

Smarter Bodies

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Editor Jim Rabic

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SMART RUNNING

Getting the MOST Out of Training

It doesn't take a rocket scientist to understand that training is important to running performance. No matter how much genetic physiological talent you may have, if you don't train then you're not going to perform very well. All training is about working to maximize your potential and perform well no matter what the competitive circumstances. Many runners go out and run everyday, but I often wonder how many of them actually train and for those that do train, just how many get the most from each of their workouts.

Far too often runners look at mental and physical training separately and this disconnect is usually most evident during training. Sure, you go out and run your workout, but how much mental focus do you put into it? To get the most out of your workouts physically, you must put a lot into them mentally as well. It's very difficult to just "flip the switch" on race day and suddenly do things mentally different than you did them in training.

It's very important to prepare yourself for great training every time you go out, even if it's just for a short, easy recovery run. Let's take a look at some things you can do mentally to be sure you get the most out of each of your training sessions, whether that means 3 runs a week or 14 runs a week. First, always have a goal for each training session. Every run should have some meaning no matter the pace or distance of the run. Every training session should have a purpose! A hard interval workout will serve to build lactic acid tolerance and mental toughness. A light recovery run is just that: recovery. Even a day off should serve the specific purpose of rest and recovery. Each day set a specific goal for that day's run. Write the goal on a small piece of paper and look at it often as a reminder of just what you are looking to accomplish that day. That one reminder may help you to run harder on your hard days and actually run at a recovery pace on your easy days!

To get the most out of any workout you must be excited about it. Remind yourself that each workout is a stepping-stone to a great performance in a race. Never look at a workout as a chore! All workouts are a chance to get better! Visualize yourself running well and having fun! How you think can greatly effect how you feel, so think positive, exciting things about your workout and you will enhance the chances of a positive, exciting workout occurring.

To help get excited and focused for your workout be sure to develop some type of pre-workout routine. Pre-event routines can help any runner better prepare mentally for upcoming events. Your pre-workout routine should be triggered by a time or particular activity before the workout. May be it's putting on your shoes or starting your stretching. Whatever

the trigger is, use it as a signal to clear your mind and put other things, like job, relationships etc. on the back burner and focus on what you are about to do in your workout. Visualize what you want to happen in your run and get yourself mentally ready to go out and do it.

Once your workout actually begins its time to actually commit to what you had planned. Remind yourself of the purpose of the workout and stick with it. If you are supposed to be doing a recovery run, then don't go out and blaze the run just because you feel pretty good. On the other hand, if you're supposed to do a hard tempo run commit to running hard, not just simply coasting along in your comfort zone. Know the purpose of each workout you run and then fully commit yourself to following through.

Of course, running is a very, very unpredictable sport. In a nutshell, you have got to expect the unexpected. In races you will encounter bad weather, horribly hilly courses, poor footing, start time delays, illness, not feeling great and even nagging problems like sore toenails or blisters. Sure, you can tell yourself that these things won't happen to you, but the fact is not being prepared for adversity will make it worse. Learn to train with adversity. Don't be afraid to go out on that 35-degree day in the driving rain. Run the hilliest, toughest course you can find. On those days when you just don't feel real great, remind yourself of your goal and keep focused on the purpose of the workout. Learn to use adversity to your advantage. Then when other runners are complaining about things you will simply reply, "bring it on"!

Finally, be confident in your workouts and you will be more confident in your races. Each day in training try and think positive and energizing thoughts that will make your workout more beneficial. Try to eliminate negative, irrational self-talk that drains confidence and increases anxiety. Also, visualize success as you train. Use imagery during training to help you actually experience what you want to happen in the big race you're training for. Remember that good runners see what they want to happen, not what they're afraid might happen.

