

Your Health is Worth It

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Making the most of each day!

Love yourself.... Everything about yourself. Sometimes this is easier said than done. Show yourself how much you love yourself by the food you put into your body. Give your body the fuel that makes you feel good. Allow your body to love what it is best at.... Moving. This is one the greatest gift you can give yourself.

A great activity to try is to think about a body part that you do not like. Now name a positive attribute about that body part. This is a great way to start loving your body, especially the negative parts.

Simple Soups

Soup is a great lunch or dinner choice, especially when it is cold and rainy outside. Soup also makes great leftovers. Here are a few simple soup recipes that you can make for you and the family.

Black Bean soup

Saute 1 chopped onion, 1 Tablespoon cumin and 2 minced garlic cloves and 1-2 Tablespoons of olive oil. Add 3 ½ cups low sodium chicken or vegetable broth, 3 chopped tomatoes and one 15 ounce can “no salt added” black beans, and one small can green chili peppers. Bring to a boil, cover and simmer for 5 minutes. Garnish with a Tablespoon fat free sour cream and fresh cilantro. Serve with a steamed corn tortilla.

Tofu Noodle Soup

Combine 1 package firm or extra firm tofu (cut into cubes), 1 Tablespoon low sodium soy sauce and 1 Tablespoon sesame oil; set aside.

Combine 3 ½ cups low sodium vegetable broth and 1 can vegetarian soup, 1 package of stir-fry type vegetables and 2 ounces dried udon noodles (or Asian style noodles); bring to boil. Simmer and then add to tofu mixture, continue to heat.

Chunky White Bean Soup

Saute 12 ounces lean ground turkey and 1 chopped onion in 1 Tablespoon olive oil. Drain fat. Add two 15 ounce cans great northern beans, one 16 ounce jar green salsa, 1 ¾ cup low sodium chicken broth and 1 ½ teaspoons cumin. Simmer, covered, for 15 minutes.

Spinach and Meatball

Combine 8 ounces of frozen cooked Italian meatballs or homemade variety, two 14 ounce cans diced tomatoes, one 15 ounce can white beans, ½ cup water and ¼ cup reduced fat basil pesto. Bring to boil, cover, and simmer 10 minutes. Stir in 2 cups baby spinach and sprinkle with reduced fat parmesan cheese

Tomato and Turkey Soup

Combine 3 ½ cans low sodium chicken broth, 2 cans diced tomatoes with onions and garlic, 2 teaspoon fajita seasoning and pepper. Cover and simmer for 10 minutes. Add 2 cups chopped turkey breast. Heat.

Providing your body with the best FUEL

Fueling your body for a Run

Are several weeks of training or maybe you are trying to drop a few pounds before the summer, it is important to eat the right foods. Make sure you are eating enough nutrients.

50-60% calories from carbohydrates (grain, pasta, rice and bread)

20-30% calories from fat (oils, avocados, nuts and etc)

20-30% calories from protein (fish, meat, chicken, beans and etc)

It is very common for people who start exercising to have an increase in hunger. This may be for a couple of reasons; 1. Your metabolism has increased 2. Increased energy expenditure (Your body requires more energy for working out.

Remember to fuel your body on healthy foods such as; whole grains, fruits, vegetables and lean meats/proteins.

Diet is 70% of looking great. You can work-out all day and night and still not lose weight. It is very important to eat healthy and “eat clean”.

Try and eat within 30 minutes to one hour after finishing your run/intense workout.

Make sure your meal or snack includes carbohydrates and lean protein. A ratio of 3 to 1; such as a slice of bread with natural peanut butter, ½ banana and low-fat yogurt

Your meal may need to be larger. Try and make sure your meal is large enough to prevent from over eating on refined foods later in the day.

- Carbohydrates will help replenish your glycogen stores so your body can be ready for your next work-out.
- Carbohydrates are needed to burn fat.
- Protein contains amino acids, which are necessary to build/rebuild muscles.
- Drink plenty of water to help prevent dehydration.



Healthy Post-Work-out snacks

- Protein shake with ½ banana: Find a low-fat protein drink made of whey protein. Make sure it has at least 7 grams of protein. The body will absorb this energy very quickly.
- Hummus and Pita: Hummus and whole wheat pita is a great carbohydrate and protein snack. It will keep you fueled for hours. Both hummus and the whole wheat pita are full of fiber.
- Greek yogurt and fresh berries: Greek yogurt is high in protein, this high protein choice contains amino acids which are needed to build muscle. The berries provide high fiber energy.
- Tuna on whole wheat: Try half of a tuna sandwich for a great snack. Use light mayo or plain greek yogurt to make your tuna.
- Low-fat cheese and apple slices: There are some great low-fat cheeses; such as; alpine lace swiss cheese and laughing cow light spreadable cheese. Pair with an apple or pear for a great snack.
- Small baked potato topped with cottage cheese
- Pinto bean and low-fat cheese burrito on a whole wheat tortilla

Weighted Ball

A hot and current fitness trend is the weighted medicine ball. It is a great tool for advancing your specific muscle power. They work great when used as part of circuit training or plyometrics exercises.

