



October Newsletter
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Your Health is Worth It

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Making the most of each day!

Welcome Fall!

You are fit and fabulous or working towards it. Fall is a perfect time to set up your exercise. The weather is cooler and more and more fruits and vegetables are in season. They are fun to cook with! Plan your meals and allow yourself to feel good by eating healthy foods. You are what you eat!!!

Progressive Resistance

If you do not use it, you will lose it. A large part of muscle building is progressive resistance. It is a strength training method in which the overload is constantly increased to facilitate adaptation.

Your body will adapt to exercise and needs to be constantly challenged in order to continue to grow and change. Progressive resistance exercise will increase lean muscle tissue and strength so people can perform daily activities, easier.

You can do this by:

1. Increase the weight you lift. Do the same number of reps and sets each week, but increase the weight.
2. Increase the number of reps. Use the same weight for each workout, but increase the reps each week.
3. Increase the number the sets each time you workout.
4. Shorten your rest period between sets.
5. Lengthen the time under tension, or how long your muscle fibers are under stress. Use the same weight and reps, but slow down the exercise.
 - Try a short time to lift the weight, slower time to lower the weight.

Try these examples:

Squats and advance to box jumps: Start with a standard squat. Squat only with your body's weight, practice squats with a chair under your bottom and practice sitting and standing, but avoid using the chair. Once you perfected the body squat, advance by adding a barbell of weight while doing the squat. Add weight until you can do four to six reps of the squat. Finally, advance to plyometric box jumps. Jump on and off of an elevated box. I like to use a brick planter to do box jumps. Aim toward 10 jumps per set for three sets.

Wall Push-ups to Elevated Push-ups: Start by doing wall-push push-offs. Get into push-up position on the wall instead of the floor. Next, advance to push-ups on your toes, but place your hands against a flat bench or bar that is 16 inches high. Once your comfortable progress to push-ups with your palms and knees on the floor. Finally, do regular push-ups on your toes with your feet on the floor and then with your feet on a bench at least 10 inches high.

Start with 10-12 push-ups, 3-4 times. Progress at your own rate.

Crock Pot Meals

Chicken and black bean chili

- 1 ½ pounds boneless, skinless chicken (optional)
- 2 cans black beans or 3 cups boiled black beans
- 1 cup chopped onion
- 1 cup chopped yellow bell pepper
- 1 cup thick and chunky salsa (your favorite)
- 1 can diced tomatoes (15oz)
- 2 cloves garlic, minced
- 1 tsp. chili powder
- ½ tsp. cumin
- ¼ tsp. crushed red pepper

Garnish with reduced fat shredded cheese and fat free sour cream or plain nonfat Greek yogurt.



Combine all ingredients into a 3 ½ quart slow cooker. Cover and cook.

Garnish with 2 tsp reduced fat shredded cheese and a dollop of fat free sour cream.

Crockery Jambalaya

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| 12 ounces boneless skinless chicken breasts | 1 ½ cups green peppers, chopped |
| 1 medium onion, chopped | 2 celery stalks, sliced |
| 4 garlic cloves, minced | 1 (14oz) can whole tomatoes |
| 1/3 cup tomato paste | 10.5oz can chicken broth |
| 1 Tbsp parsley | 1 ½ tsp. basil |
| ½ tsp. oregano | 1 tsp. Tabasco sauce or hot sauce |
| ½ tsp. cayenne pepper | 1 lb shrimp, shelled |
| 3 cups cooked brown rice | |

Cut chicken into 1 inch pieces. Put all ingredients (except shrimp and rice) in crock pot. Cover and cook in crock pot. Add shrimp the last 20 minutes of cooking. Serve with rice when serving.

Spicy Taco Soup

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| 1 large onion | 1 (1oz) packet taco seasoning |
| 1 (15oz) can whole kernel corn | 1 (15oz) can black beans |
| 1 (15oz) can low sodium chicken broth | 1 (15oz) can great northern beans |
| 1 (16oz) can fat-free refried beans | 1 (15oz) can spicy diced tomatoes |
| 1 (14oz) can diced tomatoes | |

Dice the tomato and sauté until soft. Add to crockpot. Combine all ingredients in crockpot and slow cook for 5-6 hours. Serve with whole wheat tortilla.

