

WHAT IF YOUR
FAVORITE MUFFIN
WASN'T A MUFFIN
AT ALL?

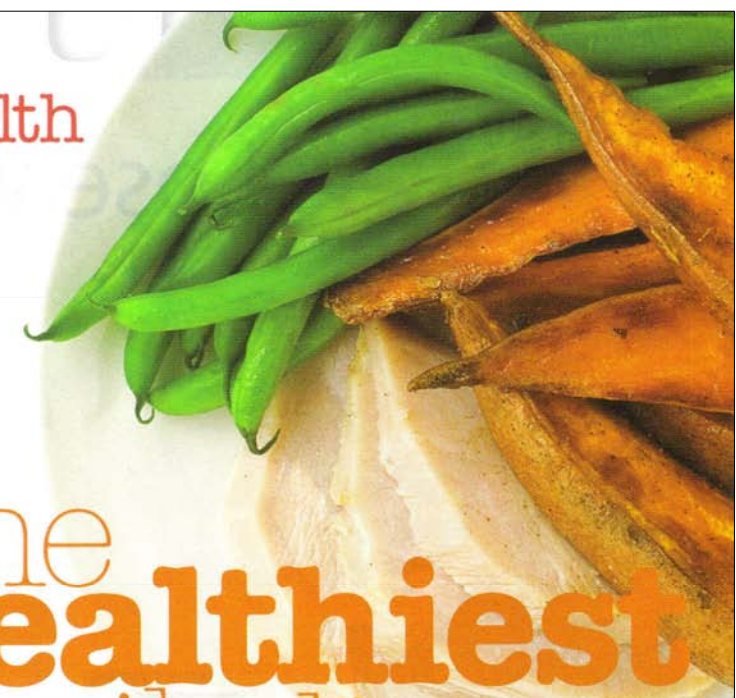


Real fruit and whole grain oats make
NEW! QUAKER® MUFFIN BARS
the perfect thing to warm your
morning or any time of the day.



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health



the healthiest family dinners

sneak 15 necessary
nutrients into
5 simple meals

BY HEIDI REICHENBERGER MCINDOO, R.D.

Does your family balk when you suggest trying to eat healthier? Or perhaps between lack of time and trying to please everyone, you've gotten to know the pizza delivery guy all too well? We're here to help with five easy—and affordable—meals that are jam-packed with powerhouse nutrients* (at least three in every meal).

The portion sizes below describe what you should serve to a 140-pound woman and active teenage girls. Men and active boys over the age of 15 may need to double or triple up on the fruits and veggies, and boost the starch portion by about a half. Younger kids can eat a bit less.

TURKEY BREAST

Three ounces skinless roasted turkey breast; 1 medium sweet potato, cut into wedges, mixed with 1½ teaspoons olive oil and ½ teaspoon cinnamon before roasting; 1 cup green beans. Dessert: ½ cup pudding made with skim milk.

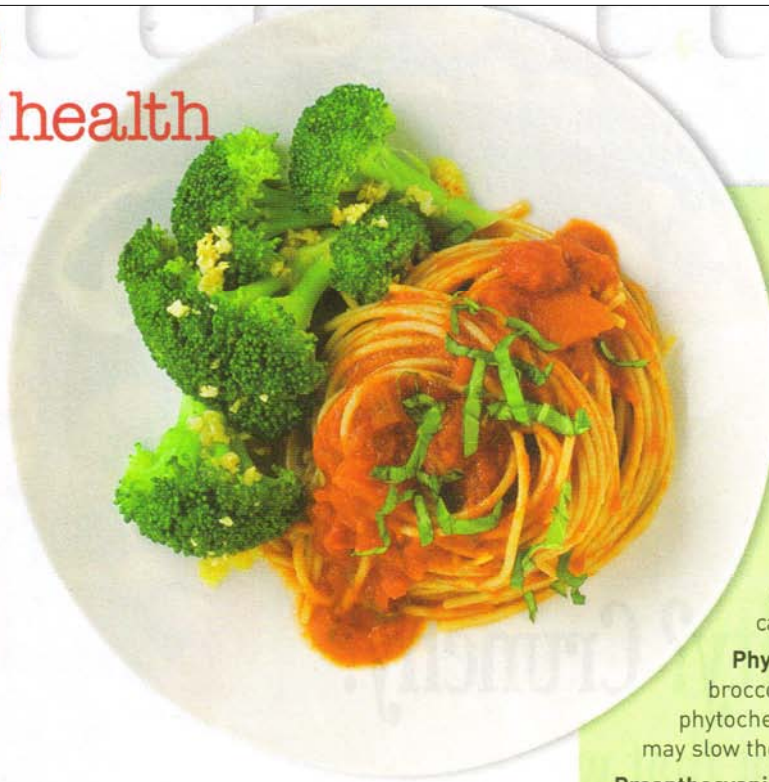
Nutrition Info: 452 calories; 8 g fat (1 g sat.); 35 g protein; 62 g carbohydrate; 8 g fiber; 324 mg sodium; 73 mg cholesterol; 296 mg calcium; 2 mg zinc; 1,269 mg potassium.

