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Shaping up with diet and exercise

The President's Council on Physical Fitness and Sports defines fitness as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies."

To reach that state of "fitness," people all across America are getting involved in exercise programs and taking lessons in how to modify their diets. Some people call it the "fitness revolution."

This total approach to fitness is witnessed in increased memberships in YMCA's and health clubs, and in programs offered by high schools and colleges. One such program at the University of California at Los Angeles, called the UCLA Center for Health Enhancement, emphasizes total health. The participants learn how to shop for the nutrition they need, attend seminars on behavior modification and stress control and participate in exercise programs. Founded in 1978, the program has set the stage for other health centers.

A component of every good health program is diet. If the program is based on sound nutrition principles, it instills the fact that a good diet is basically the same for most adults with a variation in caloric needs. Standard advice is to eat only enough calories to maintain a desirable weight.

The guiding principle is to eat a variety of foods to supply the body with the three major nutrients—protein, fat and carbohydrate—and with all other nutrients including vitamins and minerals.

Recognizing that many Americans consume too many calories, eat too much salt and too much fat, especially saturated fat, nutritionists suggest altering eating patterns, recommending that most Americans:

- Eat more fruits, vegetables and whole grains.
- Eat less fatty meats and more poultry and fish.
- Cut down on sugar and foods high in sugar content.
- Use less salt and eat fewer foods high in salt content.
- Substitute skim milk for whole milk.
- Eat fewer egg yolks and other high cholesterol foods.
- Eat less fat and partially substitute polyunsaturated fat for saturated fat.

The body's adaptation for fitness is the result of total lifestyle, not just one type of effort alone. It is achieved by a combination of dietary modifications, a change in eating behavior and regular aerobic activities such as running, swimming or walking briskly.

Aerobic exercises promote the strength and endurance of the



Stir-Fry, a technique perfected by the Chinese, but adaptable for many tastes, many seasonings. Stir-frying a lean meat and vegetable mixture in a small amount of corn oil produces a main dish that is moderate in saturated fat, cholesterol and calories.

Lemon Chicken

1 teaspoon corn starch 2 whole chicken breasts, boned,
1/2 teaspoon salt skinned, cut in strips,
1/4 teaspoon dried thyme 1 large carrot, sliced
leaves 1 pound zucchini, sliced
1/4 cup lemon juice (about 2 cups)
1/4 cup water 1 cup sliced celery
3 tablespoons corn oil, 1 clove garlic, minced or pressed
divided Grated rind of one lemon

In small bowl stir together corn starch, salt and thyme. Stir in lemon juice and water until smooth. Set aside. In wok or large skillet heat 2 tablespoons of the corn oil over medium-high heat. Add chicken, one half at a time, and stir-fry about 3 to 4 minutes or until lightly browned. Remove chicken from wok. Add remaining 1 tablespoon corn oil. Add carrots; stir-fry 1 to 2 minutes. Add zucchini; stir-fry 1 minute. Add celery, garlic and lemon rind; stir-fry 1 minute. Return chicken. Restir corn starch mixture. Stir into wok. Stirring constantly, bring to boil over medium heat and boil 1 minute. Makes 4 servings.

Nutrition information per serving: protein—17 grams, carbohydrates—10 grams, saturated fat—2 grams, polyunsaturated fat—7 grams, cholesterol—50 milligrams, Calories—220.

Dress salads lightly with oil and vinegar dressing. Vary the seasonings and use for all kinds of salads.

Oil and Vinegar Dressing

1 cup corn oil 1/2 teaspoon dry mustard
1/3 cup vinegar 1/4 teaspoon paprika
1/2 teaspoon salt 1/8 teaspoon cayenne pepper

In jar with tight fitting lid measure corn oil, vinegar, salt, mustard, paprika and cayenne pepper. Cover, shake well, refrigerate. Shake before serving. Makes about 1-1/3 cups.

