

W.O.W Point Board

Average
Individual
Points:

Week 01:
9.8

Week 02:
25.4

Week 03
21.5

Team Points

Ruby: 462.5 pts.

Emerald: 414 pts.

Aqua: 370.5pts.

Violet: 316 pts

Marigold: 262.5
pts.

Tangerine:
210pts.

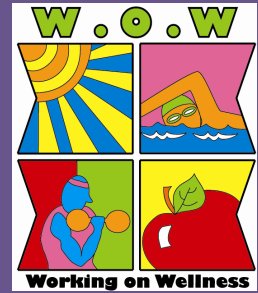
Indigo: 174.5 pts.

Points are based on individuals who came to weigh-in's last week. They do not include e-mailed reports.

W.O.W Weekly

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Fruits and Veggies: How do you compare?

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

Recently, The Consumer Reports National Research Center surveyed 1,234 adults about their exercise and eating habits. Most of the people surveyed (66%) were satisfied with the amount of fruits and veggies they were eating. However, only 36% ate five or more servings per day. The most popular veggies were starchy and eaten at least once weekly by 83% of respondents. Salad greens were eaten once weekly by 78% and tomatoes were eaten once weekly by 71%. White potatoes were consumed once each week by 61% of people and were the most popular veggie. Carrots were eaten weekly by 60% of those surveyed and green peas and cucumbers were eaten by 40% of respondents weekly. Broccoli and peppers were also eaten once weekly by more than 4 out of 10 people surveyed. Beans were less popular and only 1/3 of respondents ate cabbage, celery and spinach at least once weekly. Some of the least popular vegetables were eggplant (eaten by only 7%) and bok

choy (4%). Parsnip was eaten by only 3%. Other unpopular veggies included okra, Swiss chard, and turnips.

The barriers keeping people from eating their veggies were numerous. Almost 1/3 said that veggies were hard to store or went bad before they could be used. Others disliked the cost and the length of time needed to prepare them. If these are also issues for you, it may be prudent to consider buying frozen varieties to avoid spoilage and make preparation easier. They are also more likely to be fresh as frozen veggies are picked at the peak of harvest season and flash frozen. Other reasons for not eating veggies included plain dislike which 13% of respondents admitted to.

Skimping on your veggies is not the best idea. Most fruits and vegetables are naturally low in calories and provide essential nutrients and dietary fiber. They may also play a role in preventing certain chronic diseases. When compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts, as part of a healthy diet, tend to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps cardiovascular disease and hypertension.

By eating fruits and vegetables of a variety of different colors, one can get the best all-around health benefits. Each different color fruit and vegetables contains unique health components that are essential to our health. Fruits and vegetables are very important to our health because they are whole foods, created by nature, that are rich in a large amount of nutrients. The processed foods that we so commonly eat, can never compare to the health benefits provided by strawberries or broccoli.

The phrase "eating a rainbow" of fruits and vegetables is a simple way of remembering to get as much color variety in your diet as possible, so that you can maximize your intake of a broad range of nutrients. The colors of fruits and vegetables are a small clue as to what vitamins and nutrients are included. By getting a variety of different colored fruits and vegetables, you are guaranteed a diverse amount of essential vitamins and minerals. High levels of fruits, vegetables, greens and beans may help you lose weight because they are low in calories and high in volume. On a very practical level they fill you up, without loading you up with fat and calories. And when your stomach is filled up with high volume, low calorie food, there is less room for high calorie, low volume food.

Recipe of the Week

Vegetarian Chili

Yield: 8 servings (serving size: 1 1/2 cups soup)

Ingredients

- 1 tablespoon olive oil
- 2 cups chopped onion
- 3 garlic cloves, minced
- 4 cups water, divided
- 2 tablespoons sugar
- 2 tablespoons chili powder
- 2 tablespoons Worcestershire sauce
- 2 (14.5-ounce) cans diced tomatoes, undrained
- 1 (15 1/2-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (16-ounce) can cannellini beans or other white beans, rinsed and drained
- 1 (6-ounce) can tomato paste
- 1/2 cup (2 ounces) reduced-fat shredded cheddar cheese, (optional)

Nutritional Information

Calories: 276 (11% from fat)

Fat: 3.5g (sat 0.3g, mono 1.3g, poly 1g)

Protein: 12.7g

Carbohydrate: 7g



Worcestershire gives this chili its unique flavor.

Preparation

Heat oil in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 3 minutes or until tender. Add 3 cups water and next 8 ingredients (through cannellini beans), stirring to combine.

Combine remaining cup of water and tomato paste in a bowl, stirring with a whisk until blended. Stir tomato paste mixture into bean mixture. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated. Ladle soup into bowls. Top with cheese, if desired.

EASY MOVE: Dead Bugs

Begin by lying on back, knees up and bent at 90 degrees. Take the arms straight up overhead and hold this position for a moment, making sure abs are in tight and your back isn't arching off the floor (if it is, lower the feet to the ground for this exercise). Slowly lower the right arm and left leg towards the floor while keeping the lower back on the floor. Bring them back up and lower the left arm and right leg to the floor. Continue lowering opposite arm and leg for a total of 10 reps.

