

# Healthy News



Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." John 6:35

March 2008, Issue 2

Living Waters Church  
30 Main Street  
Le Roy, NY 14482

## Basal Metabolic Rate (BMR)

**“Basal Metabolic Rate (BMR)** indicates the number of calories your body needs each day to perform basic functions”. It’s the number of calories you can eat each day to remain at your current weight. If you eat more calories than your BMR, then over time your weight will increase. To lose weight in a healthy way, then subtract 500 calories from your BMR which will help you lose 1-2 pounds per week. This is a basic math principle that 3000-4000 calories equals 1 pound of fat. So... what is your BMR?? You might be surprised to find out your number (not everyone’s BMR is 2000, as so frequently seen on nutrition labels, which base calories

on a 2000 calorie diet). BMR is affected by age, gender, height, weight, exercise habits. It can also be affected by body composition (more muscle leads to higher BMR), skipping meals lowers your BMR (remember the higher your BMR is the more calories you can eat each day), and growth: children and pregnant women have higher BMR. To figure out your BMR you can check on-line at <http://health.discovery.com/tools/calculators/basal/basal.html>. If you’re feeling ambitious then the long form for the BMR calculation is:  
Men:  $BMR = 66 + (6.23 \times \text{"typical" pounds}) + (12.7 \times \text{inches}) - (6.8 \times \text{age})$   
Women:  $BMR = 655 + (4.35 \times \text{"typical" pounds}) + (4.7 \times \text{inches}) - (4.7 \times \text{age})$   
If you have any questions speak with one of your parish nurses. :)



### Upcoming highlights:

- HOW TO UNDERSTAND AND USE THE NUTRITION FACTS LABEL:
- THE SERVING SIZE
- CALORIES
- FAT
- CHOLESTEROL & SODIUM
- CARBOHYDRATES
- PROTEIN
- THE PERCENT DAILY VALUE %
- UNDERSTANDING THE FOOT NOTE

## Recipe of the Month: Baked Parmesan Chicken

### INGREDIENTS:

Spray Oil	1/8 tsp salt and garlic powder
1 Slice whole wheat bread	2 lbs skinless, boneless chicken breast halves
2-3 sprigs Parsley to make about 1/4c. minced	1/2c. Skim milk
3 T grated Parmesan cheese	Paprika to garnish

### DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Coat 9x13 inch baking dish with spray oil .
2. In a bowl, blend bread, parsley, parmesan cheese, salt, and garlic powder, until small bread crumbs are formed. Coat pieces of chicken in milk then in crumb mixture. Arrange the coated chicken breasts in single layer in the prepared baking dish.
3. Bake uncovered 30-60 minutes in the preheated oven, or until chicken is no longer pink and juices run clear. Cover with foil if chicken begins to brown too much before done.

<b>NUTRITION FACTS:</b>	
Serving size: 5oz chicken breast	
<b>Amount per serving:</b>	
Calories 265	
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	21%
<b>Sodium 216mg</b>	9%
<b>Total Carbs 4g</b>	6%
Dietary Fiber 0.5g	
<b>Protein 46.5g</b>	21%