



### Calendar of Events

August 16th Families 4 Families Event—Picnic  
 October 18th Madison Heart Walk 2008  
 October 19th Milwaukee Heart Walk 2008  
 November Families 4 Families Event—Mosaics



# HEART HEALTHY LIVING

Sponsored by CJ & Associates, Inc.

June 2008



## UPDATE

In just 6 weeks, the CJ Walking Group has logged 771 miles! Our first “destination” of New York, New York is 885.25 miles so we should be “arriving” very soon! Keep in mind that the Heart Walk is in October and we will again be looking to our friends, families and customers for support!

Kim’s alma mater, UW-Whitewater, is hosting it’s annual COBE Golf Outing on July 14th.

Any alumni, or non-alumni that would like to attend, please visit [www.uww.edu.cobe/golf](http://www.uww.edu.cobe/golf) to register. All proceeds to benefit business student scholarships.

Lunch and dinner will be served and a silent auction will cap off the day’s events.

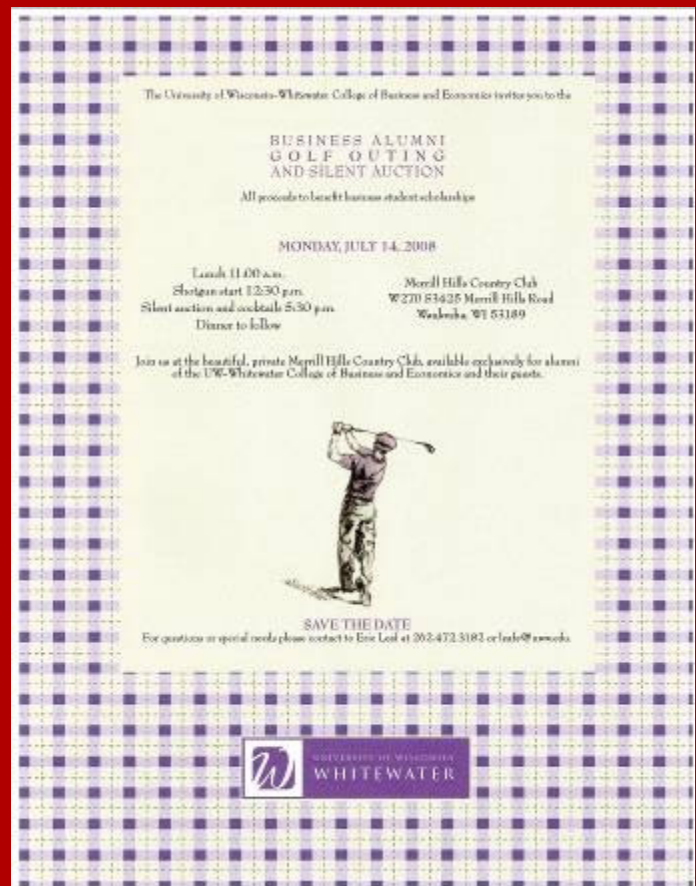
CJ & Associates is proud to announce both new personnel and changes in-house:

James Mardak—Installation Department. Doc’s hands on experience and client focus will prove beneficial in the field.

Jeff Mather—Warehouse Coordinator. Jeff’s industry experience, as well as his attention to detail and organization will ensure that the warehouse runs at a top notch level.

Rick Lichman—Sales. Rick’s wealth of knowledge, experience, and work ethic will ensure his future success.

Matt Rosch—Construction Project Manager. Matt brings to the table an immense amount of construction and project management experience.



## Fade to Black

Sure, basic black is a staple in your wardrobe, but did you also know it can be a healthy (and slimming) powerhouse on your plate? Blackberries boast a generous amount of calcium and antioxidants (such as beta-carotene), which may work to reduce harmful cell damage that speeds aging. And instead of white bread, go dark with black rice bread. You'll benefit from black rice's thiamine as well as the fiber, which makes you full faster. The darker slices are also wheat and gluten-free, ideal for sandwich lovers with food sensitivities.



## Bet you didn't know

Men are 20% more likely than women to sneeze in a dusty room...a cup of coffee-flavored yogurt can contain as much caffeine as a 12-ounce can of cola...dandruff is not caused by dry scalp—in fact it's more common with oily scalps...whispering when you're hoarse is actually worse for your vocal cords than speaking normally... "Rx," the symbol appearing on prescriptions, means "take" from the Latin word for recipe.

## Great for your Waist

If you've been avoiding burgers, ice cream, and pizza thinking you're doing your waistline a favor, don't. They can actually help you lose weight—and keep it off, too. Here are the hidden slim-down perks of five foods that get a bad rap and the best way to add each one back into your diet.

