

PENNY SAVER NEWS

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Mother's Day - for Years to Come

Did you just celebrate Mother's Day? I hope every Mother, Mom, Mama, and Mother-to-Be got some kind of special recognition, plus all the Grandmothers out there as well! Now we're into National Women's Health Week, a week of paying special attention to making sure that these wonderful women are still around for many more years. Plus, May is National Osteoporosis Prevention Month, another health reminder for all women.

What are the major reasons why some women won't be here next year? The top three causes of death in women in the US are heart disease, cancer and stroke. Osteoporosis is much more noticeable in women, although lots of men suffer from it too. And while osteoporosis means weak bones, the complications from broken hips in the elderly are frequently fatal as well.

In most cases each of them can be treated, if they're recognized soon enough. In all cases, there are many decisions we each make about our diet and lifestyle that increase or decrease our chances of getting or surviving any one of them. What are you doing about them today?

The first thing you can do today is decide to take a critical look at your diet. How much fat is there? Do calories in equal calories burnt off? High fat diets are more likely to contribute to heart disease and stroke than lower fat diets. That does not mean you have to become a vegetarian! But you can switch from whole milk to 2%, or from 2% to 1%. Mix the two together for a month or so, to get used to the slight change, then go to

the lower one.

How many fruits and vegetables do you get every day? How many different kinds of them do you eat? There is no single one that you *must* eat, but the more you eat, and the more different kinds you eat, the more protection you'll get from them. It doesn't matter if they're cooked or raw, fresh, frozen or canned. Every one offers some benefit, and more offer more benefits.

How much calcium are you getting? The great majority of women, young and old, do not get what we need to protect our bones, or our blood pressure. Unless you drink 3 or 4 glasses of milk a day, you need to pay attention to other sources of this important mineral. Yogurt, cheese or pudding will work, so will calcium-fortified orange juice. If none of those are on your daily menu, look for calcium tablets with vitamin D in your local pharmacy.

Besides diet, take a critical look at your activity level. How much exercise do you get on a regular basis? Thirty minutes a day strengthens our heart, lowers our cholesterol and blood sugar, improves circulation, maintains weight and probably does a lot more that we haven't figured out yet! It doesn't need to be at one time, three 10 minute spurts will do it too. If you can't walk, hold a can of beans in each hand and lift them up and down while you watch TV. That's more exercise than you were getting!

Finally, if you haven't seen your doctor recently, make an appointment today! Ask for a mammogram and a Pap test, a check on the fat, cholesterol and sugar in your blood, and a bone density test if you're over 50. The earlier you know what's going on inside yourself, the more time you have to take control over it. And if you're not a woman or a mother yourself, you surely know a few who might need some encouragement. Start today, so you can stick around for next year's Mother's Day.

This week's recipe is a cool, pink sweet treat in honor of Mother.

Velvet Strawberries

1 - 10 oz pkg frozen strawberries, partly thawed 1 cup crushed ice
1 - 6 oz can evaporated milk (not sweetened) ½ cup sugar
1 Tbsp lemon juice

Place all ingredients in blender or food processor. Break fruit into chunks if necessary.

Blend at high speed 2 minutes, or until thick. Pour into a deep pie dish or a bread pan.

Cover and freeze until stiff. Serves 3.

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