Nutrition information for 2-teaspoon serving: protein—0 grams, carbohydrates—0 grams, saturated fat—1 gram, polyunsaturated fat—4 grams, cholesterol—0 milligrams, Calories—60.

Broil, a healthful way to cook. Trim meat of visible fat and broil on a rack to allow fat to drain off. For extra flavor and to tenderize, marinate in a well-seasoned mixture.

Vegetable Steak Kabobs

1/2 cup corn oil 1/2 teaspoon salt
1/3 cup red wine vinegar 1/4 teaspoon pepper
1/4 cup chopped onion 1 (1-1/2 lb.) flank steak,
1 clove garlic, minced scored
1/2 teaspoon dried thyme leaves Fresh vegetable pieces*

In small bowl stir together corn oil, vinegar, onion, garlic, thyme, salt and pepper. Cut flank steak into cubes or strips. Place in shallow dish. Pour marinade over flank steak. Cover; refrigerate 4 hours or overnight. Remove steak from marinade. Thread steak onto skewers alternately with vegetables. Broil 4 to 5 inches from source of heat about 8 minutes, turning and brushing with marinade, or until cooked to desired doneness. Makes 6 servings.

Nutrition information per serving: protein—18 grams, carbohydrates—3 grams, saturated fat—5 grams, polyunsaturated fat—3 grams, cholesterol—100 milligrams, Calories—210.

Vegetables used for calculations: 1 green pepper, 6 small white onions, 12 cherry tomatoes.

Steam vegetables this nutritious way—without a rack. Use a pot or skillet with a tight-fitting lid. Water and vegetable juices produce the steam. If vegetables are starchy, add a tablespoon or two of water.

Green Beans and Mushrooms

1 pound green beans, cut in 2-inch pieces (4 cups) 1/4 cup sliced green onion
1 tablespoon corn oil 1/2 teaspoon salt
1/2 pound mushrooms, sliced Dash pepper

Wash and drain beans but do not dry. In 12-inch skillet with tight fitting lid place corn oil, green beans, mushrooms, green onion, salt and pepper. Cover and cook over medium heat 15 to 20 minutes shaking skillet occasionally to prevent sticking. Makes 6 servings.

Nutrition information per serving: protein—2 grams, carbohydrates—8 grams, saturated fat—0 grams, polyunsaturated fat—1 gram, cholesterol—0 milligrams, Calories—50.

heart, lungs and circulatory system that is known as cardiovascular fitness. The object of an aerobic exercise is to speed up the cardiovascular system to a faster pace for some minutes. Additionally, the same exercises which promote circulatory fitness are those which burn the most calories fastest and with least fatigue. A good fitness plan must include some form of sustained, aerobic exercise at least every other day or at least three times a week, beginning and ending with warm-up and cool-down exercises such as the ones illustrated here.

A good fitness program is a way to live well. As fitness enters into a lifestyle, enjoyable activities should be chosen. Similarly, good nutrition is a way of eating, not

an exercise in denial. Missing a daily run or occasionally overindulging will have little impact on fitness.

By learning to apply the principles, rather than any rigid system of exercise and diet, fitness is more likely to be achieved for the long run. In tandem with an exercise program is cooking in a healthful way. Apply, for example, the following techniques in everyday cooking.

- Make pot roasts and stews a day ahead. Chill and lift off hardened fat.

• Pan fry with polyunsaturated corn oil rather than butter, lard or bacon fat.

- Use corn oil when melted shortening is called for in a recipe.
- Spark flavor of dishes with herbs, lemon juice, vinegar, onion and garlic rather than salt.
- Cook roasts, turkey and chicken on a rack so fat can drain off.
- Brown meats and poultry, then pour off fat before continuing with recipe.

The recipes here, built around basic methods of stir-frying, broiling and steaming, were developed by the makers of Mazola corn oil in conjunction with their national Shape-Up program. Add to these recipes a basic oil and vinegar dressing that doubles as a marinade and shaping up is closer than you think.