### RED MEAT:

Even burgers and meatballs can be light fare if you make them with ground sirloin. Lean red meat is a great choice for trying to shed pounds. It's an excellent source of protein and protein takes longer to digest, helping you feel full and cutting the likelihood that you'll snack later on.

**Best way to enjoy it:** Choose ground beef labeled 97 percent lean or extra lean. Want steak? Get lower-fat cuts from the loin, like sirloin tip, T-bone, or strip steak.

**Watch out for:** Beef that's labeled prime. It's very high in fat. Also limit your portion size to a three-ounce serving (roughly the size of a deck of cards).

### ICE CREAM:

Good news for ice cream lovers: A recent Swedish study shows that women who have at least one serving of full-fat dairy products a day gain less weight than women that don't. It's believed that a compound in milk fat called conjugated linolenic acid may aid weight loss. May women find that low-fat versions just aren't satisfying so they may eat a lot of them—downing hundreds of calories in the process—trying to fulfill their craving.

**Best way to enjoy it:** Have a little cheese, milk, or ice cream each day. You need the calcium and vitamin D.

**Watch out for:** Fat intake. Full fat products have saturated fat so limit yourself to one a day and make the other two a low-fat or skim choice.

### EGGS:

After years of being barred from the average American diet, things are looking sunny-side up for eggs. According to a study, overweight women who eat egg breakfasts lose twice as much weight as women who start their day with bagels.

Researchers say the protein in eggs increases satiety and decreases hunger, helping women eat fewer calories throughout the day. Eggs are a perfect protein source because they have all eight essential amino acids.

**Best way to enjoy them:** Try 'em for breakfast. This is the ideal time for getting proven fill-you-up benefits the rest of the day. It only takes a couple of minutes to scramble an egg. Work a hard- or soft-boiled egg into a spinach salad for lunch. Or make an omelet with two to three egg whites to every one yolk to keep the calories low.

**Watch out for:** Eggs served at restaurants. Even an egg-white omelet is likely to be fried in butter or oil. Beware of any egg dish covered in cheese—if you're craving more flavor, add some herbs or salsa.

### PIZZA:

To hike the diet-friendly fiber, choose a whole-wheat crust and top your pizza with veggies like peppers, artichokes, and broccoli.

**Best way to enjoy it:** Choose whole-wheat varieties such as DiGiorno, South Beach or Amy's or make your own with Boboli. If you're ordering out, choose thin-crust.

**Watch out for:** Additional oil and fat. Avoid deep-dish, sausage and pepperoni and skip the extra cheese.

### CANADIAN BACON:

Canadian bacon comes from the leanest part of the pig, the loin, which has one third less fat than regular bacon. Studies show that eating lean pork and other proteins helps keep lean body mass during weight loss, as well as feeling satisfied.

**Best way to enjoy it:** Have some any time. Add Canadian or turkey bacon to scrambled eggs or use some in a BLT sandwich. Chop it into strips for a protein boost on a salad.

**Watch out for:** Hidden fat. Some restaurants fry Canadian bacon on the griddle in oil.

## Tip Time

### Healthy Food Shopping Dos & Don'ts

**DO read nutrition labels.** Any food called "healthy" must contain at least 10% of the Daily Values per serving for several important nutrients (in addition to being low in trans fat, saturated fat, sodium and cholesterol)

**DON'T forget fiber's finest.** Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans. When shopping, look for the word "whole" at the top of the package ingredients list.

**DO pick the greenest.** When buying salad greens, select those deepest in color—dark greens and reds. The darker color means higher concentrations of antioxidant vitamins A, C and E, folic acid, calcium and other nutrients.

**DON'T dismiss frozen produce.** Some frozen fruits and vegetables contain as many nutrients as fresh produce—sometimes more. One study found frozen green beans had about twice the vitamin C as fresh bean that sat on display and in a refrigerator for nearly a week.

**DO select "TV" dinners carefully.** Choose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.

**DON'T pass up pasta.** It's high in protein and contains B vitamins and iron.

**DO choose fruit "juices" instead of "drinks".**

## Taking Care of Your Back

**Lift Correctly.** Let your legs power the lift. Bend at your knees, not at your waist, to pick up any object, even something as light as a sheet of paper. Keep heavy items you are lifting close to your body and avoid twisting while lifting.

**Sit up straight.** Sit with your back straight. If your chair does not have lumbar support, use a cushion to help support your lower back. Keep both feet on the floor. Also, when driving, position your seat so that you can easily reach the controls.