They are a useful for balance and tossing exercises with a partner.

The weighted ball can be found in several different weight sizes.



General Guidelines to Follow Before Using a Weight Ball;

1. Warm up thoroughly before starting a medicine ball routine
2. Make sure you have plenty of space with the medicine ball
3. Try and use the medicine weighted ball before heavy aerobic or anaerobic (weight lifting) training.
4. Ensure proper technique, use slow controlled speed
5. Do not choose a ball that is too heavy and slows the movement of the exercise down.
6. Complete 1-3 sets of 8-10 repetitions for each exercise.

Exercises

Seated Ball Oblique Twists

Sit on the floor with knees bent roughly 45 degrees and clasp a ball in both hands. Lean back until you feel the abdominals tighten, then rotate side to side, forming a rainbow arc above the body, starting with the ball close to you. As you feel stronger, straighten arms out away from the body.

Diagonal Chops

Standing up, start with the ball behind and above the ear. Move the ball diagonally across the body, ending near knee of opposite leg or foot. Return with same pattern.

Make sure your rotate back foot to increase effective range of exercise.

Chops

Stand up and raise ball overhead at arms length. Squat down and stop ball when it is between your feet. Repeat.

Squat Throws

Start with ball at chest. Quickly squat and jump delivering the ball as high as possible directly overhead. Let the ball bounce once, reposition and repeat.

Partner Work-out

Squat and Overhead Press Throw to Partner

Start by standing 5-6 feet away from your partner. Hold the medicine ball at chest level. Using an overhead press, toss the ball to your partner. Stay square to your partner. Your partner should catch the ball in an overhead position.

Be sure to keep your abdominals tight and pulled inward, chest out and up and your shoulders back and down.

Continue for 30-90 seconds.

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you would like to set-up
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Are you eating too much sugar?

People are consuming more sugar now than ever before. Too much sugar can add to the growing obesity problem and increase your risk for heart disease. There are a lot of foods that have added sugars; everything from candy, cookies, breakfast cereals, granola bars and pasta sauce. Too much sugar can raise your triglyceride levels and increase inflammation in your body.

There are some foods that contain “natural” sugars; such as, milk and fruit. However, these foods are very nutritious, if they are not excessively consumed. These foods also contain many key nutrients.

Four grams of sugar is equivalent to eating one teaspoon of sugar. A lot of breakfast cereals easy contain 10-20 grams sugar. That would be like adding 2 ½ to 5 teaspoons of sugar to a bowl of cereal.

Each teaspoon of sugar adds 16 calories.

Think about this the next time you check out your labels. Here are some ways to cut back on sugar intake.

1. **Check the labels:** Most foods have sugars; but you want to look for added sugar. Such as; brown sugar, corn sweetener, dextrose, fruit juice concentrates, honey, maltose, molasses and sucrose.
2. **Reduce added sugar gradually:** Reduce the amount of sugar you add to your coffee, tea, cereals and other foods. Try a sugar substitute, such as, splenda.
3. **Enjoy Sweet and healthy snacks:** Try a piece of fruit or light yogurt instead of candy or cookies.
4. **Careful of beverages:** Eliminate soda, juice and sweetened tea from your diet. These are loaded with sugar, even the “natural” varieties. Try plain water, sparkling water, iced or hot tea. Another great idea is flavor enhanced water. Slice your favorite fruit and allow fruit to sit in a pitcher of water for a few hours. Your result will be water found at a day spa.
5. **Substitute with spices:** Add sweetness to oatmeal, cookies and muffins with spices. Try cinnamon, ginger, mace and nutmeg. These also work great on sweet potatoes.

Helpful Web Resources

Bodylastics.com
Calorieking.com

Newsletter edited by Jade Morgan

PLEASE NOTE: Always consult a physician before starting a fitness program or changing your diet. Information found in this newsletter is meant to support and not replace the relationship with your physician. Not all exercises or activities are suitable for everyone. If you feel discomfort or pain, stop. The instructions and advice presented are in no way intended as a substitute for medical or psychological counseling.