

**CURTIS**



# CURTIS NEWS

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Health  
Management

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***HEALTH HUMOUR***

Exercise first thing in the morning, before your brain figures out what you are doing!

# Salads rank poorly as fast-food choice

## Turning Fast Food into Fast Fraud

Ever try to stay on a diet when you're in a fast food restaurant? It's easy to get stuck there when you are out for lunch with your friends and they all want to hit McDonald's. The logical choice is to order a salad... or is it?

The word 'salad' makes people think they are eating something healthy," says Brie Turner-McGrievy, RD, clinical research coordinator for the Physicians Committee for Responsible Medicine (PCRM) in Washington, DC. "But the truth is, a lot of take-out and restaurant salads are basically a burger in a bowl."

Turner-McGrievy's "burger in a bowl" analogy is no exaggeration; the nutritional facts support it. McDonald's Crispy Chicken Bacon Ranch Salad with Newman's Own Ranch Dressing has more calories, fat, and saturated fat than a Big Mac 640 calories and 49 g of fat versus 600 calories and 33 g of fat. Other fast-food salads are almost as dismal.

Only about 10 percent of your diet should come from saturated fat. For a woman who is eating 1,500 to 2,000 calories a day, these salads contain all the saturated fat she should eat in a whole day.

Many fast-food salads contain very little fiber (government guidelines say most women should have 25 to 35 g a day). Most have no beans and very few vegetables; if you have one of these salads for lunch, your other meals are going to have to be bran cereal to make up for the lack of fiber.

Here's how you can have your salad and eat it, too: If you order a taco salad, skip the shell to lower your fat intake from 51 to 21 g, and the sodium drops to 1,400 mg. Or order salad with fat-free dressing.

See below for a quick ranking (from best to worst) of popular salad choices from some of the biggest fast food restaurants.



As you can see, all the salads are high in fat – too high for most diets. The most important thing is to be prepared by having an understanding of some common meals you would be likely to order at any given restaurant. That way, you can make the best choice for yourself the next time you find yourself in the Burger King drive-thru with your kids.

	Cal.	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
<b>Subway's</b> Veggie Delight w. Zesty Italian	320	32	3.5	515	15	3
<b>McDonald's</b> Chicken Caesar Salad with Warm Crispy Chicken	380	18	5	1200	27	29
<b>Taco Time's</b> Beef Taco Salad	479	28	11	895	30	30
<b>Burger King's</b> Tendergrill Chicken BLT w. Ranch	510	34	11	1740	12	12

See the info on all 34 salads: <http://www.pcrm.org/news/health030508.pdf>

Adapted from *6 Stupid Mistakes Women Make* on msn.ca

**Aries** has energy to burn and is always on the go. It may be hard to hold your attention, so anything routine is out. As far as working out, going to the gym every day and running laps is not for you. Any new fads, or action-packed sports like auto racing and roller derbies, are good choices. Be careful, and remember to always wear a helmet!

**Taurus** is ready to plod along any sort of fitness routine. When playing team sports, you'll probably be much happier if you have an important role in keeping the team together. As a Fixed Sign, stretching is very important. You may want to try yoga and meditation for added flexibility. Be wary of your sweet tooth!

**Gemini** wants to be in two places at once and will get bored quickly with anything that doesn't move fast enough. Gemini is a team player and likes large groups, yet is mostly noncompetitive and likely gets into sports and fitness activities just for fun. You may enjoy quick exciting sports that can be played in doubles, like table tennis.

**Cancer** is most oriented toward the home and enjoys routine. You excel in pulling people together to form teams for sports and games. You're the cheerleader who shies away from the spotlight in order to root your team onto victory. Be certain to drink a lot of water when there's danger of dehydration.

**Leo** may do best by hiring a personal trainer to constantly give them individual attention. With teams, you may be very competitive and feel the need to lead and be first. Leo likes to help the underdog, though, and will be fair about making sure everyone gets a chance to play. You're likely to be the one in designer sweats.

**Virgo** is the Sign of Health! You're likely to skip dessert and indulge instead in fruit and bran. You're one of the few Signs who truly enjoys the whole routine of exercise and looks at it as leisure rather than work. Long bike rides could be your bit of happiness. Virgo is all for taking the steady route to success, so stick to low-impact activities.

**Libra**, the Sign of Companionship, wants a workout buddy. You may spend more on your outfit for your tai chi class than you spend on gym membership. You were probably first in line to exchange your roller skates for blades, and now you want to go back. Libra wants an all over workout, so swimming and ice-skating are in.

**Scorpio** needs an ulterior motive to get moving in fitness. You could be going to the gym just to pick up a date, or to show off how good they look in Lycra. Your intensity knows no bounds, however, so you are likely to give it your all. High-impact aerobics, extreme sports and long distance running are all things that could be fulfilling.

**Sagittarius** revels in the outdoors. If you're bored with the mainstream, try exploring the activities of different cultures. Even jogging through an unfamiliar neighborhood or riding a horse through unmarred tundra will refresh your spirits. Sagittarius rules the hips and thighs, so the lunges are in.

**Capricorn** is always working toward a long-term goal. You're not looking for a quick fix, so are unlikely to do anything extreme to force your body into shape. The Goat is a climber, whether it's scaling rocks or hiking up mountains. You know more than anyone that practice makes perfect.

**Aquarius** likes to make up the rules as they go along. Everyone is equal in your eyes, so when you put together a team, everyone gets a fair shot at getting the ball passed. The Water Bearer is an Air Sign, so anything that mixes the two elements is liable to be fun. Surfing, windsurfing, water-skiing and parasailing are good examples of this.

**Pisces** doesn't play to win. Team spirit is important to you, especially if you manage to make connections through the team. Your fitness routine is likely to be a laid back one; you may prefer fishing to flexing. Water is, of course, important to the fish, and you would do well with water polo or sailing.



# CURTIS CORNER

Nutrition update

## *What's the deal with "C"?*

It seems that the value of most foods, minerals and vitamins are under constant challenge. One of the worlds most recognized vitamins in no exception. Vitamin C is necessary for human function and life. Many people still make incredible claims to its' magic powers and so its' mystique and controversy rages on. In fact, no vitamin has been researched more that Vitamin C, virtually creating its own industry.

What do we know? Well, Vitamin C prevents and cures scurvy, it is a powerful anti - oxidant, it is essential for skin and connective tissue health, and for iron absorption. "C" is also water soluble, and the body can store it in small amounts with the excess being eliminated via the kidneys.

We also know many fruits and vegetables (citrus, strawberries, peppers, broccoli, etc) have abundant C. Meats and fish have none. Cooking and processing reduce vitamin C.

So what are the controversies? How much do we need? Despite the incredible claims of Linus Pauling, research still shows that small amounts seems to work as well as large amounts, and, if we consume a balanced diet, no one has shown that supplements are beneficial. To date, there is also no evidence that C prevent colds, cures cancer, cataracts or heart disease. To date, all we apparently need is 75 - 90 milligrams / day of C, so, take your 9 daily servings of fruits and vegetables, which include many other nutrients that will help you stay healthy and may reduce heart disease and cancer risks. This way you'll get what C you need and improve your diet! We'll keep you updated when new C news and controversy arises!

For more information on weight management, contact us at [info@curtishealth.com](mailto:info@curtishealth.com) or visit [www.12weekstowellness.com](http://www.12weekstowellness.com).



[www.racketsandrunners.ca](http://www.racketsandrunners.ca)

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