**Maintain a healthy weight.** Extra weight, particularly around the belly, can strain your lower back. Lose weight by cutting calories and accumulating at least 30 minutes of moderate physical activity most days (every day is ideal).

**Condition your muscles.** Push rather than pull to move heavy objects; gently stretch before exercise and other physical activities; wear flat shoes or shoes with low heels and good arch support.



### June is Dairy Month

June Dairy Month, an annual tradition developed to celebrate the dairy industry and its many contributions to our society, originated in 1937. It has continued to evolve over the years and entire communities across the country have embraced it and have become involved in many ways, including dairy food demonstrations, cattle shows, parades and dairy princess coronations. The cooperation between farmers and other community members are really the basis of what June Dairy Month is all about—celebration and using a wonderful product.



#### 3-A-Day

3-A-Day of Dairy is a nutrition education program created as a simple reminder for families to enjoy 3 dairy servings of milk, cheese, or yogurt for strong bones and healthy bodies!

Eating three dairy servings is consistent with the recommendations of the most recent Dietary Guidelines for Americans.

Look for the 3-A-Day logo on packages of milk, cheese and yogurt showing they are excellent sources of calcium and enjoy the wide range of flavors!

Dairy foods have many health benefits such as helping to build and maintain strong bones, control blood pressure and maintain a healthy weight. Dairy foods also have been shown to reduce the risk of heart disease and stroke, osteoporosis and obesity.

#### *How do dairy foods help build stronger bones?*

Dairy foods provide a unique mix of nutrients, including calcium, vitamin D, phosphorus and protein that contribute to maximizing bone density and slowing age-related bone loss. The positive link between calcium in dairy product and bone health has been established for decades.

#### *How do dairy foods help people lose weight and/or maintain a healthy weight?*

More than 50 studies in the past five years have pointed to this conclusion. Researchers speculate that the mix of essential nutrients in dairy foods speed up metabolism and improve the body's ability to burn fat.

#### *How can dairy foods help lower blood pressure?*

Dairy foods are among the top contributors of calcium, potassium and magnesium, nutrients that have been shown to help reduce blood pressure.

#### *How much calcium do I need?*

Calcium recommendations set by the National Academy of Sciences range from 500mg to 1300mg depending on your age.

Skim milk has 302 mg calcium per 8 ounces.  
Whole milk has 291 mg calcium per 8 ounces.

#### *How long can you keep milk after the sell by date?*

If properly cared for, generally 2-3 days after.

### Dairy Facts

#### Milk

- It takes more than 21 lbs. of whole milk to make one pound of butter.
- The natural yellow color of butter comes mainly from the beta-carotene found in the grass cows eat.
- One cow produces about 350,000 glasses of milk in her lifetime.
- It takes 3 to 3.5 cups of broccoli to equal the calcium in one cup of milk.

#### Cheese

- Cheese making dates back more than 4,000 years
- Super Bowl Sunday rates as the No. 1 day for pizza consumption.
- More than 10 lbs of milk go into one pound of cheese.
- People crave cheese more than any other food.

#### Ice Cream

- It takes 12 lbs of whole milk to make one gallon of ice cream.
- First Lady Dolly Madison created a sensation by serving ice cream as a dessert at an inaugural ball.
- Vanilla is America's favorite flavor.
- More ice cream is sold on Sunday than any other day of the week.

#### Foodservice

- 40 percent of all cheese is served in the food service channel.
- Each man, woman, and child in America eats an average of 46 slices (23 lbs) of pizza a year.

## Creamy Potato Salad

### Ingredients:

- 2 large eggs
- 1.5 lbs fingerling or other small waxy thin-skinned potatoes (about 10), scrubbed
- 1/2 cup reduced-fat mayonnaise
- 1/2 cup low-fat plain yogurt
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon anchovy paste
- Freshly ground pepper to taste
- 2 tablespoons white-wine vinegar or rice vinegar
- 1/2 teaspoon salt, or to taste
- 1.5 cups red bell pepper, seeded and diced
- 1/2 cup finely diced red onion
- 1/2 cup chopped celery sticks
- 1/4 cup chopped fresh parsley
- 2 tablespoons diced gherkin pickles
- 2 tablespoons drained capers, rinsed
- 1 tablespoon chopped fresh chives



Makes 12 servings, 1/2 cup each

### Instructions:

1. Hard-cook eggs. Peel eggs and chop coarsely.
2. Place potatoes in a large saucepan, cover with lightly salted water and bring to a simmer over medium-high heat. Reduce heat to medium and cook, covered, until just tender, 15-20 minutes. Drain; let cool for about 10 minutes.
3. Whisk, mayonnaise, yogurt, oil, anchovy paste and pepper in a small bowl until smooth.
4. Cut potatoes into cubes and place in a large bowl. Add vinegar and salt; toss gently to coat. Add bell pepper, onion, celery, parsley, gherkins, capers, chives, chopped eggs and the mayonnaise mixture; toss to coat well. Cover and refrigerate until chilled, at least 30 minutes.
5. Can be covered and refrigerated for up to 2 days.

