



Yoga and Your Health

Dana Blinder for WebMD

Yoga is famous for improving flexibility and encouraging relaxation, but research shows other health benefits.

RA One study found that 75-minute yoga sessions, performed three times a week for 10 weeks, eased symptoms of rheumatoid arthritis (RA) in a group of women between 45 and 75. The yoga classes also improved their disability related to RA and improved their balance.

Food cravings In a study of 15,500 average-weight adults, people gained three fewer pounds annually over the course of four years if they followed a routine of 30 minutes of yoga per week.

Cravings generally strike when our

bodies are tense. Loosening muscles with yoga movements makes it easier to reflect on whether or not you really need that candy bar.

Pregnancy A study found that doing yoga while pregnant increased the odds of a healthy delivery. The 335 women studied added a yoga routine during their second trimester; the result was higher birth weights and lower pregnancy-induced hypertension compared to non-yoga-practicing participants.

Cardiovascular Disease and Diabetes Another study, which looked at 98 adults with varying health concerns, such as hypertension, coronary artery disease, and diabetes, found significant improvements in blood sugar and total cholesterol levels with the incorporation of yoga into their



routine.

Sleep - especially for cancer patients The calming meditation practices often used in yoga are great to take your mind off a stressful day, and to help you sleep better. In one study lymphoma patients improved their sleeping habits by practicing Tibetan yoga. After taking a 20-minute yoga class once a week for seven weeks, patients fell asleep faster, slept longer, and reduced the amount of sleep medication they needed.



Per serving: 355 calories, 20.0 g fat (3.5 g sat fat), 103 mg chol, 262 mg sodium, 4.5 g carbs, 2.1 g



Per serving: 316 calories, 22.1 g fat (3.2 g sat fat), 47 mg chol, 73 mg sodium, 10.7 g carbs, 4.9 g fiber, 21.5 g protein
See cost breakdown on page 2

2 Dinners for 4 from Rachel Ray

Under 30 Minutes and Less Than \$3.00 a Serving

Grilled Pork chops with Swiss Chard Salad - \$2.90 per person

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|--------------------------------|---|
| 4 bone-in pork chops, ½” thick | 1 Tb balsamic vinegar |
| Salt & pepper | 1 tsp lemon zest plus 1½ tsp lemon juice |
| 1 oz. hazelnuts (about ¼ cup) | ¾ lb red Swiss chard, stemmed & shredded (about 8 cups) |
| 3 Tb olive oil | |

Season the chops with salt & pepper. Heat a small, heavy skillet to medium-high. Add the nuts and toast, stirring frequently, until the skins are loosened, about 5 minutes. Transfer them to a kitchen towel and rub vigorously to remove the skins. Discard skins and coarsely chop the nuts. Preheat a grill or grill pan to medium-high. Whisk together olive oil, vinegar, lemon zest, juice, salt and pepper. Drizzle 4 teaspoons of the vinaigrette onto the chops, rubbing to coat. Oil the grate and grill chops about 3 minutes on one side and two minutes on the other. In a large bowl, toss the chard with the rest of the vinaigrette and the hazelnuts.

Cod with Eggplant, Tomatoes & Basil - \$2.55 per person

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|--------------------------|-------------------------------|--------------------------|
| 6 Tb olive oil | 1 pt cherry tomatoes, halved | ¾ lb skinless cod fillet |
| 5 cloves garlic, chopped | 1 1-lb eggplant, in ½” slices | ⅔ cup shredded basil |

Heat broiler. In skillet, heat 3 Tb of the oil over medium-high. Add the garlic, cook about 2 minutes, transfer to small bowl. Add the tomatoes with salt & pepper and cook undisturbed 5 minutes. Stir and continue to cook stirring occasionally 5 minutes. Line a baking sheet with foil; add eggplant in one layer. Brush both sides with rest of oil and season with salt & pepper. Broil turning once, about 8 minutes. Cut cod into 1” cubes. On the sheet, divide the eggplant into 4 portions. Spoon tomato on top and cover with cod. Broil until fish is cooked, about 5 minutes. Transfer to plates and top with garlic and basil.

Grill for Less

Slice your grocery budget with savvy meat switcheroos for your grill from Kari Underly, author of The Art of Beef Cutting.

If you love...baby back ribs, try... St. Louis-Style Ribs and save 20%. Small tender pork baby back ribs are in high demand, so grocers jack up the price. Full spareribs (the lower part of the ribs that has the brisket attached) are cheaper but trickier to cook. St. Louis ribs come minus the brisket, so they cook more evenly.

If you love... rib-eye steak, try...chuck-eye steak and save 50%. Both of these cuts come from the same muscles, so they have an equally hearty flavor. But chuck-eye costs less because there's a bit more connective tissue that may need a quick trim job.

If you love...filet mignon, try flatiron steak and save 55%. This boneless cut from the shoulder is almost as silky-textured as the other cuts, and tastes just as rich. But it's more forgiving because it has lots of marbling. Even grilled well-done, flatiron tastes tender.

Source: *Rachel Ray Magazine*



Which Is the Better Buy?

PRECUT

You've probably assumed this option is pricier because the work is done for you. but at an average cost of \$1.20 per pound, it turns out to be cheaper than cutting up a whole melon yourself. Just check the cut melon's "prepared on" date; it should be the same day you buy it.

Prep Time	Price
1 second	\$1.20

Whole

A skin-on, 5 -pound watermelon averages a seemingly inexpensive \$.80 per pound - but the rind makes up about 50 percent of its weight, so you're literally throwing away half of what you paid for! That means the cost of the edible flesh is actually about \$1.60 per pound.

Prep Time	Price
10 minutes	\$1.60



Surprise! The winner is... Precut

Kate Parkham in *Rachel Ray Magazine*



Pork Chop Dinner	Cod Dinner
Pork chops 7.49	Olive oil .96
Hazelnuts .93	Garlic .35
Olive oil .48	Tomatoes 1.50
Vinegar .24	Eggplant 1.49
Lemon .19	Cod 5.25
Chard 2.25	Basil .63
Total \$11.58	Total \$10.18
Per Person \$2.90	Per Person \$2.55

Eat Your Vitamins & Minerals

Vitamin B12

Eat This Not That

What is it: It is an unusual vitamin formed by microorganisms like bacteria and yeast (and found in the various and sundry animals that ingest them).

Why you need it: It plays a key role in developing blood cells and nerve cells and processing protein. It helps protect individuals with anemia and gastrointestinal disorders.

Best Sources:

Clams

3 ounces, 126 calories
1404 percent daily value

Chicken breast

140 calories
6 percent daily value

Oysters

6 oysters, 250 calories
720 percent daily value

Calf liver

4 ounces, 187 calories
690 percent daily value

Rainbow trout

3 ounces, 130 calories
90 percent daily value

Top sirloin

3 ounces, 160 calories
25 percent daily value

Skim yogurt

1 cup, 137 calories
25 percent daily value

Milk

1 cup, 121 calories
14 percent daily value

Lean cured ham

3 ounces, 130 calories
10 percent daily value

Hard-boiled egg

80 calories
10 percent daily value

HUMOR