NUTRIENT BONUSES

Calcium: This dinner provides almost a third of your recommended daily calcium intake. People who eat a low-fat, calcium-rich diet have lower blood pressure levels than those who don't consume much calcium.

Zinc: The 2 mg of zinc in this meal keep blood sugar levels stable. Erratic highs and lows can cause headaches, moodiness, fatigue and increased hunger. Zinc also helps the immune system work properly.

Potassium: The potassium in sweet potatoes helps keep blood pressure in check, muscles contracting properly and the nervous system well regulated.



SPAGHETTI

1 cup whole-wheat spaghetti topped with $\frac{3}{4}$ cup pasta sauce, plus $\frac{1}{2}$ cup steamed broccoli drizzled with minced garlic sautéed in 1 teaspoon olive oil. Dessert: $\frac{1}{2}$ cup blueberries with 1 tablespoon light nondairy whipped topping.

Nutrition Info: 392 calories; 8 g fat (1 g sat.); 13 g protein; 77 g carbohydrate; 15 g fiber; 926 mg sodium; 0 mg cholesterol.

NUTRIENT BONUSES

Lycopene: Tomatoes are packed with this bright-red carotenoid, which may protect against various types of cancer, including prostate (although a new study calls this into question), lung, breast and stomach.

Phytochemicals: In addition to being rich in calcium, broccoli contains an assortment of disease-fighting phytochemicals, including glucosinolate sulforaphane, which may slow the speed at which cancer cells and tumors grow.

Proanthocyanidins: Found in blueberries, these antioxidants prevent bacteria from sticking to the walls of the urinary tract, thus lowering the risk of infections.

4 easy ways to exercise together

BY HEIDI REICHENBERGER MCINDOO AND CLARE NELLER

START A GAME OF KICKBALL: You might need to enlist a few neighbors to get this combo of baseball and soccer going.

HAVE A BACKYARD FIELD DAY: Set up a mini obstacle course with a jump rope, bottles filled with sand, the swing set and whatever else. Time how long it takes people to go from start to finish.

GRAB A PARTNER FOR AN OLD-FASHIONED FRISBEE TOSS: Or for some competition, round up a few more people for a game of Ultimate Frisbee. As in football, move up and down the field (with the Frisbee) and try to score.

RETURN TO CHILDHOOD WITH FREEZE TAG: If the person who's "it" gets you, you are frozen and can't move until a friend "unfreezes" you.

win it!

Work out in style. Ten lucky readers will win an ADIDAS WATCH, HAT, BAG AND SOCKS (\$165 value).

To enter, go to familycircle.com/win75. See page 272 for details.



ROAST BEEF

Three ounces grilled top round beef, covered with $\frac{3}{4}$ cup red bell peppers sautéed in 2 teaspoons olive oil, and $\frac{1}{2}$ cup brown rice made with half water and half orange juice.

Dessert: a grilled pineapple slice.

Nutrition Info: 427 calories; 15 g fat (3 g sat.); 31 g protein; 42 g carbohydrate; 4 g fiber; 48 mg sodium; 56 mg cholesterol; 3 mg iron; 166 mg vitamin C.

NUTRIENT BONUSES

Iron: Lean beef is one of the best sources of iron. Inadequate iron intake can deprive the blood of oxygen, leading to fatigue.

Vitamin C: One red bell pepper contains more C than two oranges. Vitamin C helps us feel better when we're under the weather and also maximizes iron absorption.

Fiber: Brown rice has five times more fiber than white rice. Getting enough fiber makes for a healthy GI tract and can help lower bad cholesterol.



Patient Information
VESicare® - (VES-ih-care)
(sulfifenacin succinate)



health

Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESicare is right for you.

What is VESicare®?

VESicare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency,"
- Having a strong need to go to the bathroom right away, also called "urgency,"
- Leaking or wetting accidents, also called "urinary incontinence."

VESicare has not been studied in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare®?

Do not take VESicare if you:

- are not able to empty your bladder (also called "urinary retention"),
- have delayed or slow emptying of your stomach (also called "gastric retention"),
- have an eye problem called "uncontrolled narrow-angle glaucoma",
- are allergic to VESicare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

What should I tell my doctor before starting VESicare®?

