



Newsletter



Friday, July 10, 2009

WEIGHT LOSS TIP

You've probably never heard of cholecystokinin, but it's one of your best weight-loss pals. This digestive hormone is a natural appetite suppressant. So how do you get more cholecystokinin? One way, report researchers at the University of California at Davis, is by eating beans: A study of eight men found that their levels of the hormone (which may work by keeping food in your stomach longer) were twice as high after a meal containing beans than after a low-fiber meal containing rice and dry milk. There's also some evidence that beans keep blood sugar on an even keel, so you can stave off hunger longer. Heart-health bonus: High-fiber beans can lower your cholesterol.

CALORIE CONTROL TIP

We eat with our eyes, so the food has to be not only taste delicious but look beautiful on the plate. One way to do this: Use a variety of colorful fruits and vegetables. A plate of food that is colorful and has a variety of textures will add to the satisfaction of the meal. By using the visual "plate" method you will control portion sizes and boost nutrition: Fill half your plate with vegetables, one quarter with lean protein, and the last quarter with whole grains (even macaroni and cheese). You can still enjoy your favorite foods that are higher in calories if you scale back the portions.

BE CAUTIOUS ABOUT CONDIMENTS

Half the fat grams in Arby's Southwest Chicken Wrap and their Ultimate BLT Wrap come from the ranch sauce or mayonnaise. Believe it! Some fast food condiments add a lot of fat and calories -- like mayonnaise- and oil-based sauces. Others are lower in calories and have no fat, though they will add some sodium. Use a little catsup, mustard, marinara, or BBQ sauce instead of creamy sauces and spreads. Half a packet of BBQ sauce or honey-mustard sauce from most fast-food chains, for example, will add about 23 calories, no fat grams, and about 80 milligrams of sodium.

CALORIE FACT

The dinner rolls at Logan's Roadhouse have 227 calories and 11 g fat per roll (this is before you add any additional butter).

FITNESS FACTS

Performing 30 minutes of extra walking each day reduces a woman's risk of breast cancer by 40% and the risk of heart disease and diabetes by 50%.

FRUIT JUICES VS. SODA

Are fruit juices healthier than soda? Yes. But they are also concentrated sources of sugar that don't give you anywhere near the same level of nutrients you get from whole fruits. What's more, if you're trying to lose weight, you won't get the same sense of fullness from a glass of juice that you will from a piece of fruit. Instead, you'll just take in a whole lot of calories -- and still feel hungry.

EXERCISE TIP

Consistency pays ... Tell yourself that no matter what, you'll work out today, even if it's just for 10 minutes. You don't have to be perfect -- just being active every day will reinforce the idea that exercise is a habit worth your time.

HEALTHY RECIPE

Citrus Chicken Salad

- *8 cups baby spinach leaves
- *3 cups chopped cooked chicken breast
- *1 can (11 oz.) mandarin orange segments, drained
- *1 cup sliced mushrooms
- *1 cup Real Bacon Bits
- *1/4 cup Balsamic Vinaigrette Dressing
- *1/4 cup Pecan Pieces

Toss spinach, chicken, oranges, mushrooms and bacon bits in large bowl. Drizzle with dressing just before serving; toss lightly. Sprinkle with pecans. Makes 4 servings, 2-1/2 cups each. *Each serving contains 300 calories, 12 g fat, and 5 g fiber.*