



## Move Your Way 'Round the Bay

2008 Summer Incentive Program

AUGUST 6, 2008

WEEK TEN

NAPA

# Health *focus*

## Food Myths: **BUSTED!**

**1. Eating fat makes you fat.** This is not true. Excess calories, eating more than your body needs, are stored as body fat.

**2. Fat-free or sugar-free means guilt-free.** These "free" foods still have calories. It is important to look at the Nutrition Facts panel and the Ingredients list to really know what is in a product.

**3. If a food says "no sugar added" it means it is sugar-free.** Unfortunately not. It just means that no table sugar was added, but it may contain other naturally occurring sugars. Look at the Nutrition Facts to see how much sugar is in a product.

**4. Skipping meals is a good way to lose weight.** Actually, studies have shown that people who eat fewer times a day tend to be heavier than those who eat regularly throughout the day. Eat meals at regular intervals and indulge in healthy snacks to help keep you satisfied.

**5. Eating after 8 p.m. causes weight gain.** What you eat, how much you eat, and how much physical activity you do during the day determines how much weight you gain or lose. No matter when you eat, if you have extra calories that you aren't using, they will be stored as body fat.

**6. Certain foods like celery or grapefruit can burn fat.** No foods can burn fat. The only way to get rid of fat is to use more calories than you consume. Some foods may speed up your metabolism for a short time (like coffee) but these do not cause weight loss.

**7. Eating lots of protein will build big muscles.** Muscles are created by doing strength training exercises. Protein is important for muscles, but the average American diet contains more than enough protein to build and maintain muscle mass.

**8. Nuts are fattening and should be limited if trying to lose weight.** Nuts may be high in fat and calories, but in small amounts are a great part of a healthy diet. They have healthy, unsaturated fats, protein, fiber and other nutrients.

### TRIVIA

#### So You Think You Know About the Bay Area?



**Question:** What famous entertainer lives in Napa and also owns a vineyard there?

**Answer:** Robin Williams

Napa is a beautiful city and great place to experience a variety of cuisines, art galleries, shopping and of course, wineries. There are 391 wineries in Napa County alone. There are also a number of Zagat- rated restaurants in Napa.

Take a hike through Robert Louis Stevenson State Park, go for a bike ride and picnic through the Napa valley, or explore organic edible gardens, food tasting, and more at Copia, a non-profit discovery center to explore and celebrate the cultural significance of wine, food and the arts.

**Question:** Fairfield is home to the Jelly Belly factory. How many days does it take to make a Jelly Belly jellybean?

Email your answer to:

[pmielbeck@uhs.berkeley.edu](mailto:pmielbeck@uhs.berkeley.edu)  
and get entered into the prize drawing. Good luck!

## Announcements

Here are some great online resources on healthy living. They are packed full of information, accurate, and reliable!

- ◆ [UC Berkeley Wellness Letter](#)
- ◆ [Mayo Clinic](#)
- ◆ [Centers for Disease Control and Prevention](#)



## Healthy Recipe of the Week

### Mandarin Stir-Fry Beef

(can also be made without meat or with chicken) Serves 4

#### **Ingredients**

- 8 oz beef top sirloin or top round steak, cut into bite-sized strips
- ¼ cup fresh orange juice
- 2 Tbsp Hoisin or oyster sauce
- 1 Tbsp lite soy sauce
- 2 cloves garlic, minced
- ½ cup low sodium chicken or beef broth
- 1 ½ cup broccoli flowerers
- 1/3 cup sliced green onion
- 4 cups sliced Chinese or Napa cabbage
- 1 can (8 oz) sliced water chestnuts, drained
- hot cooked rice

Remove excess fat from steak strips, place in shallow non-metal

dish. In small bowl stir together orange juice, Hoisin/oyster sauce, soy sauce, and garlic. Pour mixture over meat, toss to coat. Cover and chill 30 minutes to several hours. Drain meat, reserving marinade. In a wok or large skillet over high heat, place 3 Tbsp broth. Stir fry broccoli 3 minutes and remove. Add more broth if needed, stir-fry onion and cabbage for 2 minutes and remove. Add more broth if needed, stir-fry chestnuts and tangerines for 1 minute. Return meat and cooked vegetables to wok along with reserved marinade. Toss well, cover and heat 1 minute. Serve hot with rice.

#### **Nutrition Information**

Serving Size: ¼ of recipe

#### **Amount per serving**

Calories 370

Calories from Fat 50

Total Fat 6g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 35mg

Sodium 280mg

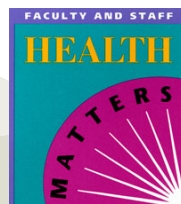
Total Carbohydrate 55g

Dietary Fiber 7g

Sugars 8g

Protein 24g

-Centers for Disease Control and Prevention



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