



## HEALTHY LIVING NEWSLETTER

### ARE OUR EATING HABITS A NATIONAL SECURITY RISK?

It's common knowledge that the way Americans eat is a health risk. With nearly 67% of the American population overweight or obese, and heart disease and diabetes on the rise, seeing headlines addressing the obesity epidemic has become common. A new study released by the group *Mission: Readiness* claims that 75% of American youths are unfit for military service. Given that the U.S. is currently engaged in two wars, they claim that our waistlines are now a national security threat.

MAY 2010



A new study claims that America's youth are "Too Fat to Fight".

### FITNESS QUALIFICATIONS FOR MEN IN THE NAVY

- Not to exceed 22% body Fat
- Run 1.5 miles in 12:15 or less
- 54 sit-ups
- 46 pushups
- Swim 450M in 12:05 or less

### LIVING LONGER AND LIVING BETTER

Lifelong smoking will effectively decrease your life expectancy by 10 years. Being forty or more pounds overweight has the same negative effect on life expectancy as lifelong smoking. The majority of my overweight and obese patients do not smoke, often telling me "well, at least I don't smoke." The results of this study, reveal that smoking and obesity are both negatives for life expectancy.

### ASPARAGUS : SPRINGS MOST ANTICIPATED VEGETABLE



Asparagus is an excellent source of folic acid, potassium, fiber, and vitamins A, B6, and C

## CHILI-RUBBED TILAPIA WITH ASPARAGUS & LEMON

FROM EATINGWELL.COM

### INGREDIENTS

- 2 pounds asparagus, tough ends trimmed, cut into 1-inch pieces
- 2 tablespoons chili powder
- 1/2 teaspoon garlic, powder
- 1/2 teaspoon salt, divided
- 1 pound tilapia, Pacific sole or other firm white fish fillets
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lemon



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### PREPARATION

1. Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover and steam until tender-crisp, about 4 minutes. Transfer to a large plate, spreading out to cool.
2. Combine chili powder, garlic powder and 1/4 teaspoon salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes total. Divide among 4 plates. Immediately add lemon juice, the remaining 1/4 teaspoon salt and asparagus to the pan and cook, stirring constantly, until the asparagus is coated and heated through, about 2 minutes. Serve the asparagus with the fish.

### NUTRITION

Per serving: 210 calories; 10 g fat (1 g sat, 1 g mono); 48 mg cholesterol; 3 g carbohydrates; 0 g added sugars; 24 g protein; 4 g fiber; 418 mg sodium; 645 mg potassium.

**NUTRITION BONUS: VITAMIN C (37% DAILY VALUE), FOLATE (33% DV), IRON (33% DV), FIBER (24% DV).**

[More Asparagus Recipes](#)

[http://www.eatingwell.com/healthy\\_cooking/healthy\\_food\\_guide/asparagus](http://www.eatingwell.com/healthy_cooking/healthy_food_guide/asparagus)