Per serving: 119 calories, 5 g total fat, 1 g sat. fat, 40 mg cholesterol, 14 g carbohydrates, 4 g protein, 1 g fiber, 321 mg sodium, 97 mg potassium, 70% daily value of Vitamin C

www.cjassociatesinc.com

www.americanheart.org

## Barbecued Raspberry-Hoisin Chicken



Makes 4 servings (skewers)

Per serving: 398 calories, 11 g total fat, 3 g sat fat, 86 mg cholesterol, 44 g carbohydrates, 28 g protein, 4 g fiber, 313 mg sodium

### Ingredients:

- 1 cup fresh or frozen raspberries
- 3/4 cup hoisin sauce (look for it in the Asian section of your grocery store)
- 5 tablespoons rice vinegar, divided
- 1 clove garlic
- 1 strip orange zest (2" x 1/2")
- 1 tablespoon chopped fresh ginger
- 1/8 teaspoon fresh ground pepper
- Pinch of crushed red pepper
- 1.5 pds. Boneless skinless chicken thighs, trimmed, each cut into 3 cross-wise strips
- 2. 5 cups water
- 1 cup long-or medium-grain brown rice
- 1/3 cup thinly sliced scallion greens, divided

### Instructions:

1. Combine raspberries, hoisin sauce, 3 tablespoons rice vinegar, garlic, orange zest, ginger, pepper and crushed red pepper in a blender or food processor. Blend or process until smooth, about 1 minute. Set aside 1/4 cup for a dipping sauce.
2. Transfer the remaining marinade to a medium bowl and add chicken; stir to coat. Cover and refrigerate for at least 2 hours and up to 24 hours.
3. Combine water and rice in a medium saucepan and bring to a boil. Cover, reduce heat to a simmer and cook until most of the liquid has been absorbed, 40-50 minutes. Remove from the heat and let stand until ready to serve.
4. Preheat grill to medium-high or preheat broiler to high.
5. Remove the chicken from the marinade, scrape of excess, discard marinade, and thread onto 4 skewers.
6. Grill chicken until browned and cooked though, about 3-4 minutes per side. If using the broiler, place chicken on a broiler pan with cooking spray and broil 4 inches from heat source, about 5 minutes per side.
7. Just before serving, sprinkle rice with remaining 2 tblsp. Vinegar and 1/4 cup scallion; fluff with fork. Sprinkle chicken and rice with remaining scallions.

## Chocolate, Cherry & Almond Bread Pudding

### Ingredients:

#### Custard

- 4 large egg whites
- 4 large eggs
- 1 cup skim milk

#### Seasonings

- 1/2 cup sugar
- 1 tablespoon vanilla extract
- 1/2 teaspoon ground cinnamon

#### Bread & filling

- 4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about 4-6 slices)
- 2 cups pitted cherries, fresh or frozen (thawed)
- 3/4 cup semisweet chocolate chips, preferably mini
- 1/4 cup sliced almonds, lightly toasted



Makes 8 servings

Per serving: 317 calories, 12 g fat, 4 g sat. fat, 106 mg cholesterol, 45 g carbohydrates, 11 g protein, 4 g fiber, 219 mg sodium, 348 mg potassium.

### Instructions:

1. Preheat oven to 375 degrees F. Coat and 11 x 7 inch glass baking dish or a 2-quart casserole with cooking spray.
2. To prepare custard: Whisk egg whites, eggs and milk in a medium bowl. Add sugar, vanilla and cinnamon: whisk to combine.
3. Toss bread, cherries, chocolate chips and 1/4 cup almonds in a large bowl. Add the custard and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
4. Bake until the custard has set, 40-45 minutes. Uncover, sprinkle with 1/4 cup almonds (or Streusel Topping) and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15-20 minutes before serving.

### To make streusel topping:

Combine 1/3 cup flour, 1/4 cup old-fashioned oats, 2 tablespoons brown sugar and 2 tablespoons canola oil in a small bowl. Spread the mixture on top of the pudding after the initial 40-45 minutes of baking.

Tip: Toast sliced almonds in a small dry skillet over medium-low heat, stirring constantly, 2-4 minutes.