No matter how much talent you have, you're not just suddenly going to become a great runner. To get the absolute most out of your potential, quality training is truly the key to success. No, every training session is not always going to be great, but by making the decision to maximize each and every session you will be that much closer to a great race performance. By committing yourself to quality preparation means you will get totally involved in the process of preparation and the better the preparation the better the race result. Once you prepare your best there is nothing left to do in the race but trust yourself and run your best on that day

Cell phones reduce sperm counts

A study debuted in New Orleans has suggested that electromagnetic radiation from cell phones may have an effect on a man's sperm count.

The researchers, whose findings were presented at the 62nd annual meeting of the American Society for Reproductive Medicine, said the sperm may also be affected by the heat generated by the phones, RxPG News reported Tuesday.

Researchers from Cleveland, Mumbai and New Orleans said the effect on

a man's sperm count depends on the number of hours he spends using his cell phone every day.

They said data from 364 men being treated for infertility revealed that men who do not use cell phones averaged sperm counts of 86 million per milliliter with 40 percent normal forms and 68 percent motility, while men who used their phones for more than four hours per day averaged sperm counts of 66 million per milliliter with 21 percent normal forms and 48 percent motility.

The researchers said further studies are needed to accurately identify the reason for reduced sperm counts in cell phone users.

Referral Race

Beginning September 18, 2006

the client who refers 3

friends or family

who purchase 10 or more sessions by

January 1, 2007

will Win



10 Free Trainings

an upgrade of 4 from the 6 already given

And everyone who reaches 5 Referrals will win

15 Free Trainings

an upgrade of 5 from the 5 already given

**Referrals can be for
Marlton, Turnersville and even Florida!**

Body Warmers

A warm-up helps your body prepare itself for exercise both mentally and physically, and reduces the chance of injury. Use this time to help prepare your mind for the exercise that will follow.

The aim is to increase circulation around the body, in a gradual manner, as not to put any pressure onto the body. During the warm-up any injury or illness you have can often be recognized, and further injury prevented.

Extra clothing can be worn, to help increase the body temperature, which in turn will make your muscles more pliable, and ready to be stretched.



The warm-up can be a combination of rhythmic exercise, such as those shown in aerobic videos, or a slower version of the aerobic activity to come.

For example, you might want to walk before you jog, do the hovering and mopping of the floor, prior to doing a light home circuit.

What is important is that you warm up and do some static stretching. The body will take time to warm up properly; i.e. shut down areas such as the digestive system, in order to supply the muscles with more blood.

Aim for a minimum of 5 minutes for a warm-up and the same for stretching. When working out, take into consideration that it may take a good 30 minutes for your body to be working at its best.

During cold weather, and certainly if you're going to do an activity which requires sudden bursts, make sure you spend more time warming up.

How to Spot an Eating Disorder



The following are signs that a person may have an eating disorder, according to the American Dietetic Association:

- Refusing to maintain body weight at or above a minimally normal weight for age and height
- Demonstrating intense fear of gaining weight or becoming fat
- Denial of the seriousness of low body weight
- Stopping menstruation for at least three consecutive cycles
- Binge eating: Eating an amount of food within any two-hour period that is larger than most people would eat during that time. For example, eating six bagels instead of one, or eating an entire box of cookies at one sitting
- Exhibiting lack of control over eating during a binge episode. Shoving things into the mouth without silverware may signal a lack of control
- Misusing laxatives, diuretics, enemas, fasting, excessive exercise, or self-induced vomiting (compensatory behavior)

If you believe a friend, spouse, or family member is suffering from an eating disorder, it's important that he or she receive professional treatment immediately: Some cases can result in life-long health problems, such as osteoporosis, or even in death. You can call your local hospital for referral to a treatment program or contact the American Dietetic Association (<http://www.eatright.org>) to find a dietician in your area who is trained to help someone with an eating disorder.



The Power of Mind/ Body Training

One of the fundamental components of the Spinning® program is the use of mind/body techniques to enhance performance. But what does that mean? And how do you apply these principles in your classes?

