

REFRIGERATOR MAKEOVER » PROGRESSIVE LIGHT SOUPS

Start your meal off right with a hearty bowl of soup



Studies show that when we start a meal with a bowl of hot soup, we reduce our overall caloric intake. Progresso's new Light Soups are the perfect way to start off a meal, whether you're watching your weight or not. Each of the broth-based soups have only 60 calories per serving (or, 120 calories per can) and provide a full serving of vegetables.

In such flavors as Italian Style Vegetable and Homestyle Vegetable and Rice, a bowl of the soup, paired with a sandwich or salad, is a great addition to any diet. For more information, visit www.progressofoods.com. - Sue Saunders



BREAK A SWEAT

Black Box's "Fantasy"

Looking for a song to add to your MP3 player that will get your heart pumping while working out? It may or may not be a new release, but it will certainly get you in the mood to burn some calories and get in better shape.

NEWS TO USE

Study to weigh vitamin C as lymphoma treatment

Researchers are preparing for clinical trials examining whether high doses of vitamin C, administered intravenously, can slow the spread of non-Hodgkin's lymphoma.

Thomas Jefferson University Hospital and Jefferson's Kimmel Cancer Center, along with the National Institutes of Health, plan to begin enrollment within the next few weeks of 20 non-Hodgkin's lymphoma patients who have failed standard therapy.

Each study participant will be given varied intravenous doses of vitamin C three times a week during the study, expected to last from four to six months, the hospital said Wednesday.

"This is a very unique study for a set of patients who have really run out of options," said Dr. Daniel Monti, director of Jefferson's Myrna Brind Center of Integrative Medicine and the study's lead investigator. - AP



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COOKING WITH KERRY DUNNINGTON

Resolve to ring in the New Year with 'nature's perfect food'

By Kerry Dunnington
Special to The Examiner

I learned about the extraordinary benefits of flaxseeds many years ago when my husband, Nick, went to a naturopath, a licensed practitioner who treats ailments without using drugs or medicines. Nick was feeling fatalistic from what turned out to be a poisonous spider bite. As part of the healing process, the naturopath suggested daily doses of flaxseeds or what she referred to as "nature's perfect food." Flaxseeds were not only essential for flushing the poisonous toxins from Nick's bloodstream, the naturopath highly recommended them as a source of food to incorporate into our daily round of meals. A radical change in diet was suggested to include flaxseeds, and in a few days the foot-long scarlet-colored spider bite dissipated then disappeared.

When it comes to choosing flaxseeds, it's important to select the highest quality. There are many brands of flaxseeds available. I tested several and discovered I liked Premium Gold brand for its freshness. I also endorse the North Dakota-based, independently owned company's philosophy about farming and food. To get the most important health benefits from flaxseeds, they must be ground or crushed, I prefer to do this just prior to using to ensure I'm getting the freshest, most nutritious form of flax.

CORNMEAL, MILLET AND FLAX BREAD

Fresh from the oven, this loaf makes a memorable bread for sandwiches. It is also marvelous toasted and slathered with your favorite topping for toasted bread. This bread is a good keeper and freezes with great results.

- 2 packages active dry yeast
- 1/2 cup warm water
- 1 tablespoon sugar
- 1 cup water
- 1 teaspoon salt
- 1/2 cup yellow cornmeal
- 1 cup 2% milk
- 1/2 cup millet
- 1/2 cup flaxseeds (fresh ground)
- 1/4 cup light brown sugar
- 2 teaspoons salt
- 4 cups white flour (about)

In a large bowl, proof the yeast with 1/2 cup warm water and sugar. In a medium pan, bring 1 cup of water to a boil; add 1 teaspoon salt, stir in cornmeal, lower heat to medium and cook, stirring vigorously for 1 min-

ute. Cool mixture for 5 minutes.

Combine cornmeal (it will be very thick) with yeast mixture and stir until fully combined. In a small pan over moderate heat, heat milk until warm. Toast millet until aromatic and golden, (millet browns quickly, watch closely so it doesn't burn). With a few pulses grind flaxseeds in a coffee grinder. Add warm milk, toasted millet, flaxseeds, brown sugar and salt. Add flour, 1 cup at a time, stirring well after each addition. When the mixture begins to pull away from the sides of the bowl, transfer to a floured surface and knead for about 7 to 10 minutes or until dough is elastic. Lightly oil a large bowl with cooking spray, place dough in bowl and turn to coat all sides. Cover and let rise in a warm draft-free place until double in bulk, about 1 hour. Punch dough down, cut in half, shape into 2 loaves. Place each loaf in a 9x5x3-inch loaf pan that has been coated with cooking spray, cover and let rise until double in bulk, about 1 hour.

Preheat oven to 425, bake loaves for 10 minutes, lower temperature to 350 and bake an additional 20-25 minutes or until loaves are light brown or sound hollow when tapped. Allow bread to cool before slicing. Yields 2 loaves, about 14 slices per loaf.

Nutritional analysis per slice: 214 calories, 1 grams total fat, 0 grams saturated fat, 0 grams trans fat, 1 mgs cholesterol, 505 mgs sodium, 45 grams total carbohydrate, 2 grams dietary fiber, 6 grams protein, 5 grams sugar

Kerry Dunnington, food columnist and author of "This Book Cooks," is passionate about food that reflects nutrition, color, balance, texture and variety of the season. Catch her column biweekly in Healthy Life. She can be reached at thistbookcooks@verizon.net.

Whites more likely than minorities to get narcotics from ER doctors

Emergency room doctors are prescribing strong narcotics more often to patients who complain of pain, but minorities are less likely to get them than whites, a new study finds.

Even for the severe pain of kidney stones, minorities were prescribed narcotics such as oxycodone and morphine less frequently than whites.

The analysis of more than 150,000 emergency room visits over 13 years found differences in prescribing by race and ethnicity in both urban and rural hospitals, in all U.S. regions and for every type of pain.

"The gaps between whites and nonwhites have not appeared to close at all," said study co-author Dr. Mark Pletcher of the University of California, San Francisco.

The study appears in Wednesday's Journal of the American Medical Association. Prescribing narcotics for pain in emergency rooms rose during the study, from 23 percent of those complaining of pain in 1993 to 37 percent in 2005.

The increase coincided with changing attitudes among doctors who now regard pain management as a key to healing. Doctors in accredited hospitals must ask patients about pain, just as they monitor vital signs such as temperature and pulse.

Even with the increase, the racial gap endured. Linda Simoni-Wastila of the University of Maryland, Baltimore, School of Pharmacy said the race gap finding may reveal some doctors' suspicions that minority patients could be drug abusers lying about pain to get narcotics.

The irony, she said, is that blacks are the least likely group to abuse prescription drugs. Hispanics are becoming as likely as whites to abuse prescription opioids and stimulants, according to her research. She was not involved in the current study. - AP

Did you know?

» A 1/2 cup (the recommended serving) includes a perfect balance of the essential omega 3 and 6 fatty acids, soluble and insoluble fiber (both promote normal cholesterol levels), vitamins, protein, fiber and immune-enhancing lignans. Flaxseeds also aid in healthy digestion and promote healthy glowing skin.