Before starting VESicare tell your doctor or healthcare professional about all of your medical conditions including if you:

- have any stomach or intestinal problems or problems with constipation,
- have trouble emptying your bladder or you have a weak urine stream,
- have an eye problem called narrow-angle glaucoma,
- have liver problems,
- have kidney problems,
- are pregnant or trying to become pregnant (It is not known if VESicare can harm your unborn baby),
- are breastfeeding (It is not known if VESicare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESicare, but not both).

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

How should I take VESicare®?

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

- You should take one VESicare tablet once a day.
- You should take VESicare with liquid and swallow the tablet whole.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare in the same day.
- If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away.

What are the possible side effects with VESicare®?

The most common side effects with VESicare are:

- blurred vision. Use caution while driving or doing dangerous activities until you know how VESicare affects you.
- dry mouth.
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as VESicare are used in a hot environment.

Tell your doctor if you have any side effects that bother you or that do not go away.

These are not all the side effects with VESicare. For more information, ask your doctor, healthcare professional or pharmacist.

How should I store VESicare®?

- Keep VESicare and all other medications out of the reach of children.
- Store VESicare at room temperature, 50° to 86°F (15° to 30°C). Keep the bottle closed.
- Safely dispose of VESicare that is out of date or that you no longer need.

General information about VESicare®

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals. You can also call (866) 972-4636 toll free, or visit www.VESICARE.com.

What are the ingredients in VESicare®?

Active ingredient: sulfifenacin succinate

Inactive ingredients: lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet) or red ferric oxide (10 mg VESicare tablet)

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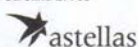
Astellas Pharma Technologies Inc.
Norman, Oklahoma 73072

Marketed by:

Astellas Pharma US, Inc.
Deerfield, IL 60015-2548

Marketed and Distributed by:

GlaxoSmithKline
Research Triangle Park
North Carolina 27709



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RICE AND BEANS

1 tablespoon chopped onion, ½ garlic clove, ¼ a green bell pepper, 1½ teaspoons tomato paste and a dash of cayenne sautéed in 2 teaspoons olive oil until pepper is tender. Add ½ cup small canned red beans, ½ cup white rice and ¾ cup water, heat to boil, then simmer until rice is cooked. Steam ¾ cup carrots. Dessert: ½ cup low-fat vanilla yogurt with 2 tablespoons raspberries.

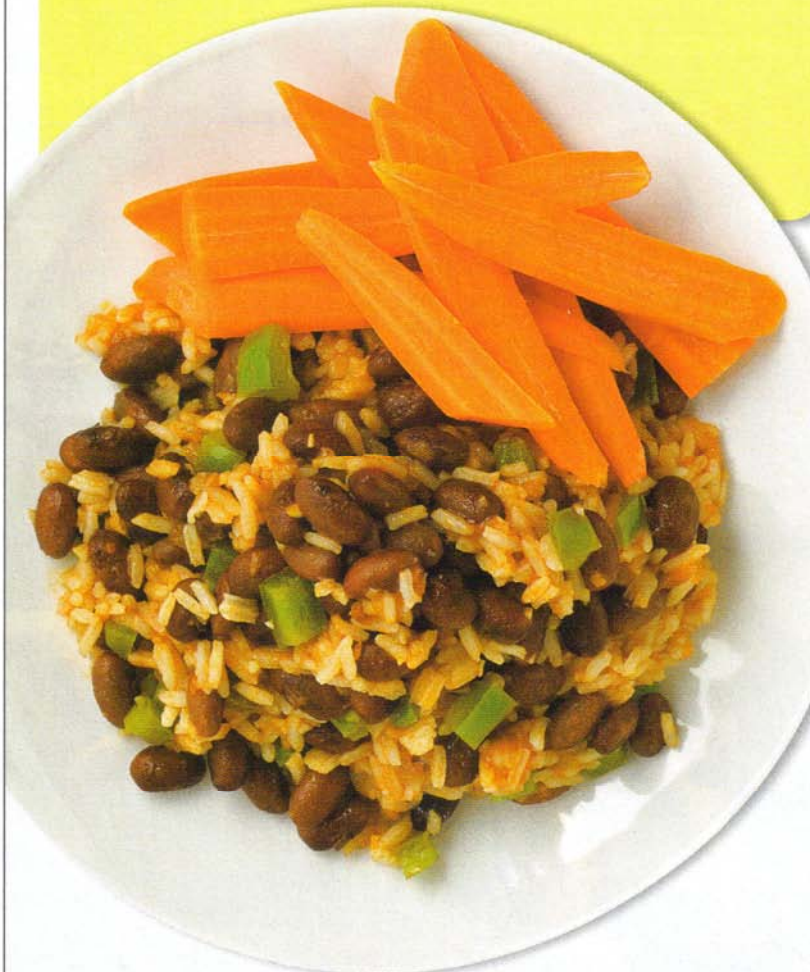
Nutrition Info: 452 calories; 11 g fat (2 g sat.); 16 g protein; 74 g carbohydrate; 12 g fiber; 295 mg sodium; 6 mg cholesterol.

NUTRIENT BONOUSES

Plant sterols: These plant-based substances found in all beans lower LDL (bad) cholesterol and may help raise HDL (good) cholesterol.

Capsaicin: This compound gives cayenne peppers their heat. It's believed that when eating spicy foods the body needs to go into overdrive to deal with the heat burst flowing through it. Doing so requires energy, which the body gets by burning more calories.

Carotenoids: Carrots are loaded with these phytonutrients, which give them their bright orange hue and also provide tremendous health benefits, including lowering your risk for heart disease as well as bladder, cervical, colon and other cancers.





BAKED SALMON

Three ounces of baked salmon topped with 1 tablespoon fresh lemon juice and 1 teaspoon dill, ½ cup Parmesan-flavored couscous, 1 cup raw baby spinach with 2 tablespoons chopped walnuts, ⅓ cup cherry tomatoes and 2 tablespoons raspberry vinaigrette. Dessert: a juicy nectarine.

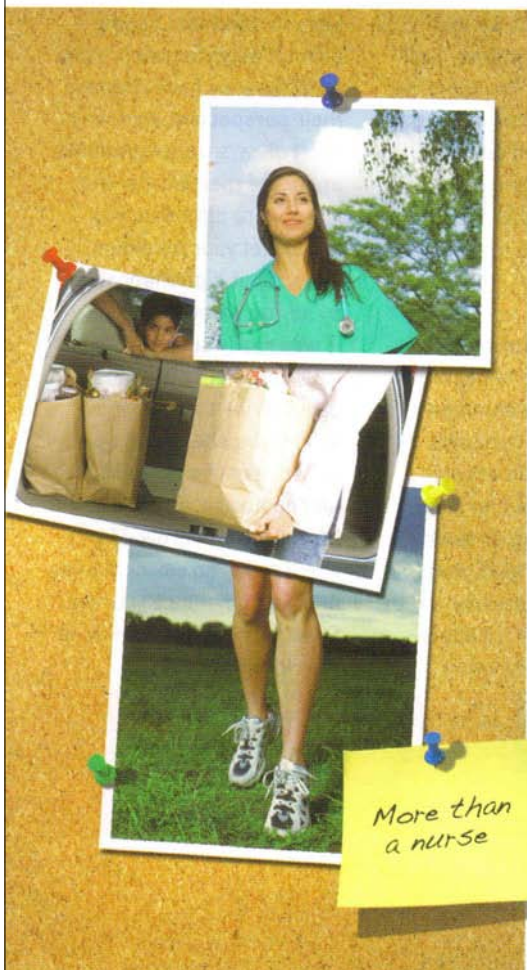
Nutrition Info: 497 calories; 22 g fat (4 g sat.); 30 g protein; 49 g carbohydrate; 6 g fiber; 701 mg sodium; 73 mg cholesterol; 65 mcg folate; 3 g omega-3 fatty acids.

NUTRIENT BONUSES

Folic acid: Spinach is rich in folate, which helps keep blood levels of the amino acid homocysteine down—high levels may increase the risk of a heart attack.

Omega-3 fatty acids: Salmon is one of the best sources of omega-3s, which improve our cardiovascular system's health by lowering cholesterol, decreasing the risk of blood clots and slowing the buildup of plaque that blocks arteries.

Healthy polyunsaturated fat and protein: Research indicates that munching on walnuts helps curb the appetite. This may be because the combination of protein and healthy fats makes people feel full. ●



MORE THAN A SNACK.®



You're doing **MORE** these days, so why not pick a snack that gives you **MORE**? Ounce for ounce Blue Diamond® Whole Natural Almonds have **MORE** calcium than milk, **MORE** protein than eggs and **MORE** fiber than any other nut. Zero Cholesterol and 13 essential nutrients in all. Just a handful a day can help you from overeating at mealtime! Blue Diamond Whole Natural Almonds, a delicious and satisfying way to make the **MOST** of your busy life.

HAVE YOU HAD YOUR CAN A WEEK?®

FOR COMPLETE NUTRITIONAL DATA REFER TO:
USDA NATIONAL NUTRIENT DATABASE FOR STANDARD REFERENCE, RELEASE 19, 2006

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