Mind/body training integrates physical awareness by use of mental images. As the body follows these mental images, the participant becomes more aware of physical performance and the connection with the working body parts. Through this enhanced awareness, the participant is able to perform more efficiently and reach desired goals sooner.

As you begin formulating a mind/body class, the imagery should be based on the physical form rather than the trees at the side of the road or the clouds in the sky. Remember that mind/body training is about integrating mental self-image. Try the following exercise during your own personal training sessions: Close your eyes and concentrate on your physical performance.

Be acutely aware of the space you occupy as you visualize your toes, legs, hips, spine, neck, shoulders, arms, hands, facial muscles, breathing, etc. As you explore your physical movement, connect with your breathing and release all unnecessary tension from your muscles. Discover the increased focus you develop with this technique and how it connects

the mind with the body. Visualize yourself performing, relaxed and powerful.

Practice this technique on your own to better enable you to implement mind/body training in your class structure. When introducing the mind/body connection in class, capture your students' attention from the start using breathing and relaxation techniques. A "noisy" head will not be able to create the focus needed to make the connection. At the beginning of class, ask your students to stop pedaling and take some deep relaxing breaths.

As you begin riding, coach them through guided physical imagery and breathing techniques. Although guided imagery is best done with the eyes closed, a strong focus point somewhere in the room can also be used (candle, spot on the floor). Your music should produce an environment to assist with inner focus (new age, world)

rather than entertainment (top 40, rock and roll).

Be aware that mind/body training takes time and patience. At first, the mind is distracted and focusing is frustrating. Encourage your students to focus a little longer each time they train. Before you know it, your class will be able to find the connection quickly.



FitBit

Feeling down? Hop on a Spinner® bike and pedal your way to higher spirits. According to the Exercise Physiologists Association of Australia, multiple studies have proven that working out is just as effective an anti-depressant as medication or psychotherapy. In fact, the EPA is already contributing to a national depression initiative in Australia which includes a campaign to raise awareness of the psychological benefits of exercise among both general practitioners and the public.

New @ Smart Bodies

The Urban Rebounder



The study of the human body is fairly interesting. The moment it becomes no less than amazing is when we understand what happens as the body

is placed under the demands of movement and resistance we call exercise. Rebounding is an effective exercise that reduces your body fat; firms your arms, legs, thighs, abdomen, and hips; increases your agility; strengthens your muscles overall; provides an aerobic effect for your cardiopulmonary systems; rejuvenates your body when it's tired, and generally puts you in a state of mental and physical wellness. In fact, there are at least 33 fascinating ways the body responds to regular rebounding, detailed below:

33 Ways the Body Responds to Rebounding

1. Rebounding provides an increased G-force (gravitational load), which strengthens the musculoskeletal systems.
2. Rebounding protects the joints from the chronic fatigue and impact delivered by exercising on hard surfaces.
3. Rebounding helps manage body composition and improves muscle-to-fat ratio.
4. Rebounding aids lymphatic circulation by stimulating the millions of one-way valves in the lymphatic system.
5. Rebounding circulates more oxygen to the tissues.
6. Rebounding establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.
7. Rebounding increases capacity for respiration.
8. Rebounding tends to reduce the height to which the arterial pressures rise during exertion.
9. Rebounding lessens the time during which blood pressure remains abnormal after severe activity.
10. Rebounding assists in the rehabilitation of a heart problem.
11. Rebounding increases the functional activity of the red bone marrow in the production of red blood cells.
12. Rebounding improves resting metabolic rate so that more calories are burned for hours after exercise.
13. Rebounding causes muscles to perform work in moving fluids through the body to lighten the heart's load.
14. Rebounding decreases the volume of blood pooling in the veins of the cardiovascular system preventing chronic edema.
15. Rebounding encourages collateral circulation by increasing the capillary count in the muscles and decreasing the distance between the capillaries and the target cells.
16. Rebounding strengthens the heart and other muscles in the body so that they work more efficiently.
17. Rebounding allows the resting heart to beat less often.
18. Rebounding lowers circulating cholesterol and triglyceride levels.
19. Rebounding lowers low-density lipoprotein (bad) in the blood and increases high-density lipoprotein (good) holding off the incidence of coronary artery disease.
20. Rebounding promotes tissue repair.
21. Rebounding for longer than 20 minutes at a moderate intensity increases the mitochondria count within the muscle cells, essential for endurance.
22. Rebounding adds to the alkaline reserve of the body, which may be of significance in an emergency requiring prolonged effort.
23. Rebounding improves coordination between the proprioceptors in the joints, the transmission of nerve impulses to and from the brain, transmission of nerve impulses and responsiveness of the muscle fibers.
24. Rebounding improves the brain's responsiveness to the vestibular apparatus within the inner ear, thus improving balance.
25. Rebounding offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.
26. Rebounding enhances digestion and elimination processes.
27. Rebounding allows for deeper and easier relaxation and sleep.
28. Rebounding results in better mental performance, with keener learning processes.
29. Rebounding curtails fatigue and menstrual discomfort for women.
30. Rebounding minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.
31. Rebounding tends to slow down atrophy in the aging process.
32. Rebounding is an effective modality by which the user gains a sense of control and an improved self image.
33. Rebounding is enjoyable!

People who rebound find they are able to work longer, sleep better, and feel less tense and nervous. The effect is not just psychological, because the action of bouncing up and down against gravity effectively stimulates the lymphatic system without trauma to the musculoskeletal system. This unique discovery is central to the reasons Rebounding has become one of the most beneficial forms of exercise ever developed.

Walking for Fat Loss???



With obesity and disease increasing dramatically, many fitness experts are recommending walking for weight loss and fitness. Some are even going so far as saying that walking is the best way to burn fat and lose weight. I strongly disagree with this and am going to show you why walking is NOT effective at burning off body fat.

Yes, you read that correctly...

Walking is NOT effective at burning body fat and if your goal is fat loss you might be wasting your time. I am not saying that walking is not beneficial, I am saying that if fat loss is the primary goal, there are far better choices that will deliver far better results.

The primary benefits of walking are increased blood flow and circulation, improved recovery, and a strengthened immune system. There are several reasons why walking is not the best choice when it comes to fat loss. Here are just a few:

1. Walking does NOT burn a lot of calories

The lower the intensity of the activity or exercise the smaller the number of calories burned per unit of time. For example, you can burn more calories in 15 minutes of bicycling at a high intensity level than you can in 45 minutes of easy walking.

2. Walking does NOT result in a large increase in metabolism

Another downside to walking is that because it's generally low intensity it results in only a small increase in metabolism that will only last approximately 1-2 hours after the walk. On the other hand, metabolism increases are larger and last longer (4-24 hrs or more) when you perform high intensity cardio workouts.

3. Walking does NOT deplete muscle glycogen

Low intensity exercise like walking does not deplete muscle glycogen levels and therefore, later that day if you have excess calories they will likely be stored as body fat whereas if you deplete the glycogen the excess calories will primarily be stored in the muscles.

So why then do so many fitness and health experts recommend walking for weight loss? One reason is that people don't want to hear that they have to work hard so they figure some activity is better than none. Another reason is that the body burns more fat for fuel when exercising at an easy pace, however, the total amount of energy used is so small that you end up burning off little body fat. That's also why when you choose the "fat burning" program on your treadmill or bike it has you exercise at any easy level. Yes, you're burning fat, but so little that you'd have to exercise at that easy pace for hours and hours each day.

High intensity cardiovascular/aerobic exercise is much more effective in burning off the excess body fat. In fact, several studies have been done to prove this. In one study they com-

pared one group who did moderate level aerobics for 45 minutes with another group who performed high intensity workouts for 15 minutes. They did before and after fitness testing including body fat analysis and found that the group who performed the high intensity aerobics lost nine times as much body fat!

