Give Meals an Instant Boost. Five ingredients that can improve the nutrition of any recipe or menu.  2

Silencing the Silent Killer. EN offers ways to protect yourself against debilitating and deadly strokes.  3

Ice Cream Alternatives. Non-dairy isn’t always low in fat or sugar. Read labels and check EN’s picks.  5

Do Java Jitters Harm Your Heart? A look at whether coffee really puts you at higher risk for a heart attack.  7

Tomato Tops in Lycopene, Vitamins. Garden fresh or canned, this “fruit” may help prevent prostate cancer.  8

His And Hers Weight Control: Same Game, Different Rules

Men and women who have fought the battle of the bulge side by side have learned a cruel truth: Men are often able to control their weight with far less effort than women.

“I constantly encounter women who are frustrated by how much easier it is for men to keep their weight in line,” says Lydia Hanich, M.A., psychotherapist and author of Honey, Does This Make My Butt Look Big? (Gruze Books, 2005). “I tell them comparisons are pointless, given the biological differences.”

Despite the challenges of watching your waistline with someone of the opposite sex, Hanich believes an involved partner increases your chance for success. “You get to share the victories, commiserate over the challenges and provide support for lapses,” Hanich says.

It’s a lot easier to shop, cook and make decisions about where to dine out when you’re both eating the same way. But the road to better health can be littered with pitfalls, especially when you’re unclear about why these gender differences exist. EN’s survival guide for dieting as a duo can help.

Calorie Battle of the Sexes. Whether you’re male or female, in order to maintain weight, calories ingested must be balanced with calories burned. However, men are typically larger than women and their calorie needs higher. Plus men are

(continued on page 4)

Garlic Is The Go-To Herb For Health, Whether Raw, Cooked Or Supplements

Garlic aficionados hold festivals each summer to celebrate what they affectionately call “the stinking rose.” There you’ll find garlic-flavored jams, even garlic ice cream. But taste isn’t the only reason garlic is beloved. It’s been revered for lipid lowering. Two small studies from Penn State University and UCLA found that aged garlic extract (AGE) reduced total cholesterol by 7% and 3% and reduced LDL (“bad” low-density lipoprotein) cholesterol by 8% and 22%. Levels of HDL (“good” high-density lipoprotein) cholesterol increased in the UCLA study. That study also found that AGE lowered homocysteine levels, inhibited dangerous plaque formation in arteries and stimulated circulation.

Can Garlic Fend Off Cancer? The potent antioxidant powers of garlic make it an ideal candidate for combating cancer. The most promising findings have been for stomach, colon and prostate cancers. Several large population studies have shown that garlic eaters have significantly lower rates of these cancers than non-garlic eaters—about half the risk for stomach and prostate cancer and one-third less risk for colorectal cancer.

(continued on page 6)
Copyright of Environmental Nutrition is the property of Belvoir Media Group and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.