

Exercise Essentials:



JOB GROWTH

An interesting story was released in Britain last September that named the "fattest" professions. A poll of 5,000 men was carried out by a food supplement company. They found that 42% of male truck drivers were obese. Lawyers were next with 33%, computer technicians were third with 26% being obese. Perhaps the most surprising was the 4th fattest profession in the U.K., doctors, with 24%.

Given the amount of time truck drivers are sedentary, this British finding matches findings in the U.S.; truck drivers in this country are similarly at a greater risk for obesity. Long days and greasy spoons know no country boundaries. Why doctors are on the list was not explained in the article. A similar study in Australia found doctors to be one of the fittest professions. Here, where physicians are not immune to the widening of the American waistline, many doctors are obese. In addition in 2000, only about 40% of doctors told their obese patients to lose weight, a decrease from 42.5% in 1994, according to the Centers for Disease Control and Prevention. This is frightening because patients who were advised to lose weight were nearly three times more likely to drop the excess pounds than those who did not have the discussion with their doctor.

Have a look at these two surveys, the results are surprising.

Professions with the biggest waistlines in the U.K.

1. Truckers
2. Lawyers
3. Computer Technicians
4. Doctors
5. Plumbers
6. Electricians
7. Builders

Professions with the smallest waistlines in the U.K.

1. Travel agents
2. Real Estate Agents
3. Call Center Operators
4. Farmers
5. Administrators
6. Chefs
7. Sales Rep.s

Professions with the largest waistlines in Australia

1. Ministers
2. Construction Managers
3. Electrical Engineers
4. Commissioned Officers
5. Auditors

Professions with the smallest waistlines in Australia

1. Doctors
2. Legal Clerks
3. Architectss
4. Psychologists
5. Designers



GOLD WEATHER, HOT CHILI!

Eating Well Magazine has published some great recipes in the past, but this dip is especially good and with just 5 grams of fat per serving you can feel good about serving it to friends.

Chile con Queso Dip

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 cup pale ale or other light-colored beer (or chicken broth)
- 1 1/2 cups low-fat milk, divided
- 3 tablespoons cornstarch
- 1 3/4 cups shredded sharp Cheddar cheese
- 1 10-ounce can diced tomatoes with green chiles, drained, or 1 1/4 cups drained petite-diced tomatoes
- 2 tablespoons lime juice
- 1 teaspoon salt
- 1 teaspoon chili powder
- Cayenne pepper to taste (optional)
- 1/4 cup sliced scallions
- 2 tablespoons chopped fresh cilantro

1. Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, 4 to 5 minutes. Add beer and cook until reduced slightly, about 1 minute. Add 1 cup milk and bring to a simmer.
2. Meanwhile, whisk the remaining 1/2 cup milk and cornstarch in a small bowl. Add to the pan and cook, stirring vigorously, until bubbling and thickened, 1 to 2 minutes. Reduce heat to low, add cheese and cook, stirring, until melted. Stir in drained tomatoes, lime juice, salt, chili powder and cayenne (if using). Serve warm, garnished with scallions and cilantro. Make your own tortilla chips or serve a veggie tray to use as dippers.

Nutritional information per 1/4 cup serving

84 Calories
5g Fat
14mg Cholesterol
5g Carbohydrate
4g Protein
0g fiber
307mg Sodium
36mg Potassium

Makes 4 cups of dip.