Want more proof?

Compare the bodies of a walker, marathon runner, and sprinter. If you are not familiar with what a sprinter's body looks like, it is very muscular and has little body fat while on the other hand



the body of a walker will likely have the opposite, little muscle and more fat. The sprinter does little or no low intensity exercise and does primarily short bursts of work while the marathoner over trains so much they burn off both the body fat and the muscle and that's why they tend to look almost sickly thin.

So what should you do then if your main objective is to shed those excess pounds of body fat?

Two things:

1. Perform some form of high intensity cardio 2-4 times per week
2. Stabilize blood sugar to minimize the storage of new fat

I know some of you by now are saying "I can't do high intensity exercise, I have a bad knee" and don't worry, I have a solution for you. The good news is that high intensity is all relative to you and your current fitness level. For example, fast walking up and down hills may be high intensity for you... it all depends. So don't think that you have to start running or something like that. Just slowly start to increase the intensity of your cardio workouts while also maybe decreasing the time because you can either work hard or you can work long.

Also, you can make almost any activity or exercise high intensity.... here are a few examples:

- * increase your speed
- * use an incline or hills
- * increase resistance
- * perform intervals (the most effective method)

Obviously, some exercises/activities or better suited than others but the point is if you want to burn more fat and make your workouts as productive as possible you need to increase the intensity.

As with any changes to your fitness program be careful and don't over do it. Just because high intensity workouts burn more fat, don't think that you'll get even better results by doing it everyday - that will quickly lead to over-training and a loss of muscle which will only make it even harder to burn off the fat.

So if your primary goal is fat loss, don't waste your time walking and instead focus on progressive, high intensity cardio to maximize the effectiveness of your workouts.

Maintaining Proper Hydration



Unlike anything else we put into our bodies, water must be consumed in ample amounts on a daily basis. It is the ultimate essential nutrient. The body can sustain life without food for an extended period of time, but without water physiological processes are comprised and death occurs in a matter of days.

Water molecules are found in and between every cell of our body. More than half of our total body weight is water (approximately 60-75%). It helps to form the structures of macromolecules such as proteins and glycogen; acts as the solvent for vitamins, minerals, glucose, amino acids and many other nutrients; and serves as the main transport system of the body, moving nutrients, toxins and waste products to their respective destinations. Water also plays a key role in the body's thermoregulatory mechanism, and with nutrient digestion and absorption. All of our body's biochemical reactions occur in water, and water is an active participant in each of the reactions. It is safe to say that water is the most underrated, often overlooked, yet essential compound that every human being needs for survival.

The primary controller of our hydration status is our thirst. Unfortunately, the threshold for the initiation of thirst occurs at a point where a person is already dehydrated to a level of 0.8-2.0% loss of body weight. If you wait until you are already thirsty, you are at a point of mild dehydration. Many people often go through life in a constant state of water malnutrition. This means that their physiological function is compromised in some way because they do not consume enough H₂O.

Dehydration can be defined as a loss of 1.0% or greater of body weight as a result of fluid loss. One of the more common misconceptions about dehydration is that one must lose water through sweat to be in a state of dehydration. The truth is we are literally losing water every time we take a breath. All of our metabolic functions require water and we don't have the ability to recycle it. It is reported that on average we replace all of the water in our bodies about once every 10-12 days. Athletes in heavy training must replace all of their water about once every six days. The water is used in one of its various functions and then removed from our bodies via evaporation, excretion, and respiration. In order to avoid dehydration, we must constantly replenish our supply of water.

