



DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Chicken with Chinese Vegetable Stir-fry

The success of stir-frying is in the use of a quality wok and high heat. Use a good quality oil; tea oil is the best or canola oil. Do not use olive oil. Add the ingredients in the order specified and keep the ingredients moving with a wok scoop. Serve directly from the wok.

What You'll Need:

- ✓ 2 skinless, boneless chicken breasts, sliced evenly into thin pieces
- ✓ 1/2 egg white slightly beaten
- ✓ 2 tsp cornstarch paste (2 tsp cornstarch with 1 tsp water)
- ✓ 2-4 Tbs tea oil or canola oil
- ✓ 2 garlic cloves chopped
- ✓ 1 scallion, cut into short sections
- ✓ 4 ounces sliced bamboo shoots
- ✓ 4 ounces snow peas
- ✓ 8 small chopped shiitake mushrooms
- ✓ 1 tsp light brown sugar
- ✓ 1 Tbs reduced sodium soy sauce
- ✓ 1 Tbs rice wine or sherry

How To Prepare It:

Prepare the chicken and place in a glass bowl with the egg white and cornstarch paste. Mix. Prepare all vegetables and heat the wok, adding oil to coat the sides. Add the chicken and stir-fry for 1 minute. Remove with slotted spoon and keep warm. Add the ginger, garlic and scallions. Toss for a few seconds, and then add remaining vegetables. Toss and mix for approximately 1 to 2 minutes, adding the sugar and chicken. Blend, then add the soy sauce and rice wine. Serve over Chinese noodles or whole grain rice.

Healthy Cooking

Having The Right Tools Makes Eating Healthy Easy

By Richard Collins, MD

My grandfather was a true craftsman, a fine wood-working carpenter. He told me years ago that if you want to do a good job, have the right tools. This philosophy holds true in the kitchen as well. Here are a few of the right tools you need for easier healthy cooking.

High Quality Sauté and Sauce Pans. In pans, you get what you pay for. So spend the extra for quality. Stainless steel is the best with an oven-proof handle. A non-stick coating is helpful for easy clean-up. If you have a pan with a coating that is chipped or marred, discard it.

Grill Pan. A grill pan is designed to lift the food product off the pan and provide grilling marks from the ridges on the pan surface. It is ideal when grilling lower fat items. A round grill pan is the best for even heating.

Fat Separator. Used to pour off the fat from gravy or a sauce. The spout is located on the bottom of the container.

Egg Separator. A handy device used to separate the egg yolk from the egg white.

Wok. Great for stir-frying. The heavier the better. Avoid a non-stick coating. Wok cooking uses very high heat.

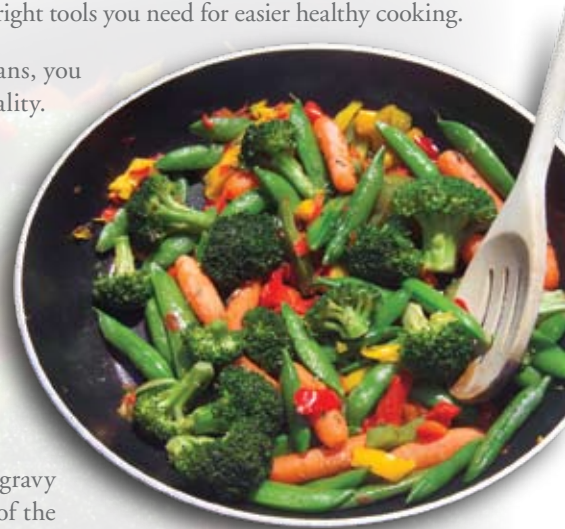
Clay Roaster. Perfect for roasting vegetables and chicken. The roaster keeps the moisture in the food.

Food Processor. Purchase two sizes—one for small tasks, like chopping herbs, and a larger processor for combining bulk ingredients.

Knives, a Sharpener and Storage Device. Quality here is important. A chef knife at least 8 inches long is the best plus a serrated knife for breads. Have a sharpener handy (electric or steel). Most kitchens have very dull knives. Quality sharp knives are a must for any home gourmet cook. Remember...never have a knife drawer. Always store knives in a standing rack or use sleeve protectors.

Mandoline. A fine cut slicer ranging in price from \$30 to \$200. The best is one that is adjustable with various cutting blades, perfect for making the micro-wave potato chips.

Remember, not only have the right tools for the right job, but take proper care of your kitchen equipment. These utensils will enable you to *Cook Well, Live Long.*





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The 7 Signs of a Fad Diet

High Fat...High Protein...Low Carbs...No Carbs?

Of the estimated 50 million Americans who will go on diets this year, only a small percentage will succeed in keeping the weight off long term.

One potential reason for this is that many Americans look for fast and effortless solutions to losing weight and can succumb to the empty promises of fad diets. So what's the best way to help people spot a fad diet? The American Heart Association (www.americanheart.org) offers the following seven recommendations for spotting fad diets.

1 Magic or miracle foods that burn fat

Foods don't burn fat—they create fat when we eat more than we need. Fat is your body's way of storing extra food for energy. To lose weight, you must use more energy than you consume, forcing your body to use some of its surplus. Burn fat by increasing physical activity or decrease the amount of food you eat.

2 Bizarre quantities of only one food or type of food

Some fad diets emphasize bizarre quantities of only one food or type of food, such as eating only tomatoes or beef, or unlimited bowls of cabbage soup or grapefruit. This can result in unpleasant side effects—like intestinal gas, bloating, flatulence and bad breath—as well as nutritional imbalances that could seriously impact your health.

3 Rigid menus

Many fad diets set out a very limited selection of foods to be eaten at a specific time and day, exactly as written. Often, these limited diets don't address the widely varied taste preferences of our diverse American population.

4 Specific food combinations

Some foods taste good together, like the classic "soup and sandwich," but there's no scientific evidence that eating foods in certain sequences or combinations has any medical benefit.

5 Rapid weight loss of more than two pounds a week

A loss of one to two pounds per week is considered healthy weight loss. Remember that people who lose weight gradually are more likely to keep it off.

6 No warning for people with either diabetes or high blood pressure to seek advice from a physician or health care provider

Some fad diets could raise blood pressure or blood glucose, even if you lose weight. Diets high in fat, which are often those that over-emphasize protein, can lead to heart disease and cancer. In addition, high-protein diets can worsen kidney or liver function in people with moderately advanced liver or kidney disease.

7 No increased physical activity

Simple physical activities, like walking or riding a bike, are some of the most important ways to lose weight and maintain weight loss. Yet many "fad" diets don't emphasize these easy changes. Any increase in physical activity will help you burn more calories.

A healthful diet rich in fresh fruits and vegetables, combined with regular physical activity, can help most people manage and maintain weight loss for both cardiovascular health and appearance.

Source: American Heart Association, Federal Trade Commission, and Food and Drug Administration



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