



SNACKING & KIDS

Today, children snack more than they did 20 years ago. But the problem is not so much that they are snacking more—the problem is that they are snacking on more high-fat, high-salt, high-sugar, high-calorie, low-fiber, low-nutrient foods like soft drinks, sweets and chips. The result is kids that are taking in more calories than they did several decades ago. They are also getting less exercise. The end result of all this is an epidemic of childhood obesity and Type 2 diabetes.

—Vitality

WOMEN & PAINKILLERS

Women who take higher doses of nonaspirin painkillers are more likely to develop high blood pressure than women who don't use them. A study of 5,125 women ages 51 to 77 found women who took 500 mg or more of acetaminophen per day were twice as likely to develop high blood pressure than those who didn't take the drug.

—American Heart Association



GO LOCO FOR COCOA

A new study from England has shown that hot chocolate may help prevent the formation of potentially fatal blood clots. In addition to containing heart-protective flavonoids, cocoa packs additional substances that inhibit the clotting of blood platelets, decreasing the likelihood of a heart attack or stroke.

—Fitness

VEGGIE FOR A DAY

Going meatless one day a week will lead to overall better health and lower your risk for many chronic illnesses.

—Natural Health

TRY 2 APPLES A DAY

If your parents smoked when you were growing up, be sure to eat plenty of produce now. Fiber—even just seven-and-a-half grams a day, found in about two large apples—appears to reduce lung inflammation. A recent study by the National Institutes of Health of 35,000 nonsmokers found that those who lived with a smoker during childhood were more likely to have respiratory problems as an adult.

—National Institutes of Health



BRAIN CALM

When you're feeling anxious, try working a crossword or Sudoku puzzle. Studies have shown this helps reduce stress.

—First for Women

Men Need Calcium Too

Women are told to get enough calcium to head off osteoporosis, but men need calcium too. Researchers at the University of Tennessee have found that calcium appears to decrease fat storage and increase the use of fat for energy. Men should get at least 1,200 milligrams of calcium a day. That's two 8-ounce glasses of milk, a bowl of cereal and a cup of yogurt.

—Men's Health



Winter Exercises

EVEN THOUGH IT'S WINTER, THERE ARE ALTERNATIVE INDOOR WORKOUTS TO THOSE EXERCISES YOU USUALLY DO OUTDOORS. FOR EXAMPLE: IF YOU WALK OR HIKE IN WARM WEATHER, DO STEP AEROBICS INDOORS. IF YOU BICYCLE OUTDOORS, PARTICIPATE IN A SPINNING CLASS.

—Shape