

African Peoples Education & Defense Fund, Inc.

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**Our Mission**  
- **Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.**

- **Defend the human and civil rights of African people.**

# Healthy Connections

FEBRUARY 2007

## Exercise in Small Doses is Good for the Heart

If you struggle to fit in one bout of continuous exercise every day, don't feel guilty. New research suggests that your body may benefit from intermittent exercise.

Researchers at the University of Missouri-Columbia compared the effects of these two kinds of exercise on triglycerides, a fatty substance in the bloodstream that causes artery blockage and leads to heart disease.

On one day, the study participants, all of whom



were inactive, simply ate a high-fat meal without exercising at all. On

another, they ate a high-fat meal following a session of continuous exercise for 30 minutes. And on the final visit, they ate a high-fat meal after exercising in three, 10-minute bouts, resting for 20-minute intervals in between.

Following each meal, the researchers measured each participant's

triglyceride levels.

What they found: While the continuous exercise lowered triglyceride levels by 15 percent, exercising in short bouts lowered them by 27 percent.

"Most Americans who exercise are exercising around 30 minutes a day," says researcher Tom Thomas, a professor of nutritional sciences at the University of Missouri-Columbia. "Based on the results of the research, the intermittent approach would probably be best for most Americans at

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# Recipe: Stuffed Cabbage w/ Dill Sauce

**Serves 4**  
**working time 25 min.**  
**total time 1 hour**

## Ingredients:

1 small cabbage head (1lb), cored  
 1 tsp olive oil  
 6 scallions, thinly sliced  
 2 carrots, quartered lengthwise & thinly sliced  
 1 zucchini, halved lengthwise & thinly sliced  
 ¼ lb mushrooms, coarsely chopped  
 1 cup bulghur (cracked wheat)  
 2 tbsp boiling water  
 ½ tsp grated lemon zest  
 1 tbsp fresh lemon juice  
 ¾ cup snipped fresh dill  
 ½ tsp salt  
 2 tbsp chopped pecans (¾

oz)  
 2 cups reduced-sodium vegetable broth  
 1¼ tsp cornstarch mixed w/ 1 tbsp water  
 3 tbsp reduced-fat sour cream

1. Preheat the oven to 400°. In a large pot of boiling water, cook the whole head of the cabbage until it is crisp-tender and the leaves are easily separated, about 5 minutes. Drain. When cool enough to handle, separate into leaves, selecting the 12 largest leaves for stuffing. (Save the remainder for another use).  
 2. In a medium

saucepan, heat the oil until hot but not smoking over medium heat. Add scallions and cook until softened, about 1 minute. Add carrots, zucchini, and mushrooms and cook, stirring frequently, until the carrots are softened (about 4 minutes). Add bulghur, boiling water, lemon zest, ½ cup and the salt. Let stand until the bulghur is slightly chewy, about 10 minutes. Remove from the heat and stir in the pecans.  
 3. Using a ½-cup measuring cup as a mold, stuff the 12 cabbage leaves with the bulghur mixture and place them, seam-side down, in a 13 x 9-inch baking dish. Pour broth

over, cover with foil, and bake for about 25 minutes, or until the leaves are tender and the filling is heated through. Transfer the cabbage packets to 4 plates. Transfer the broth from the baking dish to a small saucepan and bring to a boil. Add the cornstarch mixture and cook, stirring constantly, until slightly thickened, about 1 minute. Stir in the remaining ¼ cup dill. Spoon the sauce over the cabbage packets, top with a dollop of sour cream (optional), and serve.

**Fat: 7g**  
**Calories: 266**  
**Saturated fat: 1.3g**  
**Carbohydrate: 46g**  
**Protein: 10g**  
**Cholesterol: 4mg**  
**Sodium: 454mg**



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