

10 OCTOBER



Cranberry Spice Muffins

- 1½ cups all-purpose flour
- ¾ cup granulated sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon grated orange rind
- 1 cup dried cranberries
- 1 cup skim milk
- 2 tablespoons vegetable oil
- 2 egg whites
- 1 teaspoon vanilla extract
- 1 tablespoon granulated sugar
- Vegetable cooking spray

Combine first 7 ingredients in a medium bowl; add cranberries, and toss to coat. Make a well in center of mixture.

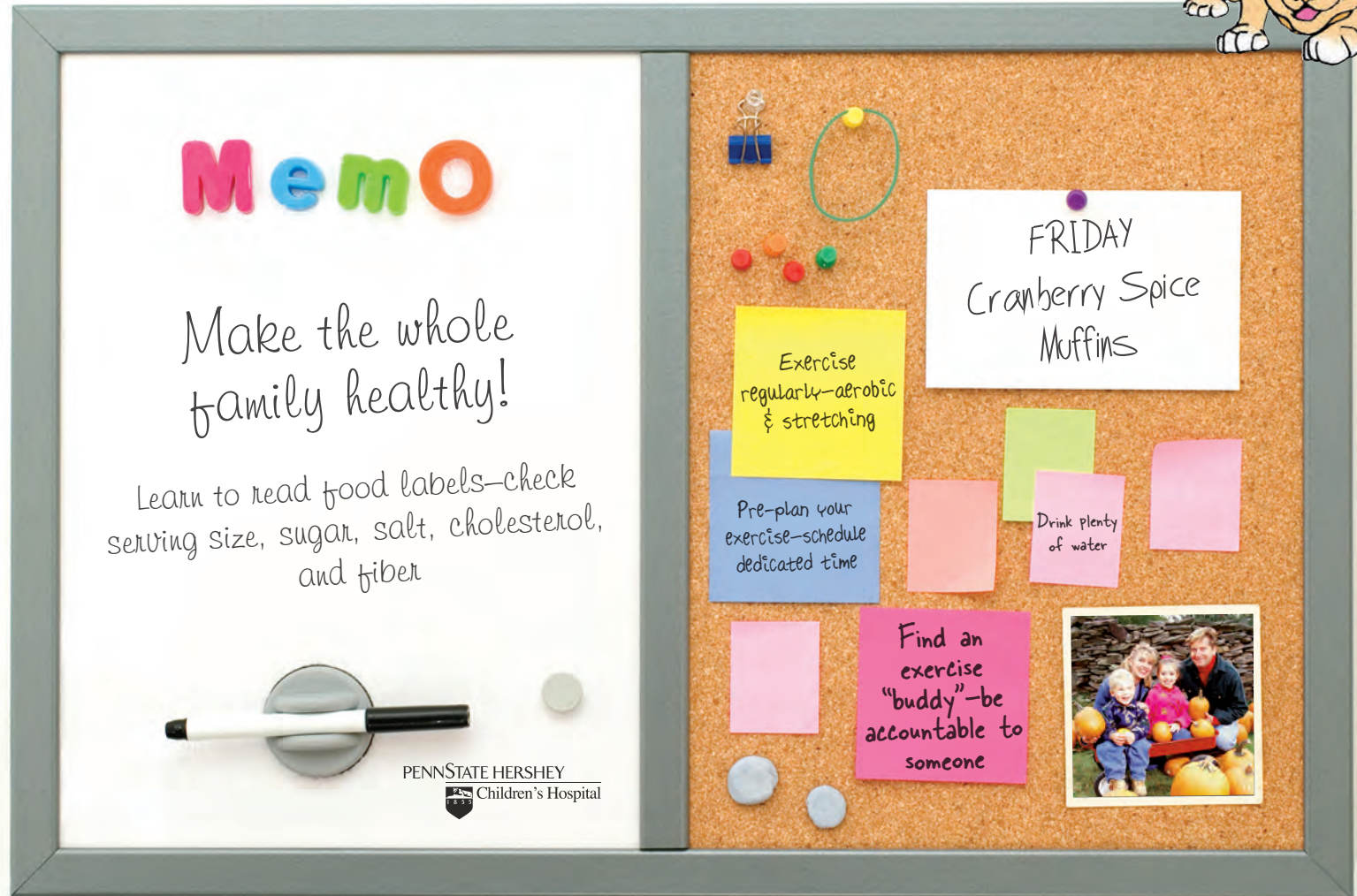
Combine milk and next 3 ingredients; add to dry ingredients, stirring just until moistened.

Spoon batter into muffin pans coated with cooking spray, filling three-fourths full. Bake at 400° for 20-25 minutes or until golden. Sprinkle 1 tablespoon granulated sugar over hot muffins. Remove from pans immediately.

Yield: 1 dozen muffins

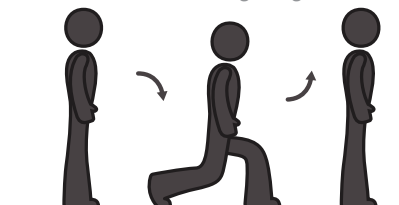
Nutrition Facts per Muffin:
 Calories 137 (13% from Fat), Fat 3 gm,
 Protein 3 gm, Carbohydrate 26 gm,
 Fiber 1 gm, Cholesterol 0 mg, Sodium 139 mg

Variation: In place of cranberries, add 1 cup fresh blueberries.



Look for exercise guidelines, menu planner, and a nutrition/exercise log in the back of the calendar.

Alternating Lunge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Look at nutrition labels of your favorite foods	Do a wall sit and hold for 30-90 seconds	Avoid fast food today	Play "Balloon Toss"	Eat a fresh apple for dessert	Play hide and seek outside	Have an 8 oz. glass of soy milk
Create a race the whole family can participate in	Try lean ground beef (90% or 95% lean)	Have good posture all day	Substitute ground turkey for beef in a recipe, like spaghetti	Do 10-20 alternating lunges (pictured above)	Have 3 oz of fish for dinner (cook without butter or oil)	Rake the leaves
Try nonfat chocolate milk	Skateboard or roller blade for 20-30 minutes	Count your calories for the day	Play in the leaves or play "Twister"	Don't skip meals	Build a fort inside	Make 1 whole grain waffle for breakfast
Go to a pumpkin patch (walk for 20- 30 minutes)	Think of a healthy trick-or-treat snack, like sugar-free gum	Buy a pedometer and count your steps for 7 days	Drink 1 cup of water before all meals and snacks	Sweep the porch	Make a low-fat muffin recipe (recipe above)	Use filled water bottles and do 15-20 bicep curls (Repeat 2-3 times)
Try a new fish like swordfish	Do 10-30 chair squats	Have 1 cup whole grain cereal for a snack	Do 30-50 leg kicks —Make sure you touch your toes (Repeat 2-3 times)	Have ½ cup low-fat pudding for a snack	Clean out your closet	Clean out the pantry and get rid of the junk food

THIS MONTH'S HEALTHY DINING OUT TIP: Top pasta or pizza with vegetables or a low-fat meat, such as ham.