A Spooky Look at Halloween Candy

It is that time of the year..... fall, which means Halloween or trunk n treat candy galore. The candy invades our candy dishes, allowing you to conveniently grab for some candy here and there. All of these small handful of fat and sugar calories add up and can cause some fall weight gain. So be careful!

Below are the calories for the Halloween candy or fall favorites. Remember that 3500 calories = 1 pound fat. This means if you consume an extra 3500 calories you will gain 1 pound of fat. All the single pounds add up to multiple pounds. Let's not have to work so hard after the New Year!

Hershey's Miniature Bars (mixed) - average of 42 calories and 5 g carb each carb

Hershey's Milk Chocolate M&Ms, plain, Fun size (18 g) - 88 calories and 12 g carb

M&Ms, plain, Fun size (18 g) - 88 calories and 12 g carb

Miniature Bars (Milky Way, Snickers, Twix, 3 Muskateers) - average 38 calories and 5 g carb each bar

Reese's Peanut Butter Cups

Miniature (about 9 grams each) - 44 calories and 5 g carb per cup

Snack size (17 g) - 88 calories and 10 g carbs

Snack size (21 g) - 100 calories and 12 g carb

Baby Ruth Bar, Fun size (18 g each) - 85 calories and 13 g carb

Butterfinger Bar, Fun size (18 g each) - 85 calories 14 g carb

Snickers Bars, Fun size (17 g) - 80 calories and 10 g carb

Twix, Snack size (10 g) - 50 calories and 7 g carb

Juicyfruits - 9 pieces - 60 calories and 16 g carb

Lifesavers Gummies (2 rolls per ounce) - 52 calories and 13 g carb per roll

Mini Dots (2 small boxes per ounce) 70 calories and 17 g carb per box

Skittles: Original Fruit, Fun size (20 g) - 80 calories and 18 g carb

Tootsie Pops - 60 calories and 15 g carb

Tootsie Caramel Apple Pops - 60 calories and 15 g carb

Wonka Nerds - small box (13 g) - 50 calories and 12 g carb

Candy Corn, Brach's - 11 pieces - 70 calories and 18 g carb

Hot Tamales - small pkg (14 g) - 50 calories and 12 g carb

Mike and Ike small box (14 g) - 50 calories and 12 g carb

Smarties Candy, Roll - 25 calories and 6 g carb

York Peppermint Patties; Regular small patty (14 g) - 53 calories and 11 g carb

Mike and Ike small box (14 g) - 50 calories and 12 g carb

Starburst, Fun size (2 pieces per stick) - 40 calories and 10 g carb

Heath Bar, Snack size (13 g) - 74 calories and 9 g carb



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you would like to set-up
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Krill Oil

Krill oil is definitely nothing new on the market. But you will be seeing and reading more and more about Krill oil. It is fish oil that is high in Omega 3 fatty acids that helps reduce Low density Lipoprotein (LDL) cholesterol or “bad” cholesterol. Studies have also been shown to reduce triglyceride levels.

Krill oil can be found at most pharmacy type stores and health food stores. Krill oil contains a supply of astaxantin, a red pigment found in aquatic livestock such as krill, shrimp, lobster, mussel, crab and other seafoods. Astaxanthin is known for it’s super antioxidant quality, which may help free the body of free radicals that contribute to many diseases.

Krill oil is better absorbed than traditional Omega 3 fatty acids because it is made up of the same phospholipid structure of that in human fat cells.

Krill oil has been shown to;

1. Improve cholesterol levels: Studies have shown it will lower LDL (bad) cholesterol levels and triglycerides.
2. Improve PMS
3. Inflammation: A Western University study showed that the Krill oil significantly inhibits inflammation and reduces arthritic symptoms.
4. Improved brain function; helps with concentration and mental focus.
5. Anti-aging: Krill oil is high in anti-oxidants and may repair aging skin cells.

* Krill oil has a significant shelf life. It can be stored in room temperature for up to two years.

* People who are allergic to fish or shellfish should avoid using Krill oil.

Helpful Web Resources

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.