

March Newsletter 2013



Changing Lives
Creating Community

What Does 100 Calories Really Look Like?

Discover how much of your favorite foods to eat when you only want a 100 calorie healthy snack.

- **Blueberries: 1 Cup** - With this many blueberries, you have more than enough calorie room to enjoy them on top of a refreshing frozen yogurt (1 cup is only 200 calories). It doesn't hurt that this antioxidant-packed fruit is great for your skin, too! **Dry Roasted Almonds: 13** - Almonds are packed nutrients, but be careful not to overdo it with these high-calorie nuts. Try tossing a few on your morning oatmeal or healthy lunch salads to reap the health benefits while limiting your portions. **Pepperidge Farm Goldfish: 39** - These little fishes aren't made of gold, but get a bag of them and you just hit the jackpot! The classic crackers combine crunchy and cheddar cheese flavor to help satisfy your salt craving without risk of calorie overload. **Red Grapes: 28** - Frozen or off the vine, it's the perfect amount to satisfy a sweet craving.
- **Raisins: ¼ Cup** - You may get more juicy grapes for the same amount of calories, but the dried version packs more fiber and vitamins and minerals. Plus, tossing a few raisins on your oatmeal, yogurt, or salad is an easy way to add sweetness.
- **Peanut M&Ms: 10** - Who doesn't love peanuts and chocolate together? At 10 calories a piece, it's easy to overdo it. An easy way to get instant portion control? Buy the snack-size packs. **Milk Chocolate M&Ms: 28** - As addictive as these colored-coated candies can be, try to stop at 28. It's enough to satisfy your chocolate craving for less than half the calories in a full-size bag. **Dried Apricots: ¼ Cup** - This bite-sized golden fruit is packed with just as much flavor as the fresh version. Don't be fooled by the calorie count, though. The dried apricots are packed with sugar. **Cheerios Cereal: 1 Cup** - Cereal can be deceiving. While many boxes advertise low calorie counts, a closer look at the label often reveals that a standard bowl is more like 2 to 3 servings. With a one-cup serving for just 100 calories, Original Cheerios don't fall into that category. **Dried Cranberries: ¼ Cup** - If you don't like raisins, swap them for sweet and tangy Craisins. Both are 100 calories for a 1/4-cup serving. **Hershey's Twizzler Cherry Twists: 2** - If your sweet tooth calls for cherry, you may be better off reaching for the actual fruit. You can eat a whole cup of fresh cherries for fewer calories than just two Twizzler Cherry Twists. **Baby Carrots: 25** - With as many as 25, we can sacrifice half that amount and add a fun dip to go along. Pairing this crisp vegetable with hummus, like 1 ½ tbsp of Sabra's Greek Olive Hummus, will get you to 100 calories! **Air-Popped Popcorn with Salt: 3 Cups** - This classic movie snack is easy to make, delicious to eat, and provides plenty to nosh on well beyond the opening credits. **Edamame: ½ Cup** - Although usually had as an appetizer when dining out, this soybean snack is just as accessible and tasty at home. For ½ cup, we can satisfy that semi-sweet taste we crave while not wasting too many calories—not to mention, popping them out of their fuzzy shells makes eating them that much sweeter! **Banana: 1 Medium** - Start peeling away! Bananas not only taste good with almost anything, but just one can also give us that energy boost we sometimes need, while sparing only 100 calories! **For the smoker's conscience, its B6 and B12 vitamins combined with potassium and magnesium minerals relieve nicotine withdrawal symptoms—a healthier, cheaper and tastier alternative to lighting up. **Avocado: ½ Small** - As one of the most versatile foods, it's hard to resist adding avocado to every meal and snack. The good news is that these creamy veggies are high in monounsaturated fats (the "good" fats), which research shows can help you reach your weight-loss goals. **Pickle Slices: 20** - Whether you like these crunchy 'vegetables' sweet and sour or salty and bitter, go ahead and snack without guilt. Just watch your sodium intake: One of these fat-free, low-calorie snacks provides more than half of an adult's daily recommended value of sodium. **Red Wine: ½ Cup** - There's no reason to have to pack on the drink calories when winding down from a long workday. Just ½ cup of this tart vino serves enough to complement a light dinner. **Raw Broccoli: 4 Cups** - The large 100-calorie serving makes broccoli our go-to green vegetable. Since the portion size offers so much, be sure to use half that amount when adding oil and spices to save room for those cooking calories!

<http://www.shape.com/healthy-eating/healthy-recipes/what-does-100-calories-really-look>

5 ways to strengthen your brain

You're lifting those barbells for strong muscles. You're walking around the block or running marathons or doing 1,000 jumping jacks every day for a stronger heart. What're you doing for your mind? Research shows we need to keep our brains stimulated as we age.

