging.jennifer@co.la-crosse.wi.us)



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#### **Resources:**

Nutrition in the News: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

Eggs: <http://www.medicalnewstoday.com/articles/133416.php>

Meals: <http://www.medicalnewstoday.com/articles/133558.php>

Oil: <http://www.medicalnewstoday.com/articles/133535.php>

## **Recipe Corner**

### **CHUNKY MEATLESS CHILI**

**Makes approximately 6 2-cup servings**

- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced (optional)
- 3 1/2 cups canned tomatoes, undrained, chopped
- 1 can kidney beans, undrained
- 1 can Black-eyed Peas, undrained
- 1 can whole kernel corn, drained
- 1 cup water
- 1 cup uncooked rice
- 1-2 tablespoons chili powder
- 1 1/2 teaspoons ground cumin (optional)

**1.** Grease or spray a 3-quart saucepan and sauté green pepper, onion, and garlic over medium-high heat for 5 minutes until tender.

**2.** Add and blend in the tomatoes, kidney beans, black-eyed peas, corn, water, rice, chili powder, and cumin.

**3.** Bring to a boil, reduce heat, cover, and simmer 30 minutes, stirring occasionally.

When serving, may be garnished with lowfat sour cream or plain yogurt, chopped onions, and/or lowfat shredded cheese.

#### **Nutrition Information per serving:**

Calories 313

Calories from Fat 11

Total Fat 1.3 g

Saturated Fat .2 g

Cholesterol 0 mg

Sodium 968 mg

Total Carbohydrate 65 g

Dietary Fiber 10 g

Sugar 8 g

Protein 12 g

Vitamin A 156 RE

Vitamin C 38 mg

Calcium 85 mg

Iron 4.6 mg

Food & Nutrition Service, USDA

Recipe provided by Taste of Home Magazine