

Too much alcohol can lead to unsafe sex



Researchers tested how much alcohol participants drank and measured their willingness to have unsafe sex. See their conclusion at sex.usatoday.com.

MGM Mirage



Your Life

THRIVE CARE NOURISH SHINE

FDA warns of misleading Lap-Band ads



Eight surgical centers and a marketing firm in California have been put on notice about ads promoting the stomach-restricting device used to treat obesity. See what the concerns are at health.usatoday.com.

AP



3 1/2 OZ
THE AMOUNT OF FISH AMERICANS EAT PER WEEK, LESS THAN HALF WHAT'S RECOMMENDED

Photos by Craig L. Moran for USA TODAY

Fresh approach: Gary Royce helps customers at America Seafood in Arlington, Va. Frozen and canned fish can be as fresh as the selection behind the counter.

Nothing fishy about seafood

Healthful meals can be quick and simple

By Ellie Krieger
Special for USA TODAY

Susan Bannon, 44, a mother of three from Wellesley, Mass., cooks for her family nearly every night, but save for the occasional shrimp dish, she almost never makes fish. She's unsure what type to buy, doesn't know how to season it or tell if it is done, and she's concerned about contaminants.

According to the 2010 USDA Dietary Guidelines for Americans, we eat a paltry 3 1/2 ounces of fish a week, less than half the 8 ounces recommended. That means most Americans are missing out on one of the most convenient, quickest, healthiest foods available. Whatever the reason for the reluctance, here's a primer on how to get past any fish fear you might harbor and start to enjoy the sea's bounty more regularly.

The benefits of eating fish are overwhelming. According to a study published in *Circulation*, the journal of the American Heart Association, just two seafood meals a week can reduce your risk of dying from a heart attack by about 30%. Fish also protects against heart arrhythmias, lowers triglycerides and blood pressure, eases inflammation and keeps blood vessels healthy. Studies also show that eating fish may ward against cancer, help protect skin from sun damage, keep the brain healthy and ease the pain of arthritis.

In addition to seafood's omega-3 fat, which is responsible for most of these benefits, fish is a complete package with filling protein and vitamin D, zinc, magnesium and iron.

What about contaminants?

Bannon, like many others, perceives fish as possibly unhealthy because of reports it contains such contaminants as methyl mercury and PCBs.



DESPITE TOXINS, IT'S A BIGGER HEALTH RISK NOT TO EAT FISH



Find nutritionist Ellie Krieger's recipe for Tilapia with Lemon Herb Sauce at recipes.usatoday.com.

Though it's true many fish contain some level of these, the bottom line is that the benefits of eating fish far outweigh any downsides. It actually is a bigger health risk *not* to eat fish.

Just avoid "The Big 4" (the fish the EPA says are highest in mercury) — tilefish, shark, swordfish and king mackerel — and limit white tuna and tuna steak to 6 ounces a week. Also, check with local advisories before consuming any sport fish. Beyond that there is a sea of options.

How to buy seafood

Some of the best, most economical seafood choices are actually in the freezer and canned-foods sections. Frozen fillets and shellfish are easy on the wallet, convenient and often "fresher" than what's at the counter because they are frozen and packaged right after being caught.

On the shelf there's canned tuna as well as salmon and sardines. These fish have all the healthy properties of their fresh counterparts at a fraction of the price.

When buying fresh seafood, look first for a high

quality purveyor you can trust and even get to know. Trust your nose and eyes. The store should smell like the sea, but not strongly fishy. It should look clean and well-maintained, and the fish should be displayed on a thick bed of ice.

Cooking basics

Fish cooks quickly and is delicious simply seasoned, so you don't need a lot of time or expertise to cook it well. Bake, broil, grill, poach, steam or sauté it — just avoid frying. When grilling, choose steak-like fillets that hold together when turned, such as salmon, tuna and halibut. Otherwise use a grilling basket. Broiling works well for thin fillets like flounder, sole and tilapia. Baking at 400 degrees works for just about all types of fish.

You know when fish is done when it becomes opaque and easily flakes with a fork. A handy rule of thumb is to cook it for 10 minutes per inch thickness. There are many ways to season it, but seafood is delightful with just a little salt, pepper and lemon juice. Preparing fish can be basically effortless — once you try it, you'll be hooked.

There are plenty of fish in the sea

The options at the store can be overwhelming, and most people tend to eat the same types of fish all the time. Branch out with these alternatives that have a similar taste and texture to fish you may already be enjoying.

If you like then try:
Salmon	Arctic Char
Shrimp	Scallops
Sole	Tilapia
Cod	Halibut
Canned tuna	Canned salmon

One-minute moves you can do anywhere

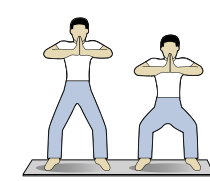
These exercises take almost no time and require no gear

By Holly Corbett Bristol
Special for USA TODAY

Don't let a jam-packed holiday schedule derail your exercise goals. "It's the person who consistently does *something* who stays fit over time," says Greta Blackburn, founder of FITCAMP, a series of national fitness boot camps. Quick workouts won't replace your full-length routine, but they will rev your energy levels over the course of the day and help burn calories. Best of all, these moves don't require any equipment, so you can do them anywhere.

TEMPLE POSE TO PLIE SQUATS

This move from Mandy Ingber, creator of Yogalosophy, used by Jennifer Aniston, works inner thighs and outer glutes.