- Here are five ways to keep your brain stimulated:

1. Don't be so predictable. When we get into a routine (a.k.a. rut), our brains adjust and aren't as stimulated. To offset that, try taking a different route to work.
2. Pretend it's 'opposite day.' Brush your teeth with your left hand if you're right-handed. Southpaws, use your right hand to move your computer mouse.
3. Learn a new word every day. Practice using it without saying, "I think this is the right word" and giggling.
4. En Espanol tambien! No, we're not talking about learning what pollo or queso mean on your favorite menu. Branch out; try learning a new language instead.
5. Make time to play. Do a crossword puzzle. Play Sudoku for fun ways to stimulate your cerebellum, cerebrum, cellophane, whatever that thingie in your head is called.

<http://phys.org/news169964464.html>

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9 ways to lose weight on a budget

Fad diets and the latest trendy fitness classes can be pricy. But you don't actually need to drop big bucks in order to lose weight. Try these 9 tricks to lose weight sensibly and save money at the same time.

Sunflower Seed Beet Pizza - By Brendan Brazier

The crust of this pizza is lighter tasting, with a distinct beet flavor. Beets are alkaline-forming, so this is a good one to make when your stress is high.

INGREDIENTS:

CRUST

- * 2 cups ground sunflower seeds
- * 1/4 cup coconut oil,
- * Sea salt to taste
- * 1 cup grated beet
- * 1/2 tsp parsley

TOPPING

- * 1 tomato, sliced
- * 1/2 Spanish onion, diced
- * 1 cup chopped celery
- * 1/2 cup chopped fresh basil
- * 1/2 cup grated carrot
- * 1/2 cup chopped green onions

DIRECTIONS:

Preheat oven to 300°F. In a food processor, process all crust ingredients until mixture starts to ball up. Lightly oil the baking tray with coconut oil. Spread mixture on tray to about 1/4 inch thick (it can be thicker or thinner if you prefer). Spread marinara or pesto sauce on crust and add toppings. Bake for 45 minutes. (This will vary slightly depending on the moisture content of the vegetables and the desired crispness of the pizza.)

<http://www.besthealthmag.ca/eat-well/recipes/sunflower-seed-beet-pizza>

And the Winner is...

Ani Baravyan
for the Month of
February!



Top 10 Brain Foods

1. Blueberries
2. Salmon
3. Flax seeds
4. Coffee
5. Mixed nuts
6. Avocados
7. Eggs
8. Whole grains
9. Chocolate
10. Broccoli

TIP CORNER

Turn up the Heat

The capsaicin found in chili peppers can fight diabetes and cancer, and may promote weight loss.

- 1. Plan to Cook at Home** - Instead of buying costly prepared meals, which often tend to be high in calories, cook your own at home. With a few good recipes and a shopping list, you can make your own delicious low-calorie meals.
- 2. Take the Guesswork Out of Portion Control** - Get started by using a kitchen scale or measuring cups to measure proper servings of your favorite foods. Do this a few times until you can eyeball portions. And try making recipes that offer built-in portion control, like mini meatloaves in muffin tins or casseroles that are easy to divide evenly.
- 3. Make Your Own 100-Calorie Snack Packs** - Pull out your measuring cups, get yourself a simple kitchen scale—and measure out individual servings of your favorite healthy snacks (whole-grain crackers, nuts, etc.) to pack up in reusable containers or small zip-top bags. You'll keep a cap on portion sizes and avoid the cost markup that's tacked on to those small packaged snacks.
- 4. Keep Track of Everything You Eat** - Studies show that writing down everything you eat helps you lose weight. You can use a notebook and pencil or try one of the many free food-tracking apps. The key is to write down everything you eat...it'll make you more aware of what you're eating and rein in mindless snacking.
- 5. Get Creative with Your Exercise Options** - If you're just getting started with a regular exercise routine, try beginning with daily walks: start slow and build up time and speed. Other ideas for no-cost activity: jogging, hiking, dancing and simple strength-training moves like pushups. Look for free workout/yoga videos online.
- 6. Buddy Up** - One of the most powerful resources you have for helping you lose weight—and keep it off—is your social network. Find a buddy who is also trying to lose weight and agree to help each other stay motivated.
- 7. Treat Yourself** - Having an incentive for reaching your weight-loss goals can certainly be motivating, but such treats needn't break the bank (and they shouldn't involve food either). Yes, a weekend at the spa would be nice, but so, perhaps, would a new bottle of nail polish for a home-pedi. Or give yourself a "night off" from your to-dos to simply relax with a rented movie.
- 8. Double Up on Vegetables** - Vegetables are great for weight loss, as well as all-around health. They're low in calories and high in water and fiber—two things that keep you feeling full. Save cash by shopping for those that are in season. Frozen veggies can be a great bargain, with just as much nutrition as fresh, since they're picked and frozen at their peak ripeness.
- 9. Eat Less** - Yes, of course, eating less leads to weight loss—and cost savings, especially if you cut down on the right things. Start by cutting your portions of pricy meat and poultry to the recommended 3-ounce serving. Or swap out meat and poultry for cheaper vegetarian proteins like beans, lentils, tofu and eggs for some of your meals.

Edited from: http://www.eatingwell.com/diet_health/weight_loss_diet_plans/how_to_lose_weight_on_a_budget