To be well hydrated, the average sedentary adult male must consume at least 2.5 liters of fluid per day. The average sedentary adult female must consume at least 2.2 liters of fluid per day. The fluid must be in the form of non-caffeinated, non-alcoholic beverages, soups, and foods. Water in its pure form, is the most readily used by the body. Drinking tea, coffee, and other soft drinks can over-stimulate your central nervous system, and at the same time dehydrate your body because of the strong diuretic action of caffeine on the kidneys, which causes increased urine production. A general rule of thumb is for every cup of caffeinated beverage consumed, the body will lose up to a cup and a half of water depending on the caffeine concentration. Individuals who constantly drink coffee or sodas can in fact dehydrate themselves without any activity what-so-ever.

Early Signs of Dehydration

- *Fatigue*
- *Headache*
- *Heat Intolerance*
- *Dry Mouth or Cough*
- *Flushed Skin*
- *Appetite Loss*
- *Sensation of Being Light-Headed*
- *Dark Urine with Strong Odor*

Most recreational athletes don't drink enough water to replace the fluids they lose during exercise. To help combat this problem, it is recommended that you drink four to eight ounces of water every hour through-

out the day to ensure that you are not starting your activity in a mild state of dehydration. During exercise drink four to eight ounces of water at 15-20 minute intervals. After exercise drink at least 16 oz. of water. Try to drink cold water, the colder the better. It helps the body regulate its temperature during exercise by cooling you from the inside and has also been shown to absorb faster into the body.

Athletes in heavy training can use over 2 gallons of water per day. Training in a state of dehydration can have dramatic effects on performance. Dehydrate a muscle by only 3% and you cause about 10% loss of contractile strength and an 8% loss of speed. A study conducted at Ball State University showed a 7% drop in speed over 10 kilometers by runners who were dehydrated by just 2%-3%. That's only 3-5 lbs. for a 165 lb. runner. Cramping may also occur with cellular fluid loss. When water becomes depleted from active cells the normal concentration gradient in the cell is negatively affected. The cells lose fluid and electrolytes which cause them to malfunction or cramp.

Chronic dehydration has been linked to the development of some major health problems. It is generally thought that the prevalence of kidney stones is higher in populations with low urinary volume. Decreased fluid intake leads to low urine volume and increased concentrations of all stone-forming salts. It is recommended that persons at risk for urinary stone formation and patients with stones should consume at least 250 ml of fluid with each meal, between meals, before bedtime, and when they get up. This pattern will ensure that fluid intake is spread throughout the day and that the urine doesn't become concentrated, which increases your chances for kidney stone development.

Low fluid consumption may increase the incidence of certain cancers. There seems to be a link between patients with urinary tract cancer (bladder, kidney, prostate, and testicle) and the relatively smaller amounts of fluids they normally consumed. No association with specific fluid volumes has been found, but a study done in Seattle, Washington found women who drank more than 5 glasses of water per day had a 45% decreased risk of colon cancer versus those who drank 2 or fewer glasses. Among the men there was a 32% decrease in risk with increased water consumption. This is probably attributed to the fact that fecal mobility reduces the duration of time carcinogenic toxins sit in the large intestine.

Water also plays a primary role in the metabolism of fats. One of the many functions of the liver is to mobilize stored fat for energy use. Water is a key ingredient in metabolic processes. In times of water shortage, the kidneys cannot perform to the levels required for waste removal. This in turn results in the liver being called upon to aid the kidneys in its efforts resulting in less efficient metabolism. Additionally, water serves to further aid in caloric deficit by reducing the calories associated with other fluid choices and adding to gastric volume. People who consume regular amounts of water experience feelings of satiety (fullness) by maintaining a higher gastric volume, thus causing them to eat less. Water can take the edge off hunger, reducing the caloric peaks and valleys that many people experience when eating large meals.

The importance of water can not be emphasized enough. Dehydration plays a primary role in diminished physical performance in both the athlete and recreational participant. People need to be aware of their hydration status and monitor it accordingly. Be sure to prepare with the necessary fluids before, during and after bouts of physical activity. Regardless of training indoors versus outside, individuals need to be conscious of the environment in which they train. Remember to follow safe training and lifestyle habits and drink to your health.

Determining the appropriate amount of fluid and electrolyte consumption before, during, and after exercise is very important. Likewise, the tracking of fluid loss by pre- and post-exercise weight changes can help reduce the occurrence of accumulative dehydration. If the exercise is performed in extreme environmental conditions or performed for extended periods of time the fluid replenishment program should look into more effective fluid replacement than just water alone. Sport drinks containing a carbohydrate-electrolyte solution between 4-8% carbohydrate concentration are best suited to provide appropriate fluid retention by the kidneys. Drinks containing glucose polymers are more palatable and experience better gastric emptying and digestive tract absorption than those made with fructose and sucrose. Additionally, greater gastric volume increases the emptying rate of the stomach, which leads to improved hydration balance. In all cases water intake should be appropriately managed and tracked for physically active individuals.

Web Site of the Month

Notebook Hardware Control (Windows)

Notebook Hardware Control allows you to control almost any piece of hardware within your notebook. One of the most important features is that it allows you to slow down your system processor so that not only will it run cooler but will use less power and extend battery life.

It also gives you the option to change your graphics card processor speed as well as observe how fast your battery is being charged or drained.

A WORD OF WARNING !!!! If you are unsure of which setting will and won't work best with your computer DON'T change it. You may turn your processor into a steaming pile of silicon.

<http://www.pbus-167.com/nhc/nhc.htm>

QUOTE OF THE MONTH

*"To eat is a necessity,
but to eat intelligently is
an art."*

- La Rochefoucauld

Caffeine Fuels Most Energy Drinks

Those self-described energy drinks that have flooded the market are loaded with caffeine and should be required to say so on their labels, a group of researchers from the University of Florida contends.

The researchers analyzed the caffeine content of 10 of the best-selling energy drinks along with 19 types of carbonated soda and seven other best-selling commercial beverages.

Many of the energy drinks contained about twice as much caffeine as the typical caffeinated soda beverage, but caffeine content varied widely from brand to brand, and even within brands.

A 12-ounce serving of Coca-Cola Classic, for example contained 29 milligrams of caffeine, compared with 38 milligrams in a Diet Coke and 39.6 milligrams in Diet Coke with Lime.

PepsiCo's Mountain Dew had the most caffeine of any regular soft drink tested, with 45 milligrams per 12-ounce serving.

An 8-ounce cup of regular coffee typically has 100 to 150 milligrams of caffeine.

Energy Drinks and Caffeine

Energy drinks are wildly popular, and it seems that new ones pop up on convenience store and grocery store shelves each week.

But most consumers aren't aware that the vast majority of these drinks rely on large doses of caffeine to boost energy, University of Florida toxicologist Bruce A. Goldberger, PhD, tells WebMD.

The Internet advertising for SoBe's Adrenalin Rush, for example, boasts that the drink is "pure, concentrated energy in an 8.3 fluid ounce can" and it lists the supplements D-Ribose, L-Carnitine, and Taurine as the "natural energizing elements" that help it work.

The drink also has close to 80 milligrams of caffeine, and while this can be found on the web site, it is not highlighted in the ad.

The ad for SoBe's No Fear energy drink reads: "This 16 ounce energy supplement is by far the toughest can on our shelves. After all, if it were a car you'd be scared to drive it."

No Fear had the most caffeine of any of energy drinks tested by University of Florida researchers, with 141 milligrams per 16-ounce serving. The best-selling Red Bull brand had about 67 milligrams of caffeine per 8-ounce can, while the 8-ounce Red Devil brand had about 42 milligrams.

Of the commercially available coffee drinks tested, Starbucks' Doubleshot had the most caffeine, with 105 milligrams per 6.5-ounce serving, while the coffee company's popular Frappuccino Mocha and Frappuccino Vanilla drinks had 72 milligrams and 74 milligrams of caffeine, respectively.

The caffeine content of energy drinks and commercial coffee beverages is not regulated by the FDA, and the amount of caffeine in most of these beverages tested in the study exceeded the maximum allowance for carbonated cola beverages.

Recipe of the Month



Roasted Honey-Brined Turkey Breasts

- 2 Split Turkey Breasts (about 3 lbs each)
- 1 Tbsp Wegmans Basting Oil
- 1 Tbsp Herbes de Provence
- (12 oz) Cleaned & Cut Large Cut Mirepoix (Diced Vegetables)
- 2 pkgs (8 oz each) Roasted Turkey or Chicken Gravy

Preheat oven to 450 degrees.

1. **Place** turkey breasts, meaty side up, in large roasting pan. Rub with basting oil and sprinkle with herbes.
2. **Sear** in pan on center rack of oven 15 min; reduce heat to 350 degrees. Roast for about 1 hour and 15 min, or until internal temp reaches 165 degrees. Check by inserting thermometer into thickest part of turkey breast, away from bone.
3. **Transfer** turkey to clean platter; cover with foil and let rest while preparing gravy.

Make gravy: Place roasting pan with pan juices on stove; add mirepoix and gravy. Bring to boil on MEDIUM-HIGH. Remove from heat; strain through sieve. Discard vegetables.

Nutrition Info: Each serving (about 7 oz) contains 290 calories, 3g carbohydrate (0g fiber), 42g protein, 12g fat (5g saturated fat), 100mg cholesterol and 600mg sodium

Whole grains: Think you're getting enough?

Most Americans think they eat enough whole grains. Actually only 1 in 10 gets the recommended amount. There's a good chance much of this disconnect is caused by the number of products masquerading as whole grain. The look and the label might seem like whole

grain, but the products themselves are made from mostly refined flour. With all the media attention whole grains have been receiving lately, we thought it a good time to better explain this healthful, if potentially confusing, ingredient.

What is a whole grain?

Simply put, it's a kernel made up of three parts: The endosperm which contains starch and protein; the bran—rich in fiber, minerals, and phytonutrients; and the germ—full of B vitamins, vitamin E and other antioxidants and minerals. A grain is considered whole if it contains all three of these parts in the proportions in which they naturally occur. In contrast, refined products like white flour and white rice are milled until only the endosperm (the starchy center) remains. While they're often enriched with a few vitamins and iron, they don't have all the health-supporting components of whole grains.

Whole grain means a whole lot more benefits

In their whole, slowly digested natural form, whole-grain nutrients pack lots of benefits. According to nutritionist Jane Andrews, eating grains in their whole form offers you “more than the sum of their parts.” Studies show that people who consume higher quantities of whole grains have a lower risk of developing heart disease, some cancers, and Type-2 diabetes.

Watching your weight? Whole grains can help

Whole grains contain hundreds of protective compounds that work all along the digestive tract, and since your body spends extra time breaking them down, you may feel full longer and keep weight gain at bay. You feel hungrier sooner when you eat a sweet, refined carb like a heavily sugared cereal rather than, say, a whole-grain cereal. The same calories just don't last as long.

The fiber factor

A century-and-a-half ago, whole grains were a common part of the American diet. Today, heavily refined (and lower fiber) foods are causing digestive problems our ancestors rarely knew. Whole grains to the rescue: most of these ailments can be prevented just by eating more foods that naturally contain fiber—like whole grains. Whole grains have two types of fiber: “soluble fiber,” which becomes a gel that helps lower both blood cholesterol and blood sugar; and “insoluble fiber,” which doesn't dissolve but does a terrific job of holding moisture, so it helps keep you regular.

How much you need—Think “3”

The federal government's MyPyramid.gov recommendation is for half of your daily grains to be whole grains—about three out of the six ounces of grains a day for someone eating 2000 calories. One ounce a day is better than none, and two is better than one. But the greatest benefits come by regularly eating the equivalent of three ounces of whole-grain foods a day. So start enjoying the benefits of whole grains today