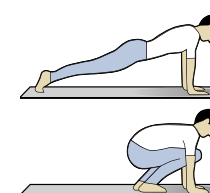
Illustrations by Frank Pompa, USA TODAY

How to do it: Stand with feet three feet apart, toes turned out, knees bent and hands in prayer position. Sink lower body down while keeping

upper body upright. Tighten quads and glutes and pulse hips up and down eight times. Rise back to Temple Pose and hold for five breaths. Repeat Plie Squats and release.

LEAPFROG PLANK

Jennifer Cohen, author of *No Gym Required*, offers this move, which works arms, shoulders, abs and legs.

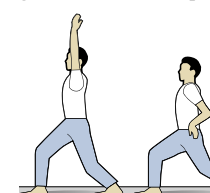


How to do it: Get into a plank position, keeping arms extended, core tight and spine straight. Leapfrog legs forward, so knees are tucked under

arms. Return to plank; hold for five seconds. Repeat for one minute.

CRESCENT POSE TO LUNGES

Ingber's move works core, quads and glutes. Plus, it improves balance.

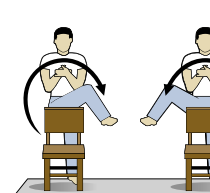


How to do it: Start with feet three feet apart, right leg forward and right knee bent at a 90-degree

angle. Keep knee directly over ankle and hips facing front. Keep left leg firm and left heel planted. Raise arms up by the sides of ears with palms facing each other for Crescent Pose. Hold for five breaths, lifting chest upward, allowing pelvis to sink downward. Place hands on hips and do eight pulsing lunges by bending knees and allowing back heel to come off the ground. Repeat Crescent Pose with left leg; hold for five breaths. Do eight pulsing lunges with left leg.

THIGH SWING

This move from Cohen gives you a cardio boost and strengthens abs and thighs.

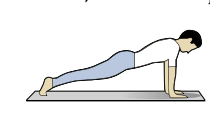


How to do it: Stand behind a chair. Swing leg in an arc over the back of the chair one way, then

bring it back over the other direction. Swing for 30 seconds, then switch legs, and repeat. For stability, hold hands crossed against chest, and engage core. (Too difficult? Use a lower-backed chair.)

T PUSH-UP

This push-up with a twist, suggested by Cohen, works triceps, chest and core.



How to do it: Do one push-up (either in knees or toes position). As you come up, shift weight to left arm, and twist to the side while bringing

right arm up toward the ceiling in a side plank. Lower the arm back to the floor for another push-up and then twist to the other side. Repeat for 30 to 60 seconds.

A 'winter salad' doesn't need to sacrifice flavors



By Ellen Silverman, Cooking Light

Comfort food: Use seasonal vegetables and fruits for flavor.

Winter will be here officially next week, so now is the time you'll want to dig into heavier comfort foods. But don't let this change make you phase out the nutrition found in light, summery salads.

Your Life nutrition blogger Dawn Jackson Blatner offers an easy formula to winterize your salads. Start with a base of arugula, baby spinach or mixed greens. Then choose from any or all of the following five categories for a satisfying dish:

1 Raw winter veggies and greens.

Add any of the following hearty and seasonal chopped vegetables. Veggies picked at their peak are the most tasty and may be more nutritious than buying out of season.

- ▶ broccoli
- ▶ cauliflower
- ▶ fennel
- ▶ endive
- ▶ radicchio
- ▶ collard greens
- ▶ swiss chard
- ▶ cabbage

2 Sweet winter fruits.

No salad can be complete without a little sweetness, so add any of the following chopped fresh or dried seasonal fruit. Both provide valuable vitamins, minerals and fiber. Dried fruit has more concentrated calories, so be moderate using it.

- ▶ apples
- ▶ pears
- ▶ grapes
- ▶ oranges, clementines, tangerines, grapefruit
- ▶ pomegranate seeds
- ▶ dried cranberries
- ▶ dates

3 Hearty grains and legumes.

To help a salad "stick to your ribs," toss it with any of the following (warm or room temperature) cooked grains or legumes. It's easy to prepare grains: Hearty grains such as farro, wheatberries, barley and kasha can be made pasta-style. Just fill a big pot with water and bring to a boil; add grain and reduce to a simmer until tender, which could take 30-60 minutes, depending on quantity. Quinoa and bulgur are time-savers and cook more quickly than the rest — usually in 10 minutes.

- ▶ brown rice
- ▶ barley
- ▶ kasha
- ▶ bulgur
- ▶ quinoa
- ▶ wheatberries
- ▶ farro
- ▶ beans: white, black, kidney, etc.
- ▶ lentils

4 Roasted roots and friends.

Roasting brings out a naturally deep flavor. Add any of the following (warm or room temperature) roasted vegetables. To roast vegetables: Preheat oven to 400 degrees F; put bite-sized vegetables on a parchment-lined baking sheet for easy clean up, and mist with cooking spray. Roast for 25 minutes, flip and check every 10 minutes until the veggies are tender and lightly brown around the edges.

- ▶ sweet or white potatoes
- ▶ carrots
- ▶ turnips
- ▶ parsnips
- ▶ beets
- ▶ brussels sprouts
- ▶ winter squash, such as butternut or acorn

5 Seasonal dressing.

Choose dressings that highlight seasonal superstar flavors such as grapefruit, ginger and apple cider.

nutritionation
INSIGHTS ON OUR WORLD OF FOOD CHOICES

Find 3 salad dressing recipes and read more of Dawn's blog at